



Pride Health Presents

2SLGBTQIA+ COVID-19 RESOURCE GUIDE

Table of Contents

[Table of Contents](#)

[Introduction](#)

[2SLGBTQIA+ Community Organizations](#)

[Aids Coalition of Nova Scotia \(ACSN\)](#)

[The Nova Scotia Youth Project](#)

[The Cape Breton Youth Project](#)

[The Valley Youth Project](#)

[FLY- First Love Yourself](#)

[Elderberries](#)

[South House](#)

[Pride in Our Recovery: A 2SLGBTQIA+ Narcotics Anonymous Meeting](#)

[Mental Health Services](#)

[Community Mental Health and Addictions Services](#)

[NSHA Social Work](#)

[Private Practice Counselors](#)

[Mental Health and Addiction Crisis Line](#)

[Kids Help Phone](#)

[Crisis Text Line](#)

[The Trevor Project](#)

[Trans Lifeline](#)

[2SLGBTQIA+ Health Services](#)

[A Note About Gender Affirming Surgeries and Hormones](#)

[Surgeries in Montreal at CMC Surgical Complex](#)

[prideHealth](#)

[IWK](#)

[Halifax Sexual Health Centre](#)

[North End Community Health Centre \(NECHC\)](#)

[Sexual Health Nova Scotia](#)

[South Shore Sexual Health](#)

[Sheet Harbour Sexual Health Centre:](#)

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

2SLGBTQIA+ COVID-19 Resource Guide

3

[Pictou County Sexual Health Centre:](#)
[Sexual Health Centre for Cumberland County:](#)
[Cape Breton Centre for Sexual Health:](#)
[Nova Scotia Women's Choice Clinic](#)

[Important Health Information of Note](#)

[Pharmacists Prescriptions Renewal](#)
[Metro Dispensary](#)

[Halifax Community Social Services](#)

[Dalhousie Social Work Clinic](#)
[Eric – Street Navigator](#)
[E-Fry](#)
[Coverdale CourtWork Society](#)
[Brunswick Street Mission](#)
[Margaret's House](#)
[Metro Turning Point Men's Shelter](#)
[Adsum House](#)
[MOSH](#)
[Mainline](#)
[D180](#)
[Foodbanks](#)
[P-flag Nova Scotia](#)

[COVID-19 Government Benefits](#)

[Breakdown of the Federal Government's Economic Relief Measures in Response to COVID-19](#)

[Student Resources](#)

[Support for Students and Recent Graduates](#)
[Health Services at SMU](#)

[COVID-19](#)

[Nova Scotia Government Information and Updates on COVID-19](#)
[Do I need to be tested?](#)

[Mental Wellness Resources](#)

[NSHA Community Health Teams Telephone Wellness Navigation](#)

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

2SLGBTQIA+ COVID-19 Resource Guide

4

[Online Communities](#)

[Online Connections](#)

[Trans and Gender Diverse](#)

[Disability](#)

[Sex and COVID- 19](#)

[Venus Envy](#)

[Sex Work COVID-19](#)

[HIV and COVID-19](#)

[Sources](#)

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

Introduction

As COVID-19 continues to spread throughout Nova Scotia and community services, businesses and government organizations restrict services, it's becoming increasingly difficult for 2SLGBTQIA+ people (and their families) to know exactly where to get help and resources.

Many of Nova Scotia's 2SLGBTQIA+ health services and community organizations are shutting down temporarily, while some are transitioning to online services as they brace for the increase of cases of COVID-19. As a result, many 2SLGBTQIA+ folks don't know where to turn as they face difficult questions under quarantine or physical distancing: How am I going to make rent or buy food? How will I access my hormones? Who can I turn to for mental health support? What's going to happen if I get infected with COVID-19?

In response, prideHealth and other organizations that support the queer community decided to put together this online resource kit to provide people with the most relevant and up to date information about programs and services during the COVID-19 pandemic. In this time of anxiety.

Below is information on how organizations are offering services during the pandemic and other important information and resources to support your mental, physical and emotional health during this challenging time.

2SLGBTQIA+ Community Organizations

[Aids Coalition of Nova Scotia \(ACSN\)](#)

The physical office is closed - Currently planned to reopen May 4.

All in-person services have been suspended. We may make an exception with regard to meeting someone in person on a case-by-case basis if warranted. Counselling and support services for those living with HIV and those close to them is available by phone and email as appropriate.

Sexual health and HIV/STBBI prevention information is available from our web site and we are also happy to answer people's inquiries by phone or email or through private messages in social media.

