

# Support for Individuals and Families

Updated April 6, 2020

## Occupational Health and Safety Rights

Alberta Workers' Health Centre (with info and links to worker H&S rights, work refusals, etc.)  
[www.workershealthcentre.ca](http://www.workershealthcentre.ca)

Workers' Resource Centre

- For Help with Workplace issues like Employment Standards, Employment Insurance and any workplace piece of legislation please phone 403 264 8100

<https://www.helpwrc.org>

Most workers in Alberta are covered under [Alberta's Occupational Health and Safety Act, Regulations and Code](#).

Right to Refuse Dangerous Work (Alberta):

<https://www.alberta.ca/refuse-dangerous-work.aspx>

Some workers are Federally regulated, and are covered under the

[Canada Labour Code Part II](#).

Right to Refuse Dangerous Work (Federally Regulated):

<https://www.canada.ca/en/employment-social-development/services/health-safety/reports/right-refuse.html>

Workers belonging to a union may have additional Health and Safety protection under their Collective Bargaining Agreement.

## Alberta Employment Standards

The Rights of most Non-Union workers in Alberta

<https://www.alberta.ca/employment-standards.aspx>

## Canada Labour Code Part III

The Rights of non-union federally regulated workplace

<https://www.canada.ca/en/employment-social-development/services/labour-standards/reports/code-summary-3.html>

## Available Financial Supports

- Increasing the Canada Child Benefit  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#increasing\\_canada\\_child\\_benefit](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#increasing_canada_child_benefit)
- Special Goods and Services Tax Credit Payment  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#increased\\_goods\\_services\\_tax\\_credit](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#increased_goods_services_tax_credit)
- Extra Time to File Income Tax returns  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#extra\\_time\\_income\\_taxes](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#extra_time_income_taxes)
- Mortgage Supports  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#extra\\_time\\_income\\_taxes](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#extra_time_income_taxes)
- The New Canada Emergency Benefit  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#new\\_canada\\_emergency\\_response\\_benefit](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#new_canada_emergency_response_benefit)
- Apply for Employment Insurance  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#apply\\_employment\\_insurance](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#apply_employment_insurance)
- The New Canada Emergency Response Benefit  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#sick\\_quarantined\\_self\\_isolation\\_new\\_canada\\_emergency\\_response\\_benefit](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#sick_quarantined_self_isolation_new_canada_emergency_response_benefit)
- Improved access to Employment Insurance Sickness Benefits  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#improved\\_access\\_employment\\_insurance\\_sickness\\_benefit](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#improved_access_employment_insurance_sickness_benefit)
- The New Canada Emergency Response Benefit  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#unable\\_work\\_new\\_canada\\_emergency\\_response\\_benefit](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#unable_work_new_canada_emergency_response_benefit)
- A New Indigenous Community Support Fund  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#indigenous\\_community\\_support\\_fund](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#indigenous_community_support_fund)

- Enhancing the Reaching Home Initiative  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#enhancing\\_reaching\\_home\\_initiative](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#enhancing_reaching_home_initiative)
- Support for Women’s Shelters and Sexual Assault Centres  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#support\\_women\\_shelters\\_and\\_sexual\\_assault\\_centers](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#support_women_shelters_and_sexual_assault_centers)
- Reduced Minimal Withdrawals for Registered Retirement Income Funds  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#eased\\_rules\\_registered\\_retirement\\_income\\_funds](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#eased_rules_registered_retirement_income_funds)
- Practical Services: delivery of items and personal outreach  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#practical\\_services\\_delivery\\_of\\_items\\_and\\_personal\\_outreach](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#practical_services_delivery_of_items_and_personal_outreach)
- A moratorium on the repayment of Canada Student Loans  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#canada\\_student\\_loans](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#canada_student_loans)
- Mental Health Support for Youth  
[https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#mental\\_health\\_support](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#mental_health_support)
- To Access Local Support Services Please Call 211
- To Learn more about the United Way of Calgary’s Community Response Fund  
<https://calgaryunitedway.org/Covid-response-fund/>
- Utility Payment Deferral  
<https://www.alberta.ca/utility-payment-deferral.aspx>
- Income Support Contact Centre  
1-866-644-5135
- Mental Health Helpline  
1-877-303-2642
- Kids Help Phone  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
1-800-668-6868
- Family Violence Information Line  
310 1818

This document is for information purposes only and does not constitute legal advice.

- Dementia Advice  
811

- Child Abuse Hotline  
1-800-387-5437

- Bullying Helpline  
[www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)  
1-888-456-2323

- Alberta Quits Helpline  
[www.albertaquits.ca](http://www.albertaquits.ca)  
1-866-710-7848

- Addiction Services Helpline  
1-866-332-2322

- Alberta Abuse Hotline (offers assistance in 100 languages)  
1-855-443-5722

- Protection for persons in care reporting line  
1-888-357-9393

Sexual Assault Services  
1-866-403-8000