



Non-Profit/National Organizations:

- Feeding America
 - <https://www.feedingamerica.org/>
 - Feeding America is a national network of food banks that serves communities across the country. The website provides a Food Bank locator where individuals can look up where the nearest Feeding America food bank is located to his or her home. Many of these food banks also help with baby food and formula.
- Ample Harvest
 - www.ampleharvest.org
 - Ample Harvest is a national network of food banks that works with local farmers. There are over 8000 food pantries that are registered with Ample Harvest. The website allows an individual to search for food pantries in his or her area.
- United Way 211
 - <http://www.211.org/>
 - 211 is a free, confidential referral and information helpline and website that connects people of all ages and from all communities to the essential health and human services they need, 24 hours a day, seven days a week.
 - The local 211 can give anyone information on food and nutrition assistance, emergency information, shelter/housing information and many other resources to ensure that everyone is getting the essentials that they need.
 - Go on website listed above to find local 211 information
 - 211 has partnered with the following:
 - Lyft: provides a limited number of rides to people with specific healthcare, employment and veterans' transportation needs
 - FamilyWize: provides individuals with access to more affordable prescription medication through their savings cards www.familywize.org.
- Modest Needs
 - www.modestneeds.org
 - Self-Sufficiency Grants are given, " in an effort to assist individuals and families who, because they are working and live just above the poverty level, are ineligible for most types of conventional social assistance but who, all the same, are living



one or two lost paychecks away from the kind of financial catastrophe that eventually leads to homelessness.”

- Give an Hour
 - www.giveanhour.org
 - Reserve Component Program: Encourages mental wellbeing by providing access to no cost face to face, telephonic, and tele-health services.

Government Sponsored Programs:

- The World Health Organization (WHO):
 - Mental Health Considerations during COVID-19 Outbreak
 - www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2
 - The WHO has partnered with WhatsApp to provide COVID-19 related Health Alerts and facts
 - To access this service, follow the link listed in the following article: www.who.int/news-room/feature-stories/detail/who-health-alert-brings-covid-19-facts-to-billions-via-whatsapp
- Childcare.gov:
 - www.childcare.gov
 - Provides information on child care assistance for each state.
- Supplemental Nutrition Assistance Program (SNAP):
 - Call: 1-800-221-5689
 - Website: <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>
 - SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.
 - The Special Supplemental Nutrition Program for Women, Infants, and Children (www.fns.usda.gov/wic)
- The Emergency Food Assistance Program (TEFAP):
 - Call: 1-800-221-5689



- The Emergency Food Assistance Program (TEFAP) is a federal program that helps supplement the diets of low-income Americans by providing them with emergency food assistance at no cost.
- See www.fns.usda.gov/tefap/emergency-food-assistance-program for more details on local resources provided by TEFAP
- Office of Family Assistance:
 - Temporary Assistance for Needy Families (TANF)
 - <https://www.acf.hhs.gov/ofa>
 - This program is designed to help needy families achieve self-sufficiency
- Home Energy Assistance (LIHEAP):
 - <https://www.acf.hhs.gov/ocs/resource/help-with-paying-for-heating-or-cooling>
 - LIHEAP is a Federally-funded program that helps low-income households with their home energy bills
 - An individual can call the National Energy Assistance Referral Line (NEAR) for more resources or to locate nearest LIHEAP application center at 1-866-674-6327 or email at energy@ncat.org
- U.S. Department of Labor Family and Medical Leave Act (FMLA):
 - 1-866-487-2365
 - Allows U.S. employees up to 12 weeks of unpaid leave for serious medical conditions or to care for a family member with a serious medical condition
 - May be beneficial for families and family members who contract COVID-19

Behavioral Health Resources:

- Military One Source:
 - Call: 800-342-9647
 - Website: www.militaryonesource.mil
 - For COVID-19 updates: www.militaryonesource.mil/coronavirus
 - Non-Medical Counseling/Support
 - Available through via both phone and online chat
 - In-person availability of counselors may be affected or unavailable during the COVID-19 outbreak



