

A quick note from the author:

I compiled this document to help me and some fellow policy wonks make sense of the various programs. I realized that a plain-language version might have broader interest so I made this public.

If you are requesting access to edit, my answer is no. This is not a wiki. You could make your own document too!

If you contact me for my ok to use this document, for example to create a website, 1) Don't charge people money for information, 2) Don't present the information from this guide as your own and 3) Don't make it look like I have endorsed your website. Here's some wording you should use:

“This website has been adapted from information compiled and published freely by Dr. Jennifer Robson, Associate Professor of Political Management at Carleton University. You can read the original document here: <https://t.co/m0dXFYIZwk?amp=1>. Dr. Robson is not affiliated with this website or its publishers. Any errors or omissions in adapting Dr. Robson's are the sole responsibility of [your website name].”

If you want to translate the document, please do. Again, it would nice if you used similar wording to the above.

Yes, I'm updating as often and quickly as I can.

No, I'm not available to give webinars to your organization or membership. I'm sorry.

No, I'm not able to give personalized advice. I'm sorry. I've included links below of other places you can call for answers to questions about your personal circumstances.

The benefits listed here are for people who really need them. This isn't a time to try to grab all the money you can. These are programs for people who otherwise won't make ends meet. If you need help, there is help available. No one needs to hoard. Not toilet paper, not money.

If you get a text message saying the Canada Revenue Agency has money for you, that is a scam. Other than Emergency/Amber Alerts, governments do NOT text you. Here's a link to the National Anti-Fraud Centre: <https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>

Governments across the country are working hard and doing as much as they can as fast as they can. I know it can feel slow and confusing, but here's a big thank you to everyone in public services and in every political party who is working to help.


Who can I call for information or to ask a question about financial support from government right now?	
Anywhere in Canada	<p>1-800-O-Canada (1-800-622-6232) Canada Revenue Agency: 1-800-959-8281 help with MyAccount 1-800-387-1193 help with benefits 1-866-426-1527 help with benefits for callers in the North</p> <p>You can also call the <u>constituency</u> office of your Member of Parliament. They can often help answer questions and get information to you. You can look up your local MP (using your postal code) here: https://www.ourcommons.ca/members/en/search</p>
BC	<p>Government of BC: Call: 1-888-COVID-19 Text: 1-604-630-0300</p> <p>You might also contact the <u>constituency</u> office of your MLA. You can look up your MLA here: https://www.leg.bc.ca/learn-about-us/members</p> <p>You might also contact your local municipal office.</p> <p>Call 2-1-1 for information about support in your community</p>
Alberta	<p>Government of Alberta: Call: 1-310-0000 toll free in the province</p> <p>You might also contact the <u>constituency</u> office of your MLA. You can look up your MLA here: http://www.assembly.ab.ca/net/index.aspx?p=mla_report&memPhoto=True&alphaboth=True&alphaindex=True&build=y&caucus=All&conoffice=True&legoffice=True&mememail=True Call 2-1-1 for information about support in your community</p>
Saskatchewan	<p>Government of Saskatchewan: Call: 1-800-667-6102</p> <p>You might also contact the <u>constituency</u> office of your MLA. You can look up your MLA here: https://www.legassembly.sk.ca/mlas/mla-contact-information/</p> <p>You might also contact your local municipal office.</p> <p>Call 2-1-1 for information about support in your community</p>
Manitoba	<p>Government of Manitoba: Call: 1-866-626-4862 or live-chat at: https://www.gov.mb.ca/contact/</p> <p>You might also contact the <u>constituency</u> office of your MLA. You can look up your MLA here: https://www.electionsmanitoba.ca/en/Voting/WhatsMyElectoralDivision</p> <p>You might also contact your local municipal office.</p> <p>Call 2-1-1 for information about support in your community</p>
Ontario	<p>Government of Ontario: Call: 1-888-789-4199 (Ministry of Children, Community and Social Services – they handle benefits and financial help for Ontarians)</p> <p>You might also contact the <u>constituency</u> office of your MPP. You can look up your MPP here: https://www.ola.org/en/members/current</p> <p>You might also contact your local municipal office.</p> <p>Call 2-1-1 for information about support in your community</p>

Updated April 1, 2020. No April Fools. Compiled by Jennifer Robson, Associate Professor of Political Management, Carleton University using public information. Any errors or omissions are unintended.

