

Co-Vid 19 Resource List

City CoVid-19 Hotline
Hotline number: 804-646-1082
Hours: 8:30 a.m. – 5:00 p.m., Monday through Friday

Businesses

Small Business Administration <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-2>

Cabin Fever

100 things to do while stuck inside.

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine100-things-do-while-trapped-inside/5054632002/>

Childcare

Child Care Aware | 1-866-KIDS-TLC or KasharaL@va.childcareaware.org

YMCA | for essential personnel | ymcarichmond.org/camp-hope

www.childcareva.com 1-866-543-7852

Domestic Violence

24/7 Greater Richmond Regional | Domestic and sexual violence | 804-612-6126

The National Domestic Violence Hotline is 24/7, confidential and free: 1-800-799-7233.
<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

Education

Home Learning Resources/ Richmond Public Schools - rpstech.org/parents

Employment/Unemployment

Staff Zone is a day labor staffing agency. The client can visit their location Monday - Friday between the hours of 8am-3pm to complete an application. They pay workers anywhere from \$8.50 - \$9.00 per hour. **Address:** 501 Hospital St, Richmond, VA 23219 **Phone:** (804) 644-9663

Virginia Employment Commission's website found here: <http://www.vec.virginia.gov/>.

Unemployment Questions www.vawc.virginia.gov or 1-866-832-2363

Families and Children

The National Child Traumatic Stress Network (NCTSN)

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Child Mind Institute: Supporting Families during COVID-19 <https://childmind.org/coping-during-covid-19-resources-for-parents/>

National Association of School Psychologists: Talking to Children About COVID-19

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/schoolclimate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/schoolclimate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19(coronavirus)-a-parent-resource)

NPR: Just for Kids: A Comic Exploring The New Coronavirus PBS: How to Talk to Your Kids about COVID-19 (tips, videos & resources)

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comicexploring-the-new-coronavirus>

National Parent Helpline Monday -Friday 12pm-9am CT emotional support and advocacy for parents:1-855-2736

Financial Assistance

United Way Community Economic Relief Fund 1-866-211-9966

Food

Meal Distribution/ Richmond Schools - vaschools.net/covid-19-food

Feedmore Hunger Hotline | Emergency food assistance | 804-521-2500 or feedmore.org/agency-network/agency-locator/

Food Resource Centers | Food sites for children | Text FOOD or COMIDA to 877-877

Richmond VA Mutual Aid | food & supplies | 804-404-2346

First Baptist Church/ Monday and Thursday 11-2 Walk Up Food Pantry/ Food Delivery Tuesday and Friday/ blanchard@fbcrichmond.org

Senior Connections, the capital area agency on aging also offers information and referral services at 804-343-3000. They are currently seeking volunteers to deliver food to seniors, who are being cautioned to isolate in their homes.

St. Mark's Episcopal Church continues food pantry program on 2nd and 4th Saturday's

Richmond Friends of the Homeless is currently distributing bag lunches outdoors at 12 noon Monday through Friday at:

*Broomfield Church 609 Jefferson Davis Hwy (South Richmond)

*Greater Mt. Moriah Baptist Church 913 N. 1st St

*Miss Careen's 1608 Chicago Ave (South Richmond) (Saturday and Sunday only)

Henrico County Grab& Go Lunch Sites

- Fairfield Middle School, 5121 Nine Mile Road, Henrico, Va. 23223
- Glen Lea Elementary School, 3909 Austin Ave., Henrico, Va. 23222
- Hermitage High School, 8301 Hungary Spring Road, Henrico, Va. 23228
- Highland Springs Elementary School, 600 Pleasant St., Highland Springs, Va. 23075
- Quioccasin Middle School, 9400 Quioccasin Road, Henrico, Va. 23238
- Henrico Volunteer Rescue Squad 31, 5301 Huntsman Road, Sandston, Va. 23150
- Campus of Virginia Randolph, 2204 Mountain Road, Glen Allen, Va. 23060
- Henrico High School, 302 Azalea Ave., Henrico, Va. 23227
- Longan Elementary School, 9200 Mapleview Ave., Henrico, Va. 23294
- Montrose Elementary School, 2820 Williamsburg Road, Henrico, Va. 23231
- Ratcliffe Elementary School, 2901 Thalen St., Henrico, Va. 23223
- Ridge Elementary School, 8910 Three Chopt Road, Henrico, Va. 23229
- Sandston Elementary School, 7 Naglee Ave., Sandston, Va. 23150

