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Daily Update: Monday, April 6, 2020

Number of COVID-19 cases in BC: 1203 New cases in BC: 82
Number of deaths in BC: 38 Number in recovery in BC: 704
Number of COVID -19 cases in the Interior Health Region: 128

We need 100% of us committed, 100% of the time to flatten the curve and prevent spreading!

Questions and Answers about Canada Emergency Response Benefit (CERB)
<https://www.canada.ca/en/services/benefits/ei/cerb-application/questions.html>

BC COVID-19 Mental Health Network

- Free, short term one-on-one counselling for those struggling with COVID related impacts to feel more connected, grounded and supported.
- For an appointment, please email bccovidtherapists@gmail.com with your name, best contact info, and general availability.
- A counsellor will get back to you as soon as possible to book your free online/telephone session.
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Family Violence:

VictimLink BC (24-hour helpline providing crisis support): 1-800-663-7867 or victimservices@gov.bc.ca

Warriors Against Violence Society (support groups addressing family violence): 1-604-255-3240 or <http://www.wavbc.com>

Kids Help Phone (Canada-wide, 24-hour): 1-800-668-6868

Secwepemc Child and Family Services: 250-310-1234

Kamloops Community YMCA/YWCA (Emergency Women's Shelter): 250-374-6162

Youth Against Violence (talk one-on-one about safety): 1-800-680-4264

Reporting Child Abuse (24-hrs): 1-800-663-9122

Mental and Physical Health:

Suicide Crisis: 1-800-SUICIDE (784-2433)

Mental Health Issues (24-Hrs): 310-6789

Child and Youth Special Needs (Kamloops): 1-250-371-3684

Jordan's Principle Call Centre: 1-855-JP-CHILD

Be calm, respectful, safe and generous with one another.