Quebec	<p>Government of Quebec: special line operated by the Red Cross : 1-800-863-6582 Financial Assistance: 1-877-644-4545</p> <p>You might also contact the <u>constituency</u> (electoral division) office of your MNA. You can look up your MNA here: http://www.assnat.qc.ca/en/deputes/allaire-simon-17941/index.html</p> <p>You might also contact your local municipal office.</p> <p>Call 2-1-1 for information about support in your community</p>
New Brunswick	<p>Government of New Brunswick: Call: 1-800-442-9799 (for emergency financial help)</p> <p>You might also contact the <u>constituency</u> (electoral division) office of your MLA. You can look up your MLA here: https://www2.gnb.ca/content/gnb/en/contacts/MLAReport.html</p> <p>You might also contact your local municipal office.</p> <p>You can find local information here: http://www.nbinfo.ca/</p>
Nova Scotia	<p>Government of Nova Scotia: Call: 1-800-670-4357</p> <p>You might also contact the <u>constituency</u> (electoral division) office of your MLA. You can look up your MLA here: https://enstools.electionsnovascotia.ca/edinfo2012/</p> <p>You might also contact your local municipal office.</p> <p>Call 2-1-1 for information about support in your community</p>
PEI	<p>Government of PEI : Call: 1-800-236-5196 Call: 902-368-6440 (for social assistance)</p> <p>You might also contact the <u>constituency</u> (electoral division) office of your MLA. You can look up your MLA here: https://www.assembly.pe.ca/members</p> <p>You might also contact your local municipal office.</p> <p>Call 2-1-1 for information about support in your community</p>
Newfoundland and Labrador	<p>Government of Newfoundland and Labrador: Call: 1-833-771-0696</p> <p>You might also contact the <u>constituency</u> (electoral division) office of your MLA. You can look up your MLA here: https://www.assembly.nl.ca/Members/members.aspx</p> <p>You might also contact your local municipal office or 3-1-1.</p>
Yukon	<p>Government of Yukon: Call: 1-800-661-0408</p>
Northwest Territories	<p>Government of NWT: Call: (867) 767-9000</p>
Nunavut	<p>Government of Nunavut: Call: (867) 975-5400</p>

I need to take sick leave because I'm ill or self-isolating or have to quarantine.			
Did you pay into Employment Insurance and did you work at least 600 hours in the last 52 weeks?	Yes		No
	No		Yes
Have you already applied for EI?	No		No
	<p>EI Sickness Benefits are available. Here's how to apply.</p> <p>Step 1: Ask your employer for a RECORD OF EMPLOYMENT. They will either give you a paper copy or send an electronic copy directly to Service Canada.</p> <p>Step 2: Apply ASAP (even if you don't have your ROE yet) If you can apply online (computer or mobile phone) go to: https://srv270.hrdc-drhc.gc.ca/AW/introduction?GoCTemplateCulture=en-CA If you can't apply online, call 1-833-381-2725 *This line is overloaded right now. Be patient.</p> <p>Important to know: <u>You DO NOT need a doctor's note</u> for COVID-19.</p> <p>March 27: SERVICE CANADA OFFICES ARE NOW CLOSED. We are waiting to hear how the government will help people without a computer and internet.</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). SEE LINKS LATER IN THIS DOCUMENT</p> <p>AS OF APRIL 6, THERE WILL JUST BE ONE APPLICATION SITE FOR EI SICKNESS AND CERB. YOU WON'T HAVE TO PICK BETWEEN THEM.</p>	<p>If you are not yet receiving EI benefits, your application will automatically be assessed for the Canada Emergency Response Benefit.</p> <p>You do not need to send in a new application.</p>	<p>Canada Emergency Response Benefit (CERB)</p> <p>Step 1: Get ready to apply</p> <p>If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency: https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).</p> <p>March 27: SERVICE CANADA OFFICES ARE NOW CLOSED. We are waiting to hear how the government will help people without a computer and internet.</p> <p>Important to know: To make applications faster, CRA is asking people to apply on different weekdays based on the month of their birthday.</p> <p>By law, you are eligible if you had at least \$5,000 in income from work (employment or self-employment), EI maternity or parental benefits or Quebec's parental benefits program QPIP in the last year; AND you have had no income from employment, self-employment, any EI benefit or QPIP for at least 14 days in a row.</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). SEE LINKS LATER IN THIS DOCUMENT</p>
	<p>What you could receive (under the rules before CERB starts): 15 weeks of payments (directly into your bank account) worth up to 55% of your usual pay or \$573 per week, whichever is <u>less</u>. CERB will pay \$500 per week.</p> <p>Find out more: https://www.canada.ca/en/services/benefits/ei/ei-sickness/apply.html</p>		<p>What you could receive: Lump sum of \$2,000 for every 4 weeks that you are eligible, to a maximum of 16 weeks between March 15 (retroactive) and October 3, 2020</p> <p>Find out more: https://www.canada.ca/en/services/benefits/ei/cerb-application.html</p>