- Ward Elementary School, 3400 Darbytown Road, Henrico, Va. 23231

Grief

<https://www.facebook.com/groups/DavidKessler/>

Full Circle Grief www.fullcirclegc.org

Survivors of Suicide <https://survivorsofsuicidelossrva.wordpress.com/>

Healthcare

Daily Planet 804-783-2505 or 804-972-0813

Virginia Department of Health: <http://www.vdh.virginia.gov>

COVID Testing Information and Coronavirus Hotline | 804-205-3501

VA Department of Health | 804-482-5500

Housing

Homeless Housing: 804-972-0813

Tenant Rights During Co-Vid 19. Eviction and Utilities. Contact the Virginia Poverty Law Center
hotline 1-833-663-8428

Your Rights as a Tenant During the COVID 19 Outbreak
<file:///C:/Users/kfs35534/Downloads/COVID-19.pdf>

Suggestions if you can't pay your rent/mortgage because of COVID 19 pandemic
<https://www.cnbc.com/2020/03/18/what-to-do-if-you-cant-make-your-rent-or-mortgagepayments.html>

Information

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

City of Richmond <http://richmondgov.com/covid19/>

Henrico County <https://www.henrico.com/covid19>

Hanover County <https://www.hanovervirginia.com/grow-your-business/covid-19-information-and-resources/>

Chesterfield County <https://www.chesterfield.gov/coronavirus>

State of Virginia <https://www.virginia.gov/coronavirus/>

Mental Health

24/7 Richmond City Crisis Response | 804-819-4100

24/7 National Suicide Prevention Line | 800-273-8255

Mental Health America of Virginia Non-Emergency Warm Line 866.400.6428 M-F 9am-9pm; Sat-Sun 5pm-9pm

Depression and Bipolar Online Support Groups

<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

Mental Health & Coping During Covid-19

<https://www.cdc.gov/coronavirus/2019ncov/prepare/managing-stress-anxiety.html>

SAMHSA: Coping with Stress During Infectious Disease Outbreaks

<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-DiseaseOutbreaks/sma14-4885>

Mental Health First Aid: <https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>

How to Help Someone with Depression or Anxiety during COVID-19 Pandemic:

<https://www.mentalhealthfirstaid.org/2020/03/how-to-help-someone-with-anxiety-or-depression-during-covid-19/>

Obsessive-Compulsive Disorder Resources: Tip Sheet for Coping with COVID-19 (OCD specific):

<https://www.shalanicely.com/wp-content/uploads/2020/03/Tip-Sheet-OCD-Coronavirus-Concerns.pdf>

Coping with COVID-19 in the context of PTSD:

https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

5 Minute Mindfulness Meditation - Diana Winston

<https://www.uclahealth.org/marc/mindful-meditations>

Anxiety Self-Care Kit

<http://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/exercises/creatingyour-special-place.pdf>

Senior Adults

Medicaid Questions: <https://www.dmas.virginia.gov/contactforms/#/general> or <https://www.coverva.org/materials/FAQ>

Medicare and Coronavirus <https://www.medicare.gov/medicarecoronavirus>

City of Richmond Office of Aging and Disability | 804-646-1082 Hours: 8:30 a.m. – 5:00 p.m., Monday through Friday

Support Services

Alcoholics Anonymous (AA) Phone Meetings <http://aaphonemeetings.org/>

Alcoholics Anonymous (AA) <https://www.onlinegroupaa.org/>

Disaster Distress Hotline - A free, national hotline providing 24/7, 365- day-a-year crisis counseling and support to people experiencing emotional distress related to disasters (including infectious disease outbreak). Trained counselors offer crisis counseling, information on recognizing distress, tips for healthy coping, and referrals for local care. For English speaker, call 1-800-846-8517 or text TalkWithUs to 66746. For Spanish speakers, call 1-800-985-5990 and press "2."

Friends in Recovery Virtual Support Meetings with Genesis House

Register for 12:00 p.m. meetings here.

https://zoom.us/join/zoom/register/up0rcumvqi0swFIYm-NhjR_6m7W84R3b-w

Register for 7:00 p.m. meetings here.

<https://zoom.us/join/zoom/register/v5Atce-prTsvstFRq0Z0RwsreyR3CIUW5w>

Al-Anon Electronic Meetings <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Narcotics Anonymous Virtual meeting list <https://virtual-na.org/meetings/>

Transportation

GRTC | Providing free fare | ridegrtc.com/planning-your-trip/trip-planner/