**GENERAL RESOURCES**

The United Way offers an interactive map of resources located around the county.  This is a fabulous place to see what resources are near you.   <https://assetmap.steamecosystem.org/united-way-of-lancaster-county>

**FINANCIAL RESOURCES**

**Unemployment Benefits**

<https://www.uc.pa.gov/Pages/covid19.aspx>

**SNAP Benefits/Food Stamps/Medicaid**

<https://www.compass.state.pa.us/Compass.Web/Public/CMPHome>

**DHS/COMPASS Help Line: 1-800-692-7462**

**Utility Assistance**

            LIHEAP Low Income Home Energy Assistance Program (UNTIL 4/10/2020)

<https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx>

**2-1-1 United Way: Dial 2-1-1**

<http://www.pa211east.org/Lancaster>

**Pennsylvania Utility Law Project: 717-236-9468** pulp@palegalaid.net

**Internet -** reach out to an internet provider to explore possible programs or discounts

[www.spectrum.net/support/internet/covid-19-internet-offer-students](http://www.spectrum.net/support/internet/covid-19-internet-offer-students)

<https://wifi.xfinity.com/xwod.php>

[https://internetessentials.com](https://internetessentials.com/)

<https://www.fcc.gov/broadbandbenefit> (Program offers up to $50 off monthly internet bills for families eligible for free/reduced lunch.)

**UGI** <https://www.ugi.com/assistance-programs/>  1-800-276-2722

**PPL** **Budget Billing**          <https://www.pplelectric.com/my-account/billing/budget-billing-program.aspx>

You can ask for On-Track over the phone 1-800-342-5775

**HOUSING**

[Tabor](http://r20.rs6.net/tn.jsp?f=0012L_95dSt5KLnlY6rPGWgrsB8INF1aTIC-XgCNbMfFQTQv7zqI3x-BWO6Ls7syh-BCCvLMzUdrINBy2vaitKU7oKWb4Iw2lOdO5412jueGphUgjMogRHkZTdShNi8zE-mgT-dt8sWCVU7qT3T-TupCQ==&c=Gz4kNQ4ODt2dvCd8KIySEfP5YklBCI8stkpbjoEsYkdRwkMH6_lJPA==&ch=Q2g4FJrN8cA6sGDaGmzY_DBzxWzoXQ91vDA3Z6JfTcW-_4DN9WcFkg==) and [Lancaster Housing Opportunity Partnership](http://r20.rs6.net/tn.jsp?f=0012L_95dSt5KLnlY6rPGWgrsB8INF1aTIC-XgCNbMfFQTQv7zqI3x-Be-yyEpGdGHJYkgD9OBveR2ZHdao4rX03cm-C9PMz2u2k4rSJNMzgCUjl_hiBrkKDebvtWulsAQ_emmcr-WQUVY=&c=Gz4kNQ4ODt2dvCd8KIySEfP5YklBCI8stkpbjoEsYkdRwkMH6_lJPA==&ch=Q2g4FJrN8cA6sGDaGmzY_DBzxWzoXQ91vDA3Z6JfTcW-_4DN9WcFkg==) (LHOP) have merged into a new organization called Tenfold and put together resources to help everyone navigate their housing and financial challenges during this time of COVID-19. On Tenfold’s website and social media channels, you will find a series of factsheets that will help you to talk to your landlord, talk to your lender, and make a plan. We are also have a series of videos that will help you walk through those materials.

**Tenfold** - housing services

717-397-5182

[www.wearetenfold.org](http://www.wearetenfold.org/)

**FOOD and OTHER RESOURCES**

**Bare Essentials** - socks and underwear

located at Mt. Nebo United Methodist Church

673 Martic Heights Dr,

Pequea, PA 17565

Contact Florence Hanna 727-875-5285

**Hettie’s Hope Chest** - diapers

 Contact school social workers or the Loft

 Keila Torres 717-201-9945

 Joy Meley 717-201-9934

 The Loft 717-584-4337   theloftinmillersville@gmail.com

**Kitchen Cupboard -** cleaning products and personal care products/toiletries

Located at Mt. Nebo United Methodist Church

 673 Martic Heights Dr,

 Pequea, PA 17565

**Lancaster County Food HUB** – food

Located at 812 N Queen Street, Lancaster

<https://lancasterfoodhub.org/>

Accepts the first 30 families. Adults must present photo ID & Social Security card; children must present Soc Sec card &

medical insurance card. May receive food one time per month

Monday, Tuesday, Thursday, Friday 9:30-11:30 717-291-2261

**Loft** – food and clothing

            Located at Millersville Brethren in Christ Church 3116 Blue Rock Road, Millersville 17551

