

COVID-19: Emergency Funds

If you are having trouble accessing food or shelter, the following resources may be of help. Please note: this list will be updated as future resources become available.

- A Student Emergency and Food Fund is available for students from the [Multi-faith and Spirituality Centre at Concordia](#) .
- Emergency bursaries: emergency bursaries are available through the financial awards office. Please email: fundingyoureducation@concordia.ca
- CBC News article on [how to apply for EI and COVID-19 emergency benefits](#)
- [SAS is giving this government link](#) for temporary aid out to students
- Request for Tuition Deferral: Please reach out to the Student Accounts Office by writing to <mailto:studentaccounts@concordia.ca> email. A member of the team will address this on a case by case basis.
- A Carleton University professor's plain language guide to help those trying to access government programs in the time of coronavirus:
https://drive.google.com/file/d/11OJn7XS6ETIkbLRodYk681M_2dxkkQsc/vi
- The best way for students to get accurate and up-to-date information is to consult the [Concordia COVID-19 Student FAQ page](#).
- There is also a mental health support page:
<https://www.concordia.ca/covid19info/resources/mental-health.html>.
- Financial Aid and Awards has some Emergency Bursaries, though not for tuition. Please e-mail fundingyoureducation@concordia.ca for further information.
- One of the services students can access is [Empower Me](#) (**password to website is Studentcare**): 1-844-741-6389 (Toll free). A mental health and wellness service that allows students to connect with qualified counsellors, consultants, and life coaches for a variety of issues. Sessions are delivered in person, by telephone, by video-counselling, or by e-counselling. Services are available 24 hours a day, 7 days a week. **Empower Me is available to ALL Concordia students** starting March 2020.
- There is also a list of resources for students in crisis:
<https://www.concordia.ca/students/health/mental-health.html>
- The Peoples Potato has [a list of food security resources for students](#).

- 211 is the Directory of Community and Social resources in the Greater Montreal area: <https://www.211qc.ca/en/>
- Here is the [direct link to 211 Food Assistance search](#) page, where resources can be found based on neighbourhood.
- Here's the info on the income support for low-income households (which many students will qualify for): Many students will qualify for income support from the government of Canada; [the details of which can be found here](#).
- There is also an emerging [Facebook group where people can ask, or offer aid](#). This group has compiled a general list of resources in response to [COVID-19](#).