- Financial Counseling
- Morale, Welfare, and Recreation Digital Library
 - Provides free, online resources (e.g., audiobooks, reference books, databases)
 - K-12 Resources
 - Beneficial for parents with children who are not in school as a resource to maintain learning during the outbreak
- Military One Source is now providing expanded children's services during the COVID-19 outbreak.
 - To view the discussion regarding updated services:
www.facebook.com/military.1source
 - Virtual counseling is now available
- Military Kids Connect:
 - Designed for military youth ages 6 - 17 to provide online resources, videos, an online forum and tips for coping skills, a parent deployed, etc. Many of our military youth have parents who are health-care providers who are on the front-line of COVID-19 and helping the military community.
 - <https://militarykidsconnect.health.mil/>
 - The website features a message board for military children to connect with each other, a section addressing short and long-term worry, and a section for parents to focus on how to assist their children in coping.
- D-Stress Line:
 - Call: 1-877-476-7734
 - Website: <https://usmc-mccs.org/services/support/dstress-line/>
 - Provides anonymous counseling services to Marine Corps members and their families
 - Able to make appropriate referrals if other services are needed
- Substance Abuse and Mental Health Services Administration:
 - Behavioral Health Treatment Services Locator: www.findtreatment.samhsa.gov
 - National Helpline: 1-800-662-4357
 - Outbreak Tips PDF: www.store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894



- SAMHSA Disaster Distress Helpline:
 - Call: 1-800-985-5990
 - SMS/Text: Text TalkWithUs to 66746
 - SMS/Text: Español: Hablanos al 66746
 - Website: www.disasterdistress.samhsa.gov
 - Able to provide information on coping with the stress of the disaster
 - Knowledge of local coping and stress related resources that families may take advantage of
- CDC Resources/Recommendations:
 - Self-Care: www.emergency.cdc.gov/coping/selfcare.asp
 - Helping Children Cope: www.cdc.gov/childrenindisasters/heping-children-cope.html
 - Self-Care During Emergency Response: www.emergency.cdc.gov/coping/responders.asp
 - Managing Anxiety & Stress: www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
 - For updated information regarding COVID-19: www.cdc.gov/coronavirus/2019-ncov/index.html
- National Alliance on Mental Illness:
 - Text NAMI to 741741
 - Helpline: 800-950-6264
 - COVID-19 Resources and Information: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- American Foundation for Suicide Prevention:
 - The AFSP provides funding for Suicide Prevention research and education. Each chapter of the AFSP hosts different events around their region including Mental Health First Aid, Survivor of Suicide Loss Days, and Suicide Prevention Walks.
 - <https://afsp.org/>
 - Taking Care of Your Mental Health in the Face of Uncertainty
 - <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>



- Veterans Crisis Line:
 - Call 1-800-273-8255 (press 1)
- Mental Health America:
 - Text MHA to 741741
 - Call 800-273-8255
 - Living With Mental Illness During the COVID-19 Outbreak:
www.mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness
- Mental Health America Inspire Tool:
 - An online support group for mental illness
 - www.inspire.com/groups/mental-health-america/
- Warmlines (recommended by MHA):
 - A peer-run listening line staffed by people who are recovering from mental illness
 - A great support tool for those dealing with mental illness
 - www.thewarmline.org
 - Call 414-777-4729
- Lyf App (recommended by MHA):
 - A judgement free community maintained by peers and professional to discuss mental health and other struggles
 - <https://lyfapp.com.au>
- American Psychological Association:
 - Seven Crucial Research Findings That Can Help People Deal With COVID-19:
www.apa.org/news/apa/2020/03/covid-19-research-findings
 - Speaking of Psychology: Coronavirus Anxiety:
www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety
- The National Child Trauma Stress Network:
 - Provides resources on children's mental health
 - For a list of resources that may be helpful during the COVID-19 outbreak (e.g., coping, activities for children and adolescents, parenting tips):
www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources



- Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease:
www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- The Trevor Project:
 - Provides mental health support for the LGBTQ community
 - 24/7 Hotline: 1-866-488-7386
 - www.thetrevorproject.org/
- The Jed Foundation:
 - Provides support services for the transition into adulthood for teens and young adults
 - A good resource for college-aged children who may be dealing with mental health issues as their universities close
 - www.jedfoundation.org/
 - Text START to 741741
 - Call 1-800-273-8255
- MentalHealth.Gov:
 - MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information
 - www.mentalhealth.gov
- WomensHealth.Gov:
 - The government website dedicated to everything women's health related. Provides resources and information on women-specific health concerns.
 - OWH HELPLINE: [1-800-994-9662](tel:1-800-994-9662) 9 a.m. — 6 p.m. ET, Monday — Friday
 - <https://www.womenshealth.gov/mental-health/mental-health-resources>
- National Institute for Mental Health (NIMH):
 - The leading federal entity on mental health research. NIMH provides research and resources
 - <https://www.nimh.nih.gov/index.shtml>
 - [1-866-615-6464](tel:1-866-615-6464)
- Real Warriors:
 - The Real Warriors Campaign encourages help-seeking behavior among service members, veterans and military families coping with invisible wounds