            Open Wednesdays 6:00-7:30 PM as drive through services

 theloftinmillersville@gmail.com

717-584-4337

**Love, INC -** Referrals to local churches for transportation to medical or social services and grocery stores

 717-735-7540

**Martic Pantry** (Martic Township residents only) - Food

 561 Martic Heights Dr,

 Holtwood, PA 17532

marticpantry@gmail.com

**Millersville Community Church** - groceries or medicine

<https://forms.gle/r1H4Hxzxo2CUDeYS9>

**Mission Food Pantry** – Food (no residency or proof of income required)

651 Lampeter Road

Lancaster, PA 17602

717-393-9600

[www.mission-church.com](http://www.mission-church.com)

**MENTAL HEALTH RESOURCES**

Lancaster County Crisis Intervention - (717) 394-2631

Crisis Text Line: Text "PA" to 741741

Wellspan Philhaven Access Center - (717) 273-8871

Lancaster County Mental Health America - (717) 397-7461

United Way of Lancaster County - 211

Compass Mark Community (717) 299-2831

**Mental Health and Crisis Line:**We’re in an unprecedented time for everyone. It’s uncertain and very scary. This fear is completely understandable, and the indefinite timeline is likely creating a lot of anxiety during a time where we may be or feel more removed from our support networks. But social distancing doesn’t have to mean social isolation, and we want people to know that even as we all face this difficult period, no one is alone.

The Center for Community Resources will offer a 24/7 mental health and crisis support line for people dealing with anxiety or other difficult emotions. Callers will be able to speak with staff who are trained in trauma-informed principles and will listen, assess the person’s needs, triage, and refer to other local supports and professionals as needed.

**The Mental Health Support Line can be reached toll-free, 24/7 at 1-855-284-2494.**

**Online Guides for Parents and Guardians and Caretakers:** This site has a fantastic variety of information for parents and is worth checking out:

[We Are All In This Together](https://secure.qgiv.com/event/inthistogether/page/parents/)

[Resources for supporting your child's well-being](https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic)

[7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/)

[Secondary Aged Students](https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192)

[Elementary Aged Students](https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus)

**Talking to your kids about Coronavirus:**

<https://parents.cmionline.com>

[*How to Talk to Children about the Coronavirus*](https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111), Harvard Medical School

[*Talking to Children About COVID-19 (Coronavirus): A Parent Resource*](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource), National Association of School Psychologists

[*Coronavirus Public Health Emergency: Psychological Tips for Children and Adolescents’ Emotions*](https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet_HEMOT_english.pdf), Department of Human Sciences, University of Verona

[*Just for Kids: A Comic Exploring the New Coronavirus*](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus), NPR

[*Social and Emotional Learning Supports for Children and Young Adults Around Covid-19*](https://sel4us.org/blog/social-emotional-learning-supports-around-covid-19/), SEL4TX

[*5 Ways to Help Children Cope with Coronavirus Anxiety*](https://www.edc.org/blog/5-ways-help-children-cope-coronavirus-anxiety), Education Development Center

[*Coronavirus, Online Learning, Social Isolation, and Cyberbullying: How To Support Our Students*](https://cyberbullying.org/coronavirus-online-learning-social-isolation-cyberbullying), Cyberbullying Research Center

Visit the PA Department of Health’s dedicated [Coronavirus webpage](https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx) for the most up-to-date information regarding COVID-19.