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

2SLGBTQIA+ COVID-19 Resource Guide

6

Our staff are checking their email and work phone messages regularly to respond. There may be delays so we ask people to be patient but we'll do our best to return messages ASAP.

ACNS Staff Directory

For Counselling and Support Services contact

Shannon Hardy, Support and Programs: pc@acns.ns.ca, 902.425.4882 ext 225

For Sexual Health and HIV / STI Prevention info contact

Garry Dart, Gay Men's Health: gmhc@acns.ns.ca, 902.425.4882 ext 222

For Administrative matters contact

Chris Aucoin, Executive Director: ed@acns.ns.ca, 902.425.4882 ext 227

For Fundraising matters contact

Rowan MacArthur, Fund Development: fund@acns.ns.ca, 902.425.4882 ext 226

For Financial Administration matters contact

Ned MacInnis, Program Support: ps@acns.ns.ca, 902.425.4882 ext 224

The Nova Scotia Youth Project

The Youth Project is no longer offering in-person programming, education, support services and our location is closed.

We are still offering support sessions through our Support Services Coordinator. You can book an appointment at: carmel@youthproject.ns.ca

or on instagram [@carmelyouthproject](https://www.instagram.com/carmelyouthproject). The support sessions can be hosted on either Skype, Google Hang, Phone, Instagram call/video and/or chat.

We are also launching online programming that mirrors our regular core programming and events in late April. Information about this programming will be on our website, facebook, instagram, and twitter.

Our education team is also working on digital educational modules, videos, and informative online workshops which will be launched in May. These educational modules and workshops

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

are for the general public but can also be used as professional development, teaching tools, and classroom resources. Information about these resources will be on our website, facebook, instagram, and twitter.

For support sessions contact: carmel@youthproject.ns.ca

For Programming updates see our website/ social media or contact: skye@youthproject.ns.ca

For information on educational resources contact: education@youthproject.ns.ca

[The Cape Breton Youth Project](#)

[The Valley Youth Project](#)

As per the recommendations from health professionals, we are doing our part to limit group gatherings. For this reason, drop-in is cancelled until further notice. We will announce on our [website](#) and [Facebook](#) page if and when drop-in is to restart. You can sign up for email updates from the VYP by going to our website.

[FLY- First Love Yourself](#)

FLY has currently suspended in-person support meetings to match the recommendations from the province. FLY will be holding bi-weekly social and peer support meetings via Zoom. If folks are interested in joining our meetings, they can email us (transhfx@gmail.com), contact us via our website (www.transhfx.com) or send a message to our Facebook page ([FLY - Transgender Peer Support](#)).

[Elderberries](#)

Elderberries is a social group for LGBTs aged 50+. Awaiting up to date information.

[South House](#)

South house is offering peer support sessions via phone or video conference, they're also running regular events (feminist hangout crew, Gaysian hangout, etc.) via Zoom. Eventually South House plans to offer online workshops.

If folks are need pregnancy tests, safer sex supplies or other products that South House usually offers in person please to reach out to them by email outreach@southhousehalifax.ca or messaging them on Instagram @southhousehalifax.

[Pride in Our Recovery: A 2SLGBTQIA+ Narcotics Anonymous Meeting](#)

NA is a fellowship for folks for whom drugs have become a major problem. We are recovering addicts who meet regularly to help each other stay clean. Pride in our Recovery is a specialized NA meeting to meet the needs of the 2SLGBTQIA+ community. The group is staying connected through Zoom. All are welcome!

Join Zoom Meeting

<https://us02web.zoom.us/j/870503780?pwd=QXF4YzIwQlh6Z3NXyjIINUs0WEY5QT09>

Meeting ID: 870 503 780

Password: pride

The meetings are every week on Tue, until May 5, 2020:

Apr 14, 2020 07:00 PM

Apr 21, 2020 07:00 PM

Apr 28, 2020 07:00 PM

May 5, 2020 07:00 PM

Mental Health Services

[Community Mental Health](#) and Addictions Services

Appointments and services are still being offered. All appointments will now be done by phone including trans and gender diverse patients. Online platforms are being explored for all appointments.

NSHA Mental Health and Addictions (MHA) will continue to provide services to those registered and seeking registration in the various Opioid Use Disorder Treatment (OUDT) Programs. Services will focus on ongoing assessment, required urine drug screens, clinic visits,

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

prescription renewals, counselling, etc. The work instructions/resources below outline how these processes will continue to operate in light of the COVID-19 pandemic.