- <https://www.realwarriors.net/>
- Psychological Resource Center 1-866-966-1020
- Ok 2 Talk:
 - A teen-specific website hosted by NAMI that gives teens a safe place to openly discuss their stories about mental health
 - <https://ok2talk.org/>
- Anxiety and Depression Association of America (ADAA):
 - An international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.
 - <https://adaa.org/>
 - Helps Individuals find local therapists, support groups, apps, etc
 - A list of helpful Apps Specifically Picked for ADAA
 - Specific resources for Anxiety and Depression during COVID-19 can be found
 - <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
- National Autism Association:
 - COVID-19 Resources for Families:
 - www.nationalautismassociation.org/covid-19-resources-for-families/
- The Arc:
 - Provides resources for people with disabilities, families, and service providers
 - www.thearc.org/covid/
- Child Mind Institute
 - Offering Facebook Live video chats with expert clinicians (10am and 4:30pm), remote evaluations and telemedicine, phone consultations for follow-ups regarding Facebook Live events and other questions about how to manage kids at home, and daily tips for parenting during the crisis (via email).
 - www.childmind.org/coping-during-covid-19-resources-for-parents/
- National Domestic Abuse Hotline
 - 1-800-799-7233 or text LOVEIS to 22522
 - Staying Safe during COVID-19
 - www.thehotline.org/2020/03/13/staying-safe-during-covid-19/



- Helpful Apps

- Mindfulness Apps
 - **Tactical Breather:** helps individuals with 4 count breathing
 - **CBT Thought Record Diary:** document negative emotions, analyze flaws in thinking, and reevaluate thoughts
- Helpful Apps Specifically Picked for Anxiety and Depression Association of America (ADAA)
 - **Booster Buddies:** This app allows individuals to complete mood check-ins, crisis planning, and to discover individual coping mechanisms.
 - **Up!:** This app allows individuals to track sleep, work, physical activity, and smart phone use. It is specifically designed for individuals living with mood disorders.
 - **Talk Space:** An app for online psychotherapy
 - **Wysa:** An app that coaches individuals through coping skills

Free and Reduced Internet Companies:

- Internet Essentials from Comcast:
 - www.internetessentials.com/covid19
 - New Internet Essentials customers will receive two free months of Internet service in effort to allow families with children access to the Internet for online classes
 - All qualifying low-income households receive Internet Essentials for \$9.95/month plus tax
 - **Apply by April 30, 2020**
- Spectrum Internet:
 - Offering free broadband and WiFi access for 60 days to households with K-12 and/or college students who do not already have a subscription
 - Call 1-844-488-8395

Online Learning Resources:

- Virtual Library Portal:
 - <http://mccs.ent.sirsi.net/>



- Provides electronic library resources for Marine Corp members and their families
- Tutor.com:
 - www.tutor.com
 - Access to online tutoring and homework help for more than 16 subjects
 - Beneficial to students who are in online classes due to COVID-19
- Scholastic Learn at Home:
 - Provides four learning experiences per day
 - Grades Pre-K-6+
 - www.classroommagazines.scholastic.com/support/learnathome.html
- Free Learning Websites for Young Children:
 - **Switcheroo Zoo**
 - www.switchzoo.com
 - Watch, listen, and play games to learn about animals
 - **Nat Geo for Kids**
 - www.kids.nationalgeographic.com
 - Learn about geography and animals
 - **Into the Book**
 - www.reading.ecb.org
 - Play games to practice reading strategies
 - **Suessville**
 - www.suessville.com
 - Read, play games, and hang out with Dr. Suess and his friends
 - **ABC YA**
 - www.abcya.com
 - Practice math and reading skills by playing fun games
 - **Fun Brain**
 - www.funbrain.com
 - Play games while practicing math and reading skills
 - **PBS Kids**
 - www.pbs.org
 - Hang out with characters and play games while learning
 - **Star Fall**