 **Websites To Help You Cope With Stress and Anxiety:**

[GoZen: Programs to Manage Stress & Build Resilience for Kids](https://gozen.com/allprograms/)

[Mindfulness Exercises for Kids & Families](https://mindfulnessexercises.com/mindfulness-exercises-for-kids-families/)

[Body Scan Meditation for Kids](https://www.mindful.org/body-scan-kids/)

[Guided Breathing Exercises](https://www.youtube.com/watch?v=awc8MLSpjlQ)

[Mindful Mediation Videos](https://www.youtube.com/watch?v=nmFUDkj1Aq0)

[Stress-Relief Guided Breathing Exercise](https://www.youtube.com/watch?v=SEfs5TJZ6Nk)

**PARENT and STUDENT Virtual Drop In’s**

AT  PMHCA and Youth MOVE PA we understand the toll social isolation can take on our mental health.  Connecting online can be a good way to alleviate this issue. PMHCA and Youth MOVE PA will be hosting a series of “***Virtual Drop-In***” zoom meetings to help reduce the sense of social isolation we can experience during this difficult time. These are NOT clinical or therapeutic groups!

* The **“Adult** **Virtual Drop-In”**, is a topic-driven, social gathering hour that is scheduled twice a week. While we are all house bound during this health crisis, let’s take some time for some good old socialization and conversation. We would love to discuss many different topics such as our “favorite things” and our “go to coping skills” with whoever wants to join us. One topic that is off limits is the COVID-19 virus! Meetings will take place using Zoom on Tuesday and Thursday from 1 pm to 2 pm. Meetings will be moderated by Kathy Quick, Jason Rilogio, and Samantha Harkins.
Meeting ID: 131-337-859, Meeting Link: <https://zoom.us/j/131337859>
* Youth MOVE PA is excited to host a series of Youth Virtual Drop-In Meetings that are all about getting some social interaction, even if we can't go out and do our normal activities like school, sports, going to the game store, or hanging out with our friends. We know how stressful it can be when our routine is messed up and it is just as frustrating when everyone is talking about the Coronavirus like there might be some sort of impending doom! We want to help you feel better about the outside world and the stress it may bring by meeting new people who join this group. The age range for these chats is from 14 to 29 years old and will be talking about ourselves, what we like, and be discussing a specific topic during each meeting. This gives us some distraction from the anxiety that can arise from being stuck inside all the time. Our meetings will be on Zoom every Monday and Friday from 3:30pm to 4:30pm. Meetings will continue to be moderated by Zack, Aaron, and Tristan and we look forward to chatting with you!     MEETING ID: 410-999-098 MEETING LINK: [https://zoom.us/j/410999098](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fzoom.us%2Fj%2F410999098%3Ffbclid%3DIwAR2RTnTrCXf2ihor6gIFc4kvwSvfrWUVmumbC_ZnGcXi6HR_9HDiSZf18h0&data=02%7C01%7Cdamilakovi%40pa.gov%7C45856d2b0e9a41c9dfb608d7dbbae27a%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637219468021523807&sdata=Gad8PxIHRlY2lgbwXUnVqL9U2%2B7pmDUONuwB4Vl65S0%3D&reserved=0)

**Virtual Grief and Loss Support Groups - Pathways Center for Grief and Loss**

Coping Kids & Teens, a program with the Pathways Center for Grief & Loss, is a local resource to support the needs of children, teens and families impacted by serious illness and loss through individual and group grief support services. As a result of the Coronavirus (COVID-19) outbreak and in an effort to ensure everyone’s health and safety, we are temporarily suspending events and in-person support groups.

We are offering virtual counseling sessions and support groups through Zoom (similar to Facetime for those using iPhones) for children, teens and families. Phone support continues to be available for the bereaved as well as school and community professionals who have questions about our services or are seeking resources to share. There is no cost to participate in our services.

Please call the Pathways Center at (717) 391-2413 or (800) 924-7610 to request the log-in address or phone number to participate via Zoom.

Many other resources also remain available to Pennsylvanians in need of support, including:

* National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
* Nacional de Prevención del Suicidio: 1-888-628-9454
* Crisis Text Line: Text “PA” to 741-741
* Veteran Crisis Line: 1-800-273-TALK (8255)
* Disaster Distress Helpline: 1-800-985-5990
* Get Help Now Hotline (for substance use disorders): 1-800-662-4357
* Pennsylvania Sexual Assault Helpline – 1-888-772-7227
* National Domestic Violence Helpline – 1-800-799-7233