



Help Desk for Indigenous Leadership

COVID-19 Planning and Information



How the Red Cross helps

The Canadian Red Cross, in partnership with First Nations Health Managers Association and with funding from Indigenous Services Canada / First Nations and Inuit Health Branch, has launched a Help Desk resource for Indigenous community leadership. The Help Desk can provide information and referrals on:

- ▶ **Planning for Health Emergencies** such as guidance and training on how to protect your community.
- ▶ **Health Guidance** such as hand-washing, physical distancing and Infection Prevention and Control (IPC).
- ▶ **Community Wellness and Protection** such as online information for children and youth, suggestions for family activities while physical distancing, and Psychological First Aid.

The knowledge, resources and referrals shared through the Help Desk will help leaders in Indigenous communities in their own planning activities related to COVID-19.



What can I expect when I call?

Your first call to the Help Desk will involve a conversation to understand the needs of your community and the type of information and referrals that you're looking for. Your details will then be passed on to a team of Canadian Red Cross personnel who can provide more information and tools on your specific areas of concern, such as community wellness and protection, general health information, or planning for health emergencies.



For more information and to call

The Help Desk is available from **8 am to 8 pm** (Central Standard Time), 7 days a week and can be reached at **1-833-937-1597**