



# GENERAL RESOURCES



HELPING WOMEN NOW

## GOVERNMENT HOTLINES

### **Government of British Columbia (Non-Medical) Help Hotline**

Phone number for BC governmental supports.

Phone: 1-888-COVID19

Texting: 1-604-630-0300

### **Government of Canada (Non-Medical) Information Hotline**

Phone number and email address for Federal Government Information.

1-833-784-4397

[questions@tbs-sct.gc.ca](mailto:questions@tbs-sct.gc.ca)

## SUPPORT GROUPS

### **Facebook COVID-19 Support Group**

Support group for those seeking or offering mutual aid (rides, fundraising, grocery runs, etc) in Vancouver.

<https://www.facebook.com/groups/841903382944884/>

### **Queer Support on Facebook**

Resource for those who identify as Queer to ask and give support.

<https://www.facebook.com/groups/1396955730605414/>

## OTHER RESOURCES

### **BC 211**

BC211 is a nonprofit organization that specializes in providing free information and referral regarding community, government and social services in BC.

Phone: Dial 2-1-1.

Text: Text the name of your city to 2-1-1.

### **Sources**

Sources is a White Rock/Surrey/Delta/Langley agency with an excellent website of resources listed.

<https://www.sourcesbc.ca/>