



## Resources for BC First Nation Post-Secondary Students

FIRST NATIONS  
PUBLIC SERVICE  
SECRETARIAT

The resources and benefits listed below for post-secondary students are available directly from the federal or provincial governments and post-secondary institutions. **You are eligible to receive or apply for these benefits regardless of whether you live on or off reserve.**

### Indigenous Emergency Assistance Fund

**WHAT:** Support for emergency living expenses like groceries, cell phone bills, childcare, and medical, dental and optical bills, up to \$1,000.

**WHO:** Indigenous post-secondary students in BC.

**WHEN:** Applications being accepted now.

**HOW:** Contact your Indigenous Student Service Centre or Financial Aid office on campus.

**NOTE:** You do not need to pay back funds you receive.

▶▶▶  
more info

### Canada Student Grants

**WHAT:** Due to COVID, the maximum amount of grants has doubled to \$6,000 for full-time students and \$3,600 for part-time students. Grant amounts for students with permanent disabilities and with dependants have also increased.

**WHO:** Students at BC public post-secondary institutions who meet the criteria.

**HOW:** Eligibility is assessed when you apply for financial aid through [StudentAidBC](#).

**NOTE:** You do not need to pay back grants you receive.

▶▶▶  
more info

### BC Access Grant

**WHAT:**

- Up to \$4,000 a year for students enrolled in programs less than two years in length
- Up to \$1,000 a year for students enrolled in programs two years in length or longer
- Up to \$1,000 a year for students studying part time

**WHO:** Students at BC public post-secondary institutions who meet the criteria.

**HOW:** Eligibility is assessed when you apply for financial aid through [StudentAidBC](#).

**NOTE:** You do not need to pay back grants you receive.

▶▶▶  
more info



- Access the [Student Financial Assistance Estimator](#) to estimate annual student loan and grant amounts
- Access the [Indigenous Bursaries Search Tool](#) to search for bursaries, scholarships and incentives offered across Canada
- Access the [Find Financial Help During COVID-19 tool](#) to receive a list of benefits available to you during COVID-19
- Access the [Benefits Finder](#) tool that can help you find Benefits and Services (not specifically COVID-related) that you may be eligible to receive

### COVID-19 BC Self Assessment

Pre-screening tool to help assess if you need to be tested for COVID-19.

▶▶▶  
more info  
/ tool

### Canada and BC Repayment Assistance Plan (RAP)

**WHAT:** Helps you manage your Canada and BC student loan debt by reducing your monthly payment.

**WHO:** Those having difficulty or unable to make payments on student loans.

**HOW:** Check your eligibility and apply online through the [National Student Loans Service Centre](#). Call 1-888-815-4514 for assistance.

▶▶▶  
more info

### Useful Links and Telephone Numbers

- The latest information from the [First Nations Education Steering Committee](#), the [First Nations Schools Association](#), and the [Indigenous Adult and Higher Learning Association](#)
- Access a dedicated toll-free phone line for First Nations at 1-877-631-2657 for assistance and to learn more about federal supports and benefits available
- Contact 1-888-COVID-19 (1-888-268-4319) to learn more about COVID-19 provincial supports
- If you have any non-health COVID-19-related questions or requests, please email: [aadnc.iscbccovid19.aandc@canada.ca](mailto:aadnc.iscbccovid19.aandc@canada.ca)

## Additional Resources

- [Indspire](#) – Offers bursaries, scholarships and awards to Indigenous students
- [StudentAidBC](#) – Provides information on financial aid for students
- [Young Canadians](#) – Tools and resources for youth, including scholarship and financial information

## Mental Health and Wellness

If you need support for your mental health and wellness, you can find information at:

- Hope for Wellness Help Line – Available at 1-855-242-3310 or visit the [online chat](#)
- KUU-US Crisis Response Service – Offered by FNHA 1-800-588-8717
- [Wellness Together Canada](#) – Mental Health and Substance Use Support
- [Here2Talk](#) – Free confidential counselling available for post-secondary students, available 24/7 via app, phone and web
- [Mental health and cultural supports during COVID-19](#) – Offered through the First Nations Health Authority (PDF)

### Note

The Canada Emergency Student Benefit (CESB) ended in August 2020.

### Personal Tax Returns

Whether you live, study or work on or off reserve, you are encouraged to file your personal income tax returns to ensure you receive the available benefits and credits. For help and information, access [FNPS's COVID-19 AT A GLANCE: Benefits and Personal Tax Returns for BC First Nations](#).

### Please Note

This is not a comprehensive list of programs, benefits or resources for First Nations in BC, and the information provided is subject to change. Please refer to the [Federal](#) and [Provincial](#) websites for the most up-to-date information.

If you have feedback on this document, please contact [info@fnps.ca](mailto:info@fnps.ca)