

Are you alone? Do you know someone who is alone?

BURNABY COMMUNITY RESOURCES

COVID-19 TESTING AND INFORMATION FOR BURNABY?

CALL: 604-527-4856

Burnaby Primary Care Network

HELP WITH FREE FOOD, GROCERY SHOPPING OR PRESCRIPTION DELIVERY?

CALL: 604-431-0400

Burnaby Neighborhood House

HELP TO DEAL WITH YOUR WORRIES OR CONCERNS (MENTAL HEALTH)?

CALL: 604-951-8855

Fraser Health Crisis Line

HELP WITH YOUR RENT PAYMENT?

CALL: 604-526-2522

Burnaby Rent Bank

CONCERNS ABOUT BEING EVICTED?

CALL: 604-255-0546

Tenants Resource and Advisory Centre (TRAC)

HELP TO FIND EMERGENCY SHELTER?

CALL: 2-1-1

HELP WITH ALCOHOL AND DRUGS?

CALL: 604-660-9382

Alcohol and Drug Information and Referral Service

HELP BECAUSE YOU ARE BEING ABUSED OR IN CRISIS?

- SENIORS ABUSE AND INFORMATION

CALL: 604-437-1940

- VICTIMS OF CRIME

CALL: 1-800-563-0808

- BATTERED WOMEN'S CRISIS LINE

CALL: 604-687-1867

- HELPLINE FOR CHILDREN

CALL: 604-310-1234

- WAVAW RAPE CRISIS LINE

CALL: 604-255-6344

- CULTURALLY AWARE CRISIS SUPPORT LINE FOR INDIGENOUS PEOPLE

CALL: 1-800-588-8717

CONCERNS ABOUT SUICIDE?

CALL: 1-800-784-2433

HAVE YOU FACED OR WITNESSED DISCRIMINATION OR RACISM?

- IF YOU ARE THREATENED OR HURT -

CALL: 9-1-1

LGBTQIA2S+ RESOURCES AND SUPPORTS?

CALL: 604-684-6869

Prideline

CALL: 1-877-330-6366

Trans Lifeline's Peer Support Hotline

HELP TO FIND A DOCTOR?

CALL: 604-430-9271

Burnaby Division of Family Practice

HEALTH INFORMATION – TALK TO A NURSE, PHARMACIST, DIETICIAN?

CALL: 8-1-1

HELP WITH HOME HEALTH SERVICES?

CALL: 1-855-412-2121

Fraser Health Home Health Service Line

HELP WITH DEMENTIA?

Alzheimers Society

- ENGLISH:

CALL: 1-800-936-6033

- CANTONESE AND MANDARIN:

CALL: 1-833-674-5007

- PUNJABI:

CALL: 1-833-674-5003

HELP WITH TRANSLATION OR TO GET INFORMATION IN YOUR LANGUAGE?

CALL: 2-1-1

and say the name of your language

HELP TO FIND OTHER SOCIAL SERVICES?

CALL: 2-1-1

HELP WITH GETTING OR USING A COMPUTER AND THE INTERNET?

CALL: 604-436-5400

Burnaby Public Library

FOR INTERNET WEB LINKS TO THIS INFORMATION, GO TO www.burnabycoronavirus.com/are-you-alone