- www.starfall.com
- Practice your phonics skills with read-along stories
- **Storyline Online**
 - www.storyline.net
 - Have some of your favorite stories read to you by movie stars
- **Highlights Kids**
 - www.highlightskids.com
 - Read, play games, and conduct cool science experiments
- **Discovery Education Virtual Field Trips:**
 - www.discoveryeducation.com/community/virtual-field-trips/
- **Virtual School Activities:**
 - Originally started as a Google Sheet for virtual education during the COVID-19 outbreak, this website now lists virtual activities that are beneficial for families with children at home during the outbreak
 - www.virtualschoolactivities.com
- **Audible:**
 - For as long as schools are closed, Audible is offering instant streaming of stories, including titles across six different languages, that will help children keep dreaming, learning, and just being kids during this time.
 - www.stories.audible.com/start-listen

Health Resources:

- TRICARE Coronavirus (COVID-19) Guidance:
 - <https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus>
- DOD Guidance for Personnel Traveling During the Novel Coronavirus Outbreak:
 - <https://media.defense.gov/2020/mar/11/2002263241/-1/-1/1/force-health-protection-guidance-supplement-4.pdf>
- DOD Response to Coronavirus:
 - <https://www.defense.gov/Explore/Spotlight/Coronavirus/>
- Help from Center for Disease Control (CDC):
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.htm>
- Videos for Adults and Kids from CDC:



- <https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>
- Questions And Answers On Providing Services To Children With Disabilities During The Coronavirus Disease 2019 Outbreak:
 - <https://www.isbe.net/Documents/qa-covid-19-03-12-2020.pdf>
- How to care for a pet during COVID-19 Outbreak
 - <https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>
- Helpful Health Apps
 - CDC Mobile App

Financial Resources:

- The Treasury Department and the Internal Revenue Service:
 - Extended the April 15 'TAX FILING' Deadline to July 15, 2020. 'Tax Payments' that are due are delayed 90 Days from that date. <https://www.irs.gov/coronavirus>
 - Double-check your state's tax deadlines. It could be different:
 - <https://www.aicpa.org/content/dam/aicpa/advocacy/tax/downloadabledocuments/coronavirus-state-filing-relief.pdf>
- Call 211:
 - Use the search bar to find your local 211 or dial 211 to speak to someone who can help with finding food, paying housing bills: <http://www.211.org/services/covid19>
- U.S. Department of Labor:
 - Workers prepare for COVID-19: <https://www.dol.gov/coronavirus>
- Unemployment Program Map:
 - Your guide to local and regional U.S. Department of Labor (DOL) Unemployment programs: <https://www.dol.gov/general/location>
- Federal Student Aid:
 - Coronavirus Information for Students, Borrowers, and Parents: <https://studentaid.gov/announcements-events/coronavirus>
- (SBA) Small Business Guidance:
 - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>
- Banking - FDIC FAQs for those Impacted by Coronavirus Disease (COVID-19):



- <https://www.fdic.gov/coronavirus/faq-customer.pdf>
- National Foundation of Credit Counselors – COVID-19:
 - www.nfcc.org/resources/coronavirus-financial-toolkit/
- Navy Federal:
 - <https://www.navyfederal.org/about/covid19.php?intcmp=hp|cont|1|corp|presidents|covid19|03/16/2020>
- For Non Military Family Members:
 - What You Need to Know about the New Paid Sick Leave Law:
<https://www.aarp.org/work/working-at-50-plus/info-2020/coronavirus-paid-sick-leave.html?intcmp=AE-HP-BB-LL2>
- Non-Military Family Members-Will COVID -19 Workers Comp Claims Be Paid?
 - Ins. Information Institute
<https://www.iii.org/insuranceindustryblog/%ef%bb%bfbwill-workers-comp-claims-for-covid-19-be-paid/>
- IFRC, UNICEF and WHO issue guidance to protect children during COVID-19 crisis:
 - <https://www.who.int/news-room/detail/10-03-2020-covid-19-ifrc-unicef-and-who-issue-guidance-to-protect-children-and-support-safe-school-operations>
- CFPB - Protect yourself financially from COVID-19:
 - <https://www.consumerfinance.gov/coronavirus/>
- USAA's response to COVID-19
 - <https://communities.usaa.com/t5/USAA-News/How-USAA-is-Responding-to-Concerns-about-Coronavirus-COVID-19/ba-p/226066>