<http://www.nshealth.ca/content/community-mental-health-and-addictions-service>

NSHA Social Work

(Heather Smith)

Doctor Referral to Endocrinology Clinic Social Worker

You can access a WPATH trained social worker by referral from your doctor. The fax number for doctor referrals is 902-473-3770. Please note: If you have serious mental health concerns your referral may be more appropriate for community mental health.

What to expect from the appointment:

Your appointment will be with a social worker trained in WPATH Soc. Appointments are typically a single three hour session. Letters are typically provided within the week to patients and the referring doctor. The current wait time for new referrals is four months.

Private Practice Counselors

The clinicians listed here are taking new appointments (through phone and online platforms), have experience working with the 2SLGBTQIA+ community, and can offer WPATH assessments.

Bryan Campbell	Psychologist	HRM		www.halifaxcounsellor.com
Kay Jenson	Clinical Psychologist	HRM	kay.vinova@gmail.com	http://drleahclyburn.ca/
Patrict Daigle	MSW, RSW	Halifax (Quinpool & Birmingham Street (off Spring Garden)	902-818-3333	https://www.strongrootstherapeuticsolutions.com/
Shawn Wood	MSW, CYC-P	Halifax (Quinpool & Birmingham Street (off Spring Garden)	902-818-3333	https://www.strongrootstherapeuticsolutions.com/

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

Sara Lamb	Psychotherapist/ Registered Counselling Therapist	Halifax and St. Margaret's Bay	902-473-0813	http://www.saralamb.ca/
Erica Baker-Gagnon	Registered Counselling Therapist	Wyse Road, Dartmouth	902-593-0753	www.ericabakergagnon.com

[Mental Health and Addiction Crisis Line](#)

1-888-429-8167 (toll-free)

Available 24 hours, seven days a week

[Kids Help Phone](#)

1-800-668-6868 (toll-free) Available 24 hours, seven days a week

[Crisis Text Line](#)

Text HOME to 686868 in Canada to text with a trained Crisis Responder.

[The Trevor Project](#)

The Trevor Project has multiple crisis services available for young people, including TrevorLifeline (1-866-488-7386) and TrevorText (text START to 678678), as well as TrevorSpace, an online community for LGBTQ+ people ages 13-24.

[Trans Lifeline](#)

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

Phone: (toll free)1-877-330-6366

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

2SLGBTQIA+ Health Services

A Note About Gender Affirming Surgeries and Hormones

Given the current reality of COVID-19 and the need for physical distancing many health services for transgender and gender diverse people are currently on hold. In particular, for people looking to start gender affirming hormones and have gender affirming surgery. Please reach out to your provider about what is available to you at this time.

[Surgeries in Montreal at CMC Surgical Complex](#)

Please note that all gender affirming surgeries done at CMC Surgical Complex in Montreal have ceased for an indefinite period. All surgeries will be postponed until the Government of Quebec allows for surgical procedures to resume.

We recognize how challenging this can be for people who have been waiting to access this affirming care. PrideHealth is committed to keeping the community up to date as services become available.

Below is a list of the health services that are currently available and how you can access these services. Please note, it's important to not walk-in to any of the services below without contacting them first.

As always if you feel unwell stay home.

[prideHealth](#)

The prideHealth coordinator will be available Monday to Thursday 9:00am- 4:30pm and navigator will be available Monday to Friday 8:00am-12:00pm. No in-person meetings are permitted without management approval but they are both available by email and phone. They can be reached at prideHealth@nshealth.ca or 902-487- 0705.

IWK

All IWK Mental Health & Addictions outpatient new and follow-up appointments continue but patients will be offered the option of either telephone or virtual Zoom appointments instead of in-person. New referrals will continue to be reviewed and booked and current hormone and surgical readiness letters in progress will still be sent.

These include Trans Health team appointments. Appointments for endocrinology at the IWK are being cancelled and rebooked at present, however, as per IWK policy.

For most updated information, please visit <http://www.iwk.nshealth.ca/corporate-home>

Halifax Sexual Health Centre

Due to the current pandemic, HSHC will be triaging scheduled clinics for essential appointments. These visits may be rescheduled as either an in-person visit or a tele-visit. Non-essential appointments will be cancelled.

We are currently only able to book new essential appointments. These criteria are as follows:

- Pregnancy options
- Prenatal referrals
- STI screening and testing
- STI and STBBI follow-ups
- HPV treatment
- PrEP
- Vaccine follow-up injections
- Depo Provera injections
- Birth control
- Emergency contraception
- IUD complications and removals
- New genital discharge, sores, bleeding, pain, etc.
- Prescription refills
- Transgender health care
- Result follow-ups

We will not be returning to our regular schedule until at least May 1. We will be reassessing as the situation progresses.

