

# ISC - Alberta Region COVID-19 Daily Update for Chiefs: *May 6, 2020*



## Updates

### Mental Health:

We recognize that many First Nations are experiencing increased strain on their mental wellbeing as communities deal with the impact of the COVID-19 pandemic. Resources available to assist you in supporting your members' mental health during this challenging time include:

- The Non-Insured Health Benefits [mental health counselling benefit](#) provides coverage to support immediate mental health needs for eligible First Nations clients. Typically, this is done through in-person sessions delivered either on-reserve or in the Mental Health Counselling professional's place of business. In response to COVID-19, the College of Alberta Psychologists has recommended that services be provided through telepsychology as a means of reducing the risk of exposure for both clients and providers. The NIHB regional office is supporting this practice, and has compiled a list of providers willing to offer telepsychology sessions. All existing Guidelines and policies will continue to be applicable and are outlined in the [NIHB Guide to Mental Health Counselling Services](#). Clients interested in this service who are not currently seeing a mental health counsellor are asked to contact our office at 1-800-232-7301 between 8am and 4pm Monday through Friday and we will assist in connecting them with a provider and arranging their first session. Please note individuals who are currently receiving services from a provider should be able to continue their appointments.
- The [Hope for Wellness Help Line](#) offers immediate help to all Indigenous peoples across Canada, is available 24 hours a day, 7 days a week, and offers counseling and crisis intervention supports by qualified counselors. Individuals can call the toll-free Help Line at 1-855-242-3310 or connect to the online chat at [hopeforwellness.ca](http://hopeforwellness.ca).
- Additionally, ISC-Alberta Region has distributed 2020-2021 funding allocations via existing funding arrangements to support First Nations in delivering mental wellness program and services.

## Question of the Day

**Q: What other mental health resources are available to our communities, outside of what ISC can provide?**

**A: There are a number of other resources available, including:**

[Taking care of your mental health during the COVID-19 pandemic](#)

[Thunderbird Partnership Foundation COVID-19 Resources](#)

[Help in Tough Times](#)

[COVID-19 Book for Children](#)

[World Health Organization Healthy Parenting](#)

[Helping Children Cope with Stress During the 2019-nCoV Outbreak \(WHO\)](#)

[Family Violence Resources](#)

[Pandemic Influenza Psychosocial Annex](#)

[Coping with Stress During the 2019-nCoV Outbreak \(WHO\)](#)

[Psychological First Aid After a Disaster or Emergency \(AHS\)](#)

[Resources for Responding to Emergencies and Disasters \(Canadian Psychological Association\)](#)

**Kids Help Phone: 1-800-668-6868**



## Alberta Cases:

as of May 5 3:30 p.m. MST

<b>AB Total Confirmed (May 5 – 57 new cases)</b>	<b>5,893</b>
<b>Confirmed First Nations on-reserve Cases</b>	<b>26</b>
<b>Calgary Zone</b>	<b>3,957</b>
<b>Central Zone</b>	<b>89</b>
<b>Edmonton Zone</b>	<b>502</b>
<b>North Zone</b>	<b>221</b>
<b>South Zone</b>	<b>1,094</b>
<b>Unknown</b>	<b>30</b>
<b>Deaths due to COVID-19</b>	<b>106</b>

## Mental Health and Addiction COVID-19 Community Funding Grant

As a reminder, the Government of Alberta is providing a one-time grant of up to \$25 million for Mental Health and Addiction COVID-19 Community Funding. Organizations can apply for funding for projects that enhance community mental health and addiction recovery supports and services. Approved projects are eligible for up to \$500,000. Funding will be distributed through 3 calls for proposals from Alberta Health. More information on eligibility and the application process can be found [here](#)

## Regional Snapshot



## Useful Links

### AHS COVID FAQs

- [novel Coronavirus \(COVID-19\) FAQs for Public](#)

### Indigenous mental health and substance use

- [Find programs and services that support mental health in Indigenous communities, access substance use treatment centres, learn about suicide prevention](#)

## Reminder: Thursday's Telehealth Session

There will be a Telehealth Session tomorrow, May 7th, 2020, from 1:30 – 3:00 PM. Visit the First Nation portal at [www.fnfn.ca](http://www.fnfn.ca) to register. FNIHB staff will be available for questions. Questions can be submitted in advance or at the end of the presentation to [VChelp@FNTN.ca](mailto:VChelp@FNTN.ca)