I can't work because I'm caring for someone who is sick.		
<i>Did you pay into Employment Insurance and did you work at least 600 hours in the last 52 weeks?</i>	Yes and I'm caring for someone who is critically ill	No
	You could apply for EI Caregiver Benefits (if someone is critically ill)	Canada Emergency Response Benefit (CERB)
	<p>Step 1: Ask your employer for a RECORD OF EMPLOYMENT. They will either give you a paper copy or send an electronic copy directly to Service Canada.</p> <p>Step 2: Apply ASAP (even if you don't have your ROE yet)</p> <p>If you can apply online (computer or mobile phone) go to: https://srv270.hrdc-drhc.gc.ca/AW/introduction?GoCTemplateCulture=en-CA</p> <p>If you can't apply online, call 1-833-381-2725 *This line is overloaded right now. Be patient.</p> <p>March 27: SERVICE CANADA OFFICES ARE NOW CLOSED. We are waiting to hear how the government will help people without a computer and internet.</p> <p>Important to know:</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p> <p>You can ask your employer if they offer paid family leave or will top-up the EI benefit.</p>	<p>Step 1: Get ready to apply</p> <p>If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency: https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).</p> <p>March 27: SERVICE CANADA OFFICES ARE NOW CLOSED. We are waiting to hear how the government will help people without a computer and internet.</p> <p>Important to know:</p> <p>To make applications faster, CRA is asking people to apply on different weekdays based on the month of their birthday.</p> <p><u>You DO NOT need a doctor's note</u> for COVID-19.</p> <p>By law, you are eligible if you had at least \$5,000 in income from work (employment or self-employment), EI maternity or parental benefits or Quebec's parental benefits program QPIP in the last year; AND you have had no income from employment, self-employment, any EI benefit or QPIP for at least 14 days in a row.</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). SEE LINKS LATER IN THIS DOCUMENT</p>
	What you could receive: Between 15 and 35 weeks of payments (directly into your bank account) worth up to 55% of your usual pay or \$573 per week, whichever is less.	What you could receive: Lump sum of \$2,000 for every 4 weeks that you are eligible, to a maximum of 16 weeks between March 15 (retroactive) and October 3, 2020
	Find out more: https://www.canada.ca/en/services/benefits/ei/caregiving/apply.html	Find out more: https://www.canada.ca/en/services/benefits/ei/cerb-application.html