Our phone lines will continue to be open. Feel free to give us a call with any questions or concerns at 902-455-9656. We are happy to assess your unique situations.

Safer sex supplies are still available in the waiting room, but we ask that you only come if your need is urgent.

DO NOT come to an appointment or come in for supplies, birth control, or safer sex items if you have traveled ANYWHERE within the past 14 days, if you are showing any symptoms of illness, and/or if you have been in contact with anyone who has traveled or are showing symptoms of illness.

Please do not bring any support people with you to appointments.

[North End Community Health Centre \(NECHC\)](#)

The majority of appointments will be done over the phone to limit the number of patients entering the clinic.

Any patient entering NECHC will be asked questions to be screened around the virus. Patients calling in for in-person appointments will also be asked these questions.

STI Clinic at the Victoria General Hospital: Mon & Thurs evening-CLOSED

For folks who are looking for treatment and testing due to direct contact with a confirmed positive case (HIV, syphilis, gonorrhea and chlamydia), are being referred to the [Halifax Sexual Health Centre](#) (HSHC). General asymptomatic screenings will not be done currently due to a reduced capacity. All testing is being deferred to HSHC (See “Halifax Sexual Health Centre” above).

[Sexual Health Nova Scotia](#)

Leigh, Provincial Coordinator, is working from home and reachable by phone (902) 492-6900 email provincialcoordinator@shns.ca . The changes to the sexual health centres across the provinces are as such:

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

South Shore Sexual Health

Due to the COVID-19 pandemic, we are restricting our in person services to ensure we aren't part of the spread of this virus.

Please call or text for info, or to arrange for pickup of pregnancy tests or condoms, dams, and lube. We will try to meet your needs as best as we can while Nova Scotia is shut down temporarily

Call or text (902) 527 2868 or email southshoresexualhealth@gmail.com

Sheet Harbour Sexual Health Centre:

In an effort to help minimize the spread of the COVID 19 virus our Centre is temporarily closed. Our wellness clinic for this Friday has been canceled. We will still be returning phone calls, email and Facebook messages. Please reach out and we will do our best to meet your needs during these uncertain times

Phone: (902) 885-3693

Email: sheetharbourshc@hotmail.com

Facebook: Sheet Harbour Sexual Health Centre

Pictou County Sexual Health Centre:

To ensure the safety of our staff and clients and to minimize the spread of COVID19, we have temporarily closed our office at 279 Foord Street. We will continue to provide services over the phone, through email, and [social media](#) during this time. We will also deliver supplies such as free condoms and free pregnancy tests as well as free menstrual supplies to individuals or organizations if requested.

Consultation or questions: (902) 754-1138

Supply Delivery: (902) 754-1138

Email: director@pcshc.ca

*Note: Free menstrual supplies provided by United Way of Pictou County's Tampon Tuesday Supply Drive.

[Sexual Health Centre for Cumberland County:](#)

The Sexual Health Centre for Cumberland County will be closing our drop in centre, effective immediately, in response to covid19.

Other than the closure of the drop in, it will be business as usual for your local sexual health centre. Staff will be working from home and we'll be checking voicemails and emails regularly. We will remain active on our social media platforms.

You can reach us in the following ways:

Call and leave a message at (902) 667-7500

Email at shccc@ns.aliantzinc.ca

By messaging us here on Facebook

By following us on Instagram, and messaging us there

And don't forget to watch for us on Tik Tok at [@sexualhealthmatters](https://www.tiktok.com/@sexualhealthmatters)

We will provide weekly updates (each Monday) on the status of the drop in closure.

[Cape Breton Centre for Sexual Health:](#)

CBCSH will be closing the office for the foreseeable future. Folks can get in touch by email or social media and needs will be addressed on a case-by-case basis.

Email: cbcforsexualhealth@gmail.com

Facebook: Cape Breton Centre for Sexual Health

[Nova Scotia Women's Choice Clinic](#)

The Nova Scotia Women's Choice Clinic is a surgical abortion and a medical abortion clinic based at the Victoria General site of the QEII Health Sciences Centre in Halifax. Please note, the NS Choice Clinic has been mandated as an essential service and is operating as normal.

Important Health Information of Note

Pharmacists Prescriptions Renewal

Pharmacists can now renew most medications. Call your pharmacy to find out if they can renew the medication you need.

