

COVID-19 INFO

COCHRANE TEMISKAMING RESOURCE CENTRE

To: All Staff
From: Daniel Roy
Subject: Covid-19 response
Date: April 22nd, 2020

“WASH YOUR HANDS, PHYSICALLY DISTANCE, STAY SAFE”

- ✓ **The Ontario Government and our Ministry are providing FREE mental Health Support for front line employees. Please make use of this resource as needed.**

From Government/MCCSS:

If you're a Direct Support Professional and the impacts of COVID-19 make you feel that you need mental health support, you can receive short-term one-to-one teletherapy without charge via the Ontario COVID-19 Mental Health Network. Access is easy. Visit the Request Support page at <https://covid19therapists.com/request-support/>. Fill in the brief form. In the space for healthcare role enter "Direct Support Professional." A few hours after you submit the form, you'll receive an email with the names and email addresses of up to three licensed volunteer therapists. Email the therapist of your choice and they'll get back to you as soon as possible.

- ✓ **Attached is a Service Canada access poster for employees seeking answer to any questions or seeking further information.**
- ✓ **This is 40 days keeping our individuals and staff safe.**
- ✓ **Keep up the excellent effort and remember this is a marathon, not a sprint.**

Thank You

Respectfully,

A handwritten signature in blue ink, appearing to read 'Daniel Roy', with a long horizontal flourish extending to the right.

Daniel Roy
Human Resources Director

Cc Darren Renaud, L664 President
Cindy McQuarrie, OPSEU Regional Representative
Sarah Cashabec for Board Distribution
HR for web posting

ATTENTION!

SERVICE CANADA READY TO HELP

Please access our many online services at:
Canada.ca/service-canada-home

If you require assistance accessing services,
please complete an online request at:
Canada.ca/service-canada-e-service



A Service Canada officer will contact you
within 2 business days.

If you do not have access to the internet and require
assistance accessing services, please contact us at:
1-877-355-2657

Follow the infection prevention and control guidance provided by
the Public Health Agency of Canada available at:

Canada.ca/coronavirus

If you experience these symptoms, please contact your health care
provider or your local public health unit.

Canada