I've been laid off.		
<i>Did you pay into Employment Insurance and did you work about 700 hours* in the last 52 weeks?</i>	Yes	No
	You could apply for EI Regular Benefits, see below	Canada Emergency Relief Benefit
	<p>IF YOU HAVE ALREADY APPLIED FOR EI REGULAR BENEFITS BUT ARE NOT YET RECEIVING BENEFITS, YOU WILL AUTOMATICALLY BE ASSESSED FOR THE CERB </p> <p>Step 1: Ask your employer for a RECORD OF EMPLOYMENT. They will either give you a paper copy or send an electronic copy directly to Service Canada.</p> <p>Step 2: Apply ASAP (even if you don't have your ROE yet)</p> <p>If you can apply online (computer or mobile phone) go to: https://www.canada.ca/en/services/benefits/privacy-notice.html</p> <p>If you can't apply online, call 1-800-O-Canada (1-800-622-6232).</p> <p>March 27: SERVICE CANADA OFFICES ARE NOW CLOSED. We are waiting to hear how the government will help people without a computer and internet.</p> <p>Important to know: You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). SEE LINKS LATER IN THIS DOCUMENT</p> <p style="text-align: center;">AS OF APRIL 6, THERE WILL JUST BE ONE APPLICATION SITE FOR EI AND CERB. YOU WON'T HAVE TO PICK BETWEEN THEM.</p>	<p>Step 1: Get ready to apply</p> <p>If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency: https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).</p> <p>March 27: SERVICE CANADA OFFICES ARE NOW CLOSED. We are waiting to hear how the government will help people without a computer and internet.</p> <p>Important to know: To make applications faster, CRA is asking people to apply on different weekdays based on the month of their birthday.</p> <p>By law, you are eligible if you had at least \$5,000 in income from work (employment or self-employment), EI maternity or parental benefits or Quebec's parental benefits program QPIP in the last year; AND you have had no income from employment, self-employment, any EI benefit or QPIP for at least 14 days in a row.</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). SEE LINKS LATER IN THIS DOCUMENT</p>
	<p>What you could receive (under the rules before CERB starts): Between 14 and 45 weeks of payments (directly into your bank account) worth up to 55% of your pay in your last job or \$573 per week, whichever is <u>less</u>.</p> <p>CERB will pay \$500. If you need to, you can move onto EI regular benefits when CERB runs out.</p>	<p>What you could receive: Lump sum of \$2,000 for every 4 weeks that you are eligible, to a maximum of 16 weeks between March 15 (retroactive) and October 3, 2020</p>
	<p>Find out more: https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit.html</p>	<p>Find out more: https://www.canada.ca/en/services/benefits/ei/cerb-application.html</p>

*The exact hours depends on where you live. If you have access to a computer or mobile phone, use this search tool to find out the rules where you live:

https://srv129.services.gc.ca/ei_regions/eng/postalcode_search.aspx

I am at home because my kids cannot go to school or daycare. I need money to make ends meet.

<p align="center">Make sure you're getting your Canada Child Benefit</p>	<p align="center">Canada Emergency Response Benefit</p>
<p>In May, the federal government will <u>automatically</u> pay a lump sum top-up to your Canada Child Benefit (CCB).*</p> <p>Step 1: Check your bank account to make sure that you're getting CCB. If yes – you're all set. You'll be getting an extra payment with your CCB in May. If no - Did you file a tax return for 2018?</p> <p>Yes I did - If you have a computer or a mobile phone, you can also check to see if you are getting the benefit or apply to get the benefit here: https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>No I didn't – Step 2: You (and your spouse if you have one) need to file a tax return ASAP and then apply unless CRA already knows you have kids.</p> <p>If you can file a return by yourself using a computer, look for free software certified by the Canada Revenue Agency: https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/netfile-overview/certified-software-netfile-program.html Have you ever received child benefits before and does CRA know you have kids? If not, after you file your return, if you still have computer or mobile access, apply for the CCB online at: https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you need help to file your taxes, the agencies that do free income tax clinics are working to find ways to help without breaking public health orders on COVID-19. You can try contacting a clinic near you by searching online at: https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html or call 1-800-O-Canada (1-800-622-6232)</p> <p>March 27: SERVICE CANADA OFFICES ARE NOW CLOSED. We are waiting to hear how the government will help people without a computer and internet.</p> <p>Important to know: You can prove your identity faster online for tax-filing and applications for the CCB if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p> <p>You can ask your employer if they offer paid family leave or are considering the new federal wage subsidy to keep you on the payroll. Your employer can find out about that subsidy here: https://www.canada.ca/en/departement-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html</p>	<p>Step 1: Get ready to apply If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency:</p> <p>https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).</p> <p>March 27: SERVICE CANADA OFFICES ARE NOW CLOSED. We are waiting to hear how the government will help people without a computer and internet.</p> <p>Important to know: To make applications faster, CRA is asking people to apply on different weekdays based on the month of their birthday.</p> <p>By law, you are eligible if you had at least \$5,000 in income from work (employment or self-employment), EI maternity or parental benefits or Quebec's parental benefits program QPIP in the last year; AND you have had no income from employment, self-employment, any EI benefit or QPIP for at least 14 days in a row.</p> <p>You can prove your identity faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). SEE LINKS LATER IN THIS DOCUMENT</p> <p>If you have an employer, you can ask them if they offer paid family leave, or will use the new federal wage subsidy to keep you on the payroll while you work different hours or work from home. Your employer can find out about that subsidy here: https://www.canada.ca/en/departement-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html</p>
<p>What you could receive: Up to \$550 per month per child plus provincial amounts.*</p>	<p>What you could receive: Lump sum of \$2,000 for every 4 weeks that you are eligible, to a maximum of 16 weeks between March 15 (retroactive) and October 3, 2020</p>
<p>Find out more: https://www.canada.ca/en/services/benefits/ei/caregiving/apply.html</p>	<p>Find out more: https://www.canada.ca/en/services/benefits/ei/cehb-application.html</p>