<http://www.nspharmacists.ca/documents/HCPGuidetoPharmPrescribing.pdf>

Please note, currently pharmacists cannot renew prescriptions for gender affirming hormones as they are considered controlled substances. For those who are on gender affirming hormones, you must follow up with your prescriber as needed for prescription refills.

[Metro Dispensary](#)

You can access cheaper medication through the metro dispensary if you are financially challenged. You will need a SW's referral to access their service. You can obtain a social worker's referral by calling 211.

Halifax Community Social Services

[Dalhousie Social Work Clinic](#)

The Dalhousie Social Work Clinic is closed indefinitely but workers are still doing what they can to support current clients from home. At this time, the clinic is not taking new clients but are working to figure out how services might look if they are forced to remain closed for a while.

[Eric – Street Navigator](#)

“Business as usual”- just keeping more space between folks, advising folks to wash their hands, etc. Still trying to find housing wherever possible- so they can hopefully self isolate. [Please contact Eric](#) there is anyone you want him to check in on.

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

E-Fry

Prisoners are starting to be released, per advocacy from E-Fry and [Women's Wellness Within](#) (WWW). E Fry is caring for and supporting them around issues such as housing, safety, food etc.

E-Fry has had to postpone their major March fundraiser and are at the end of their fiscal. They are also not receiving ANYTHING from Dept of Justice to help support the women they serve. WWW sent \$1000 from their already limited budgets. Please send funds individually as well - efrymns.ca/home/donate/

Coverdale CourtWork Society

Folks can be referred to us or self refer. We are a Non-Profit Organization providing low barrier services for Women, Trans, Non-Binary, and Two-Spirit individuals who are affected by the justice system

Coverdale staff are now working from home and available via phone. All of our services are via phone except the Monday outreach program that has replaced the Wednesday Drop in. Our Program Coordinator Hilary Murphy is providing one:one support and programming over the phone between 9:00am and 4:30pm Monday to Friday. This includes assisting with Income Assistance, housing, providing weekly check in's, and facilitating our programs: Understanding Anger, Grief and Loss, and Healing Trauma which are 1-4 one hour sessions which includes a certificate at the end.

We are helping clients navigate the court system via phone

Our Executive Director Ashley Avery has created our Monday Outreach Program where she'll be delivering care kits for current clients/justice involved women and trans folks. This will replace our Wednesday drop-in, which is cancelled due to Covid-19 (until further notice). Care kits include a gift card, personal care products, some cleaning supplies and other essential items. Information on resources will also be included. All deliveries will be made while adhering to physical distancing protocols as directed by health Canada. You will be notified when your package has arrived and it will be placed outside of the vehicle

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

for you to pick up. Six feet should be maintained at all times, this is to protect you, staff and the community. While supplies last, we will provide updates on our facebook page. To sign up, please private message us/call or text 902-809-5718.

Program Coordinator Hilary Murphy 902-405-4325 or programs@coverdale.ca
Court Support Worker Roberta Morrison 902-240-9986 or courtsupport@coverdale.ca
Executive Director Ashley Avery 902-405-4324 . To sign up for Outreach Mondays, folks can private message us on our facebook page (Coverdale Courtwork Society) or text/call at 902-809-5718.

[Brunswick Street Mission](#)

Brunswick Street Mission is putting together a team to prepare and deliver ALL meals to Metro Turning Point. This can reduce the number of guests who must pick up takeout meals every day. Also takes some pressure off the shelter staff “as things evolve”.

[Margaret's House](#)

No admittance to the house except for 2 staff and 2-3 volunteers to ensure maintenance of the 6-foot rule. Additional sanitization of the environment while cooking and providing a takeout meal plus any extras that are available. Will continue as long as resources permit. 11AM-12:30PM for lunch, Monday, Tuesday & Wednesday 3PM-5PM for supper. Those who access the lunchtime meal are asked **not** to return for supper time, and vice versa- the goal is to limit crowd size.

Only food donations can be accepted at this time- there is a trolley cart on their porch for donors to leave donations on. Please call ahead if possible. A list of items needed now is on their Facebook page: www.facebook.com/FeedingOthersOfDartmouth/

[Metro Turning Point Men's Shelter](#)

They have restricted all donations, volunteers and external service providers from entering the building- with exceptions of EHS, Police and MOSH. No non-guests in the shelter- they have installed three portable restrooms outside of the shelter for the use of non-guests.

For the foreseeable future, guests will not be given transition/exit letters or exit dates. They are at capacity and expect to remain so.

