



Help for workers after an emergency

Emergencies can be stressful, even after you are safe. This fact sheet tells you where to get information and help if you lose your job after a disaster or emergency.

Income help

The Government of Canada has information for people who lose work because of bad weather and other disasters.

- Apply for [Employment Insurance \(EI\)](#) if you lose income. Service Canada can help you even if you do not have records for an EI claim.
 - Call Service Canada for free: **1-800-206-7218**
 - TTY Service Canada: **1-800-529-3742**
- [Change your mailing information](#) if you can't get your mail and you get EI, Canada Pension Plan, Canada Pension Plan Disability, or Old Age Security benefits.
- Sign up for [direct deposit at Service Canada](#) to get your payments faster.
- Contact Service Canada if you are a [temporary foreign worker](#) and lose work because of an emergency or disaster.
- Find a [Service Canada office near you](#).

Job search help

If you lost your job because of an emergency, these offices may be able to help:

- [Nova Scotia Works](#) is a free service that helps people look for jobs.
- They can help over the phone, by email or video.
- Employment Nova Scotia can help workers [find new jobs](#) if a business closes because of an emergency: **1-877-223-0888**

Workplace rights

- If a business closes and its workers lose work, employers and employees can ask about their rights by calling the Department of Labour, Skills and Immigration Labour Standards Division Inquiry Line at **1-888-315-0110**.
- If you are a temporary foreign worker, learn about [your rights](#).

Mental health support

You may also worry more or find life stressful after the emergency. You can get help in 2 ways:

- Visit Nova Scotia [Mental Health and Wellbeing](#). This page lists services that offer support, resources, helplines, support groups, websites and counsellors.)
- Call **811** or **211**. Both can tell you where to get help.