*The exact amount depends on which province or territory you live in and how many children you have. If you have access to a computer or mobile phone, use this online calculator to find out the amount for your family: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-family-benefits-calculator.html>

My employer can't pay me but I haven't been laid off	
<p style="text-align: center;">Wage Subsidy for Employers</p> <p>Ask your employer if they have looked at the temporary federal Canada Emergency Wage Subsidy. More information applications is coming soon:</p> <p>What we know now is:</p> <ul style="list-style-type: none"> • Employers will get a subsidy of up to 75% if they continue to pay their employees, including new employees. • The subsidy for an employee can't be more than \$847 per week. • The subsidy will cover up to 12 weeks between March 15 and June 6, 2020. • Employers have to have had a 30% decline in revenues because of the pandemic. The number of employees is not part of the eligibility. • Eligible employers are private corporations, non-profits and charities. • Employers will apply through the Canada Revenue Agency My Business Account portal. • Employers cannot get the Wage Subsidy for workers who are getting the CERB 	<p style="text-align: center;">Canada Emergency Response Benefit</p> <p>Step 1: Get ready to apply</p> <p>If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency:</p> <p>https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).</p> <p>March 27: SERVICE CANADA OFFICES ARE NOW CLOSED. We are waiting to hear how the government will help people without a computer and internet.</p> <p>Important to know: To make applications faster, CRA is asking people to apply on different weekdays based on the month of their birthday.</p> <p>By law, you are eligible if you had at least \$5,000 in income from work (employment or self-employment), EI maternity or parental benefits or Quebec's parental benefits program QPIP in the last year; AND you have had no income from employment, self-employment, any EI benefit or QPIP for at least 14 days in a row.</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). SEE LINKS LATER IN THIS DOCUMENT</p>
	<p>What you could receive: Lump sum of \$2,000 for every 4 weeks that you are eligible, to a maximum of 16 weeks between March 15 (retroactive) and October 3, 2020</p>
<p>Find out more: https://www.canada.ca/en/department-finance/economic-response-plan.html</p>	<p>Find out more: https://www.canada.ca/en/services/benefits/ei/cerb-application.html</p>

I'm not sure that my employer is following the rules.

Do you work in any of the following? :

- A bank
- Air transportation including airlines and airports
- Telephone, cable or tv services
- Radio or TV
- Marine shipping or ports
- Rail or road transportation across provincial borders
- Other federally-regulated work:
<https://www.canada.ca/en/employment-social-development/programs/employment-equity/regulated-industries/apply-labour-standards.html>

If yes, you are likely covered by the federal labour code.

