
Media Release

Connexions Timiskaming Connections community service
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Timiskaming Health Unit has created a bilingual COVID-19 community service called **Connexions Timiskaming Connections**. Timiskaming Health Unit is offering to connect those who need help (individuals or organizations in need for volunteers, such as food banks) with available community helpers.

As the public health measures to minimize the spread of COVID-19 continue, their implications add up. Many people are left to self-isolate at home, and some may find themselves in need of essential supplies while not having someone to support them. Some service organizations rely on volunteers who may currently not be available because they are self-isolating. At the same time, there are individuals in our communities who want to help others and workplaces that are interested in redirecting their employees to support the community during COVID.

“This is an unprecedented situation that has shone a light on social issues that already existed in our communities, while also highlighting a strong drive to work together,” says Dr. Glenn Corneil, Acting Medical Officer of Health for Timiskaming. “We hope this temporary support will connect those needing help and those who are able to help out. It’s a great way for the people of Timiskaming to come together, look after one another and help prevent the spread of COVID-19.”

Planning for this initiative was rapid and done in consultation with a large group of community organizations from across Timiskaming who have been meeting weekly to identify and address any issues that may be arising for groups of people related to COVID-19 and the associated protection measures.

There is no pre-determined menu of services available. Matching will be done based on the needs and services identified within the community. Requests will also be summarized weekly and shared with community partners to inform further community response.

People who need help or want to sign up to help can contact Timiskaming Health Unit by phone at 1-866-747-4305 x 2278, email connect@timiskaminghu.com, or sign up online at www.timiskaminghu.com.

These unprecedented times can be challenging and can impact our physical, mental and social well-being. It is completely natural to feel stress and concern during these times and so it is important to practice positive coping strategies. If you are struggling to cope, reach out by calling your health care provider, or your local Canadian Mental Health Association (CMHA). To learn more about online and phone based supports, please visit timiskaminghu.com. It is OK to not be OK, not only during these times, but any day.

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Media Contact:

Ryan Peters
Program Manager
705-647-4305, Ext. 2250
Email petersr@timiskaminghu.com