Adsum House

The shelter Adsum House remains open and staffed 24/7, as is Adsum Centre. All housing programs are staffed and supported as needed. The shelter cannot accept any donations of clothing and household items. The Deja-Vu clothing room is closed until further notice, in keeping with social distancing recommendations. However, the shelter is gladly accepting all donations of hand sanitizer.

MOSH

The clinic is closed until further notice. Outreach services are extremely limited as our goal is to curb exposure to both MOSH staff, agency partners, and the vulnerable individuals we serve. Clients can reach out to the nurse on-call per the schedule (see below). Staff and clients can also call **902-429-5290, extension 1 - option 1** to reach Katie for support or direction any time. All voicemails will be returned ASAP. Emails can be sent to krennie@nehc.com.

Booked appointments will continue, however they are now being done by **phone only** (for patients with access to a phone line). All other appointments will be rebooked once the clinic reopens, and medications will be provided so no one goes without. Updates and contact information are available on the website: <http://moshhalifax.ca/>

MOSH NURSE ON-CALL – Schedule:

	Rick 902-802-3332	Jac 902-802-0222	Trish 902-802-2378
Monday	8AM-8PM		
Tuesday	8AM-8PM	8AM-8PM	9:30AM-2:30PM
Wednesday	8AM-8PM	8AM-6PM	9:30AM-2:30PM
Thursday		8AM-6PM	9:30AM-2:30PM

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

Friday		8AM-8PM	9:30AM-2:30PM
--------	--	---------	---------------

Mainline

Mainline has reduced their hours to Monday-Friday, 9AM-12PM, for both Dartmouth and Halifax. Their doors remained locked and are only offering service from the window. They have implemented a buddy system where there are only 2 staff on at a time, and those two staff are always on shift together with no contact between other staff. There is no HRM outreach being offered at this time. Their provincial outreach is now every 2nd Saturday, and the weekends between are bucket pick ups and pharmacy drop offs only.

D180

Direction 180 is not completing urine drug screens at this time. Their dispensary is operating at reduced hours 8:30AM-11AM. The clinic is open, however clients are met and triaged at the door. Clients are only permitted in the D180 space if absolutely necessary. These measures will continue until further notice.

Mi'kmaw Native Friendship Centre

The centre is closed and staff are working from home, they're doing outreach on a case by case basis.

Get updated information on their [Facebook](#) page.

Foodbanks

Food banks continue to operate during this time. Most are doing pick up only and want you to call for an appointment. While normally you have to go in and register with an MSI card, our understanding is that right now some aren't requiring an MSI for registration and are instead just responding to need.

You can find your closest food bank here: <https://www.feednovascotia.ca/find-food>

[P-flag Nova Scotia](#)

Pflag Halifax is offering bi-weekly zoom connecting meetings. Please see details here: <https://www.facebook.com/events/660519028077851>

You can also call 211 for information on food banks and what services are being provided.

COVID-19 Government Benefits

Benefit	Information	Link	Available
	Federal Government Benefits For COVID-19		
Emergency Response Benefit	<p>The government will provide a taxable benefit of \$2,000 a month for up to 4 months to:</p> <ul style="list-style-type: none"> workers who must stop working due to COVID19 and do not have access to paid leave or other income support. workers who are sick, quarantined, or taking care of someone who is sick with COVID-19. working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures. workers who still have their employment but are not being paid because there is currently not sufficient work and their employer has asked them not to come to work. wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance. <p>The Canada Emergency Response Benefit will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via</p>	<p>https://www.canada.ca/en/revenue-agency/campaigns/covid-19-update.html?fbclid=IwAR0-ywQvnOH1_X0WjPHxZnQR08nxNkRPdTlxUzirg58DhtfMfaPD0buqBUE</p>	April 2020

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.