You can find out more about your rights here:

<https://www.canada.ca/en/employment-social-development/services/labour-standards/reports.html>

If you have more questions, call 1-800-O-Canada (1-800-622-6232)

If you work for another kind of employer, you should be covered by provincial or territorial rules. Check the links or call the toll-free numbers below for where you live:

Alberta: <https://www.alberta.ca/employment-standards.aspx> Phone: 1-877-427-3731

B.C.: <https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards> Phone: 1-833-236-3700

Manitoba: <https://www.gov.mb.ca/labour/standards/index.html> Phone: 1-800-821-4307

New Brunswick: https://www2.qnb.ca/content/qnb/en/departments/post-secondary_education_training_and_labour/People/content/EmploymentStandards.html Phone: 1-888-452-2687

Newfoundland and Labrador: <https://www.gov.nl.ca/aesl/labour/> Phone: 1-877-563-1063

N.W.T: <https://www.ece.gov.nt.ca/en/services/employment-standards> Phone: 1(888) 700-5707

Nova Scotia: <https://novascotia.ca/lae/employmentrights/> Phone: 1-888-315-0110

Nunavut: <http://nu-lsco.ca/> Phone: 1-877-806-8402

Ontario: <https://www.ontario.ca/page/ministry-labour-training-skills-development> Phone: 1-800-531-5551

P.E.I. : <https://www.princeedwardisland.ca/en> Phone: 1-800-333-4362

Québec: <https://www.cnt.gouv.qc.ca/en/accueil/index.html> Phone: 1 844 838-0808

Saskatchewan: <https://www.saskatchewan.ca/business/employment-standards> Phone: (306) 787-2438 **NOT TOLL-FREE

Yukon: <http://www.community.gov.yk.ca/es.html> Phone: 1-800-661-0408 local 5944

I'm self-employed. What income benefits can I get ?	
Do you pay yourself a salary with payroll deductions including EI premiums?	<p>Yes: It sounds like you may be eligible for EI Sickness benefits. See the information above.</p> <p>No: You could apply for the Canada Emergency Response Benefit. See the information above.</p> <p>AS OF APRIL 6, THERE WILL JUST BE <u>ONE</u> APPLICATION SITE FOR EI AND CERB. YOU WON'T HAVE TO PICK BETWEEN THEM.</p> <p>Good to know: Self-employed workers can opt-in to Employment Insurance special benefits including Sickness benefits. But you have to pay-in for 12 months before collecting benefits. If you have a computer, you can learn more about how to apply to be covered by the EI special benefits here: https://www.canada.ca/en/services/benefits/ei/ei-self-employed-workers.html</p>
Do you have children?	<p>Yes: Make sure you are receiving any Canada Child Benefit and GST Credit that you are entitled to. These are going to be topped up soon. See the information above.</p> <p>No: Depending on your income, you might still qualify for the GST Credit or the Canada Workers' Benefit. If you have a computer, you can check online here: https://www.canada.ca/en/revenue-agency/services/child-family-benefits.html</p>

I'm a college or university student and I was counting on my summer job to pay tuition in the fall. What do I do?		
<i>Did you work for pay (including self-employment or gig-work) in 2019 or in the last 12 months?</i>	Yes	No, but I was planning to start working this summer.
<i>Did you make \$5K in that work (including self-employment) or more in 2019 or in the last 12 months?</i>	Yes	
<i>Since March 15, have you stopped working for 14 days in a row?</i>	Yes	
	<p>You might be eligible for the Canada Emergency Relief Benefit. See the information above.</p>	<p>It sounds like you've had other resources to help you cover your essential costs like shelter, food and more. Are those resources (help from parents, education savings, student loans) still available to you? Right now, most governments are trying to help people in emergencies who have lost their regular income to support themselves and their families.</p> <p>Have you considered applying for student financial assistance to help you with the costs of your education? You might be able to get grants (you don't pay back at all) and low-cost loans (you don't pay back until you finish school) from the Government of Canada or your province/territory. You can get more information here: https://www.canada.ca/en/services/benefits/education/student-aid/grants-loans.html</p> <p>Have you contacted the student financial office of your college or university to ask what they are doing to help students who are worried about how to pay tuition and other fees? Look for the email address online because it is unlikely anyone is in the campus office right now. You can also contact the student association of your university or college and ask for their help in getting answers.</p>

