

# Support for Employees Affected by Temporary Layoff

*At this difficult time, we understand the need for support to navigate the challenges of your temporary layoff from work. We want to assure you it was not a decision that was taken lightly. We look forward to a time when you can return to work and meanwhile encourage you to use all the support available to you. The following information will help you access assistance for a range of issues you or your dependent family members might experience. We encourage you to reach out and learn more about the services and use them to protect your well-being.*

## Resources and Supports

**EFAP:** Your Employee and Family Assistance Program, Homewood Health, offers counselling, information and resources for all employees and their dependent family members. Examples include:

- Emotional Support: counselling, coaching, online courses, and tip sheets on stress and anxiety management, resilience, and other mental health supports
- Financial Planning: coaching, online courses, and tip sheets on topics such as budgeting, managing financial stress, debt management, and handling financial setbacks

Services are offered remotely and confidentially 24 hours a day, 7 days a week, 365 days a year by calling 1-800-663-1142. Additional tools and resources for managing finances, anxiety, stress and resilience can be found at: <https://homeweb.ca/>

**Benefits:** If you are enrolled in the University's benefits program, your existing benefits coverage will continue during your temporary layoff at no premium cost to you. Details on coverage for counselling and other professional services will vary depending on your employee group and are [available on the HR Service Centre](#).

**Pension:** If you are enrolled in the University's pension plan, you can continue to accrue pensionable service during your temporary layoff. A letter outlining your required contributions will be sent by regular mail to your home address. Please log in to [Employee Self Service](#) to ensure your mailing address is correct, or work with your manager to have it updated on your behalf.

**Family Care:** For support around family caregiving responsibilities, the Family Care Office is available to you for information and resources: <https://familycare.utoronto.ca/> or 416-978-0951

**Temporary Supplement** to the Canada Emergency Response Benefit (CERB): Log on to the HR Service Centre to [learn more about](#) and [apply for the temporary supplement](#) outlined in your Temporary Layoff Notice.

If you have questions regarding the above, please contact your Divisional HR Office.

## Other Helpful Information

### Canada Emergency Response Benefit (CERB)

Since your temporary layoff is related to COVID-19, you may be eligible to receive the CERB. You can apply for the CERB as follows:

- **Online through your CRA My Account here:** <https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html>

**OR**

- **By phone by calling:** 1-800-959-8281

**To learn more about the CERB, visit:** <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>