2SLGBTQIA+ COVID-19 Resource Guide

	an automated telephone line or via a toll-free number.		
Canada Child Benefit (CCB) payment amounts	The Government is proposing to increase the maximum annual CCB payment amounts, only for the 2019-20 benefit year, by \$300 per child. The overall increase for families receiving CCB will be approximately \$550 on average; these families will receive an extra \$300 per child as part of their May payment	https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview/canada-child-benefit-apply.html	Extra payments as of May 2020
EI Sickness Benefits	Employment Insurance (EI) sickness benefits can provide you with up to 15 weeks of financial assistance if you cannot work for medical reasons. You could receive 55% of your earnings up to a maximum of \$573 a week. If you are sick, quarantined or have been directed to self-isolate, there is no requirement to provide a medical certificate to access EI sickness benefits.	https://srv270.hrdc-drhc.gc.ca/AW/introduction?GoCTemplateCulture=en-CA	Now
Special Goods and Services Tax credit payment	A one-time special payment by early May through the Goods and Services Tax credit for low- and modest-income families. The average additional benefit will be close to \$400 for single individuals and close to \$600 for couples. There is no need to apply for this payment. If you are eligible, you will get it automatically	https://www.canada.ca/en/revenue-agency/services/child-family-benefits/goods-services-tax-harmonized-sales-tax-gst-hst-credit.html	Benefit delivered early May
	Additional Financial Support in Nova Scotia		
Small Business Impact Grant	If your small business, non-profit, or charity had to close or reduce operations because of the COVID-19 public health order, you may be eligible for a one-time grant.	https://novascotia.ca/coronavirus/docs/Small-Business-Impact-Grant-guidelines.pdf	April 10th
Income Assistance	The Income Assistance (IA) program provides people in financial need with assistance with basic needs such as food, rent, utilities like heat and electricity, and clothing. The program may also	https://www.novascotia.ca/coms/employment/income_assistance/index.html	Now

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.



2SLGBTQIA+ COVID-19 Resource Guide

	<p>help you with other needs such as child care, transportation, prescription drugs, emergency dental care, and eyeglasses. The provincial government announced that a new extended hours phone line has been set up for people wanting information on income assistance eligibility from the Department of Community Services.</p> <p>Call toll-free 1-833-722-1417 from Monday to Friday 4:30 p.m. to 7 p.m. Saturday, 8:30 a.m. to 4:30 p.m., and Sunday, 10 a.m. to 2 p.m.</p> <p>During regular business hours, Monday to Friday from 8:30 a.m. to 4:30 p.m. call the regular toll-free line at 1-877-424-1177.</p>		
<p>HEAT Fund</p>	<p>Up to \$400 towards heating costs. The Home Energy Assistance Top-up is available annually to individuals and families in Nova Scotia who live on a low income to help pay their energy bill (electricity, oil, wood, propane, natural gas). They've waived a number of their criteria and increased available support at this time.</p>	<p>https://salvationarmy.ca/maritime/home/programs/heat/</p>	<p>Apply Now</p>
<p>H2O Fund</p>	<p>The H2O (Help to Others) Fund is a water, wastewater, and stormwater assistance fund that can be used by Halifax Water residential customers who are having a hard time making their bill payments.</p> <p>Approved applicants will receive assistance once in a 24-month period to a maximum of \$275.00.</p>	<p>https://www.halifaxwater.ca/sites/default/files/2019-05/2019-2020%20H2O%20Fund%20Application%20-%202005-03-19.pdf</p>	<p>Apply Now</p>

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

Breakdown of the Federal Government's Economic Relief Measures in Response to COVID-19

Student Resources

Dalhousie Student's Union Developed this comprehensive [Financial Resource](#) Guide to Support Students.

Support for Students and Recent Graduates

To support student and apprentice loan borrowers during the COVID-19 pandemic, the Government of Canada is putting the following measures in place from March 30 to September 30, 2020:

- Suspension of repayments of Canada Student Loans and Canada Apprentice Loans
 - No payments are required on student and apprentice loans during this time
 - Pre-authorized debits will be stopped
- No interest will accrue on student and apprentice loans

<https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>

Health Services at SMU

If you are a student at SMU, please note that the Student Health Clinic is still open, and students can access that resource. The Counselling Centre is also available through phone or video calls. For more details and appointment booking, please email counselling@smu.ca

COVID-19

[Nova Scotia Government Information and Updates on COVID-19](#)

Do I need to be tested?

If you have developed a fever, with a temperature 38°C or higher, and/or cough please call [811](#) for assessment.

[811](#) will provide direction on what to do next. If there is a need for in-person assessment, [811](#) will refer to a COVID-19 assessment centre.

Please do not go to a COVID-19 assessment centre without having been referred by [811](#). We are working to be able to book specific appointment times in the coming days.

Those directed to an assessment centre by [811](#) will then have a physical assessment on site and based on that a swab will be taken for patients for whom it is appropriate.

Mental Wellness Resources

[NSHA Community Health Teams Telephone Wellness Navigation](#)

Navigators are health care professionals who work with adults, parents, children and youth.

- Navigators are doing their best to stay on top of what resources and services are currently available during the COVID-19 pandemic to support community members.
- Navigators are available to provide navigation services by phone to community members, health providers, and community groups.
- Some examples of how a wellness navigator could help
 - o Supporting people to access federal benefits when they do not have internet/computer.
 - o Connecting clients with food banks and food delivery services.
 - o Helping people find resources to manage stress.
 - o Supporting parents to manage anxiety or behavior challenges with their children.
 - o Assisting Physicians, NP's and health providers in identifying supports for their patients.