<h2>I'm having trouble keeping up with my rent. Is there help for me?</h2>	
<p>British Columbia</p>	<p>The provincial government has put a moratorium on evictions for renters in apartments run by B.C. Housing and says they are working to make this happen for renters in affordable and subsidized housing.</p> <p>A new temporary rent supplement of \$500 will soon be available for low and moderate income renters. The money will be paid directly to landlords. Applications will be available through the BC Ministry of Housing: https://www.bchousing.org/COVID-19</p> <p>This is the general information number for BC Housing: 1-866-465-6873</p> <p>You might be able to get a very low-cost loan to cover your rent from a rent bank in:</p> <ul style="list-style-type: none"> • Abbotsford, Mission, Chilliwack, Hope, Agassiz, Harrison: (604) 850-6639 • Richmond: (604) 279-7077 • Kamloops, Ashcroft, Barriere, Cache Creek, Chase, Clearwater, Secwepemc First Nations, North Okanagan and Columbia-Shuswap Regional Districts : (250) 374-2119 • Surrey, White Rock, Delta: (604) 596-2311 • New Westminster: (604) 526-2522 • Sunshine Coast:(604) 885-5881, ext. 243 • Vancouver: (604) 566-9685 • Prince George: (250) 562 6325 • North Vancouver: (604) 983-9488 ext. 316 <p>Make sure you are getting the benefits (see above) that you are eligible for.</p> <p>BC Hydro has help if you are having trouble paying your bill: https://www.bchydro.com/news/press_centre/news_releases/2020/bill-relief-covid-19.html</p> <p>The BC Emergency Benefit for Workers will pay a one-time \$1,000 payment in May for people in BC getting EI or the CERB. Applications will open soon. https://www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports#BCEBW</p> <p>BC has a toll-free number to connect you to the help you need: 1-888-268-4319</p>
<p>Alberta</p>	<p>The provincial government has created a one-time emergency payment for emergency isolation support for workers until the federal benefits (see above) are running. More information on how to apply will be coming soon.</p> <p>You can have up to 90 days to pay your bills for electricity and natural gas without being cut-off.</p> <p>The province has programs to help low-income renters, but it was under review before the current health emergency. It isn't clear whether new applications are being accepted but you can call: 780-422-0122. If you have a computer, you can find out more here: https://www.alberta.ca/affordable-housing-programs.aspx</p> <p>This is the number for Alberta's information service for renters and landlords: 1-877-427-4088</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>

Saskatchewan	<p>This is the number for Saskatchewan’s Office of Residential Tenancies that handles tenants’ rights: (888) 215-2222</p> <p>Saskatchewan has introduced a temporary benefit of up to \$900 to help workers without pay until the federal CERB (see above) is available. Find out more here: https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-information-for-businesses-and-workers/support-for-workers/self-isolation-support-program</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>
Manitoba	<p>You might be eligible for the provincial Rent Assist Program. Find out more here: https://www.gov.mb.ca/fs/eia/non_rentassist_facts.html or call 1-877-587-6224</p> <p>The province has postponed eviction hearings and has suspended rent increases during the crisis.</p> <p>You may be able to get help with utility bills through the Neighbours Helping Neighbours program: Phone: 204-949-2106.</p> <p>This is the number for Manitoba’s Residential Tenancies Branch that handles tenants’ rights: 1-800-782-8403</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>
Ontario	<p>The province has suspended evictions (approving new ones or enforcing evictions) in the current health emergency.</p> <p>This is the number for the Ontario Landlord Tenant Board that handles tenants’ rights: 1-888-332-3234</p> <p>In some communities, you may be able to get a low-cost loan to help cover your rent:</p> <ul style="list-style-type: none"> • London: (519) 964-3663 ext. 300 • Toronto: 416-924-2543 • see also: https://www.champlainhealthline.ca/listServices.aspx?id=10723 <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>
Quebec	<p>The province has suspended eviction orders in the current health emergency.</p> <p>This is the number for the Régie du logement that handles tenants’ rights: in most of the province: 1 800 683-2245 in Montreal 514 873-2245</p> <p>The province is starting a Temporary Aid for Workers Program a one-time payment to help workers until the federal benefits (see above) are running. You can apply online or by calling 1-800-863-6582 For questions about financial assistance, call: 1-877-644-4545</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>