CALL: 902-460-4560 Calls will be returned within 2 business days.

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

2SLGBTQIA+ COVID-19 Resource Guide

26

Option 1-Bedford Team
Option 2-Chebucto Team
Option 3-Dartmouth Team
Option 4-Halifax Team

Follow Community Health Teams on [Facebook](#)

[Mental health resources during COVID19/Coronavirus](#) Google document with various mental health resources to help cope during COVID-19.

[Coronavirus Anxiety Workbook](#): A tool to help you Build resilience during difficult times.

[Self-Help Resources](#): Google Drive full of mental health resources - includes stress, self esteem, PTSD, Mindfulness & Meditation, Depression, DBT, CBT, Anxiety, ACT and more.

[Printable Self-Care Template](#): Template to help you develop your own self care plan.

Online Communities

[Wabanaki Two Spirit Alliance](#)

[Trans Family Nova Scotia](#)

[Halifax Queer Exchange](#)

[Queer Arabs Halifax](#)

[QTIBIPoC Healing Space](#)

Online Connections

Club Quarantine is a zoom dance party geared toward the queer community, hosted every night from 9 p.m. to 12 a.m. EST . Entry is free, unless you'd like to make a PayPal donation. There's no dress code, no line to get in. The venue is accessible to anyone in the world with a wifi connection, so long as you have the code posted on Instagram [@clubquarantine](#).

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

Trans and Gender Diverse

Certificate of Change of Name: As of right now all fingerprinting services are indefinitely suspended and therefore those looking to complete a name change application will need to wait until the service is offered again. For more information contact vital statistics.

- By phone: 902-424-4381
- Toll free: 1-877-848-2578
- By email: vstat@novascotia.ca

Binding information from Trans Care BC :

<http://www.phsa.ca/transcarebc/Documents/HealthProf/Binding-Handout.pdf>

[Binding and COVID-19](#)

Disability

Disability-Related Resources for Families: List of disability related resources by the Canadian Association for Community Living. Includes plain language information, information for caregivers, and information on discrimination, government support, and mental health

Sex and COVID- 19

Venus Envy

Our store is no longer open to in-person shopping, but staff are in the store daily from 12-4pm. We're offering a same day delivery service for local orders (anything within a 30 minute radius from the shop), and are happy to fulfill mail orders with free shipping. We can also do curbside pickups if folks prefer to drop by the shop. We can take payments through e-transfer and credit card over the phone or through paypal.

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.

Something important to note is that these options are not available through the Venus Envy website, as that is run by our Ottawa store. So folks need to email us at halifax@venusenvy.ca, message us on [Instagram](#) or [Facebook](#), or give us a call at the shop (902 422 0004).

Something we're doing to support the community during this time is offer 25% off all gender affirming gear, as well as a variety of deals we put out every 2-3 days. We know this time can be hard for a lot of folks, so we hope we can brighten some people's day with something fun and/or affirming!

This is what we've been able to do for now, but folks can follow us on Instagram or Facebook, or sign up for our newsletter on our website, to keep up to date with any changes we're making or other things we're offering!

[COVID-19 and You're Sex Life](#) Venus Envy

[Sex and Coronavirus Disease](#) New York City Health

Sex Work COVID-19

[Sex Work COVID-19: Guidelines for Sex Workers, Clients, Third Parties, and Allies:](#) Guide by Maggies and Butterfly with info on COVID-19 transmission, protective measures, guidelines for sex workers, clients, third parties and allies, and community resources.

[Notes On Coronavirus and Sex Work Part 1:](#) Facebook note with information on precautions, a guide on what COVID-19 is and how it is transmitted, transmission routes, and what you can do.

HIV and COVID-19

[What people living with HIV need to know about HIV and COVID-19:](#) PDF Infographic with information for people with HIV. Includes info on how to stay safe, be prepared, support yourself and people around you, get treatment and know your rights.

Sources

Information for this guide has been taken from: [Vancouver Pride COVID-19 LGBTQIA2S+ Resource Guide](#)

Trans Care BC <http://www.phsa.ca/our-services/programs-services/trans-care-bc>

Please note that this is a living document and prideHealth staff will try to keep it updated. However, if you see any broken links, outdated information or think we should add something please let prideHealth staff know by emailing prideHealth@nshealth.ca and we will make adjustments as soon as possible.