<p>New Brunswick</p>	<p>The province has put a moratorium on evictions if you fall behind on rent.</p> <p>This is the number for the Residential Tenancies Tribunal that handles tenants' rights: 1-888-762-8600</p> <p>You might be eligible for the Rent Supplement Assistance Program. Find out more here: https://www2.qnb.ca/content/qnb/en/services/services_renderer.8655.Rent_Supplement_Assistance_Program.html#serviceDescription</p> <p>Or call :</p> <table border="0"> <tr> <td>Chaleur</td> <td>1-866-441-4341</td> <td>Acadian Peninsula</td> <td>1-866-441-4149</td> </tr> <tr> <td>Restigouche</td> <td>1-866-441-4245</td> <td>Miramichi</td> <td>1-866-441-4246</td> </tr> <tr> <td>Edmundston</td> <td>1-866-441-4249</td> <td>Moncton</td> <td>1-866-426-5191</td> </tr> <tr> <td>Fredericton</td> <td>1-866-444-8838</td> <td>Saint John</td> <td>1-866-441-4340</td> </tr> </table> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>	Chaleur	1-866-441-4341	Acadian Peninsula	1-866-441-4149	Restigouche	1-866-441-4245	Miramichi	1-866-441-4246	Edmundston	1-866-441-4249	Moncton	1-866-426-5191	Fredericton	1-866-444-8838	Saint John	1-866-441-4340
Chaleur	1-866-441-4341	Acadian Peninsula	1-866-441-4149														
Restigouche	1-866-441-4245	Miramichi	1-866-441-4246														
Edmundston	1-866-441-4249	Moncton	1-866-426-5191														
Fredericton	1-866-444-8838	Saint John	1-866-441-4340														
<p>Nova Scotia</p>	<p>The province has issued a ban on evictions if you fall behind on rent.</p> <p>The province is topping-up payments to people getting income assistance from the Department of Community Services. This is automatic. People do not need to apply for the top-up.</p> <p>This is a link to information on tenants' rights in the province: https://beta.novascotia.ca/documents/residential-tenancy-guides</p> <p>This is the number for the Residential Tenancies program that handles tenants' rights: 1-800-670-4357</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>																
<p>PEI</p>	<p>If you've been laid off, your employer can help you get a pre-paid gift card of \$100 for Sobeys. https://www.princeedwardisland.ca/en/service/employee-gift-card-program</p> <p>The province has started a Temporary Rental Assistance Benefit. You can call: 1-877-368-5770 to find out more.</p> <p>The Community Legal Information Association of PEI is available to help with rental housing questions and problems. 1-800-240-9798.</p> <p>The Island Regulatory and Appeals Commission handles tenants rights. They have said all eviction hearings are postponed until April 6. Their offices are closed but you can call 902-892-3501 if you have questions about your rights as a renter.</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>																
<p>Newfoundland and Labrador</p>	<p>This is the toll-free number for all provincial government services 1-833-771-0696.</p> <p>Service NL handle tenants' rights.</p> <p>The provincial legislature was sitting to pass a bill to prevent evictions due to COVID-19.</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>																

Updated April 1, 2020. No April Fools. Compiled by Jennifer Robson, Associate Professor of Political Management, Carleton University using public information. Any errors or omissions are unintended.

Yukon	<p>The territorial government is responsible for tenants' rights.</p> <p>You can reach the government at 1-800-661-0408</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>
North West Territories	<p>The territorial Rental Office has suspended evictions hearings. If you have a question about tenants' rights, you can contact them at: 1-800-661-0760</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>
Nunavut	<p>The Nunavut Residential Tenancies Office is responsible for tenants' rights. You can reach them at 1(877)279-2331</p> <p>Make sure you are getting the benefits (see above) that you are eligible for.</p>

Updated April 1, 2020. No April Fools. Compiled by Jennifer Robson, Associate Professor of Political Management, Carleton University using public information. Any errors or omissions are unintended.

Coming soon:, Supports for seniors.