

# HELPFUL RESOURCES



## INFORMATIONAL LINKS

### CDC

[cdc.gov/coronavirus/2019-nCoV/index.html](https://cdc.gov/coronavirus/2019-nCoV/index.html)

### MN GOV

[mn.gov/covid19](https://mn.gov/covid19)

### UofMN - Center for Infectious Disease & Research Policy

[www.cidrap.umn.edu/covid-19](https://www.cidrap.umn.edu/covid-19)

### World Health Organization

[www.who.int/emergencies/diseases/novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)

## MENTAL HEALTH CRISIS INFORMATION

### Dakota County

Crisis Response Unit: 952-891-7171

### Ramsey County

Adult Mental Health Crisis Line: 651-266-7900

Children's Mental Health Crisis Line: 651-266-7878

### Hennepin County Mobile Crisis

24 hours/day, 7 days/week

Children (under 18): 612-348-2233

Adults (18+): 612-596-1223

### Scott County

952-818-3702

### Washington County

651-275-7400

### Anoka County Mobile Crisis Response Service

24 hours/day, 7 days/week

763-755-3801

### Connect to a Crisis Counselor 24

hours/day, 7 days/week Text HOME to 741741

### National Suicide Prevention Lifeline

Available 24 hours/day, 7 days/week

English: 1-800-273-8255

Spanish: 1-888-628-9454

### Minnesota Warmline

For those struggling with anxiety, loneliness and social isolation

Certified Peer Specialists available 5 – 10 pm 877-404-3190

Text SUPPORT to 85511

**Call 911 if you or someone else is in immediate, physical danger.**

## HOUSING

A statewide order has suspended all Minnesota evictions during this peacetime emergency. Households that can continue to make rental/mortgage payments should still do. The included protections are not set to continue once the public emergency ends and this order does not protect against any negative consequences of non-payment during the emergency period, such as damage to credit. The temporary protections do not prevent unlawful detainers/eviction actions from being filed once the public emergency ends.



### Summary of Executive Order

[drive.google.com/file/d/1iIlypUMoTiBfLxxazrIgksCXmSEBTDQ3/view](https://drive.google.com/file/d/1iIlypUMoTiBfLxxazrIgksCXmSEBTDQ3/view)



### FAQs on Emergency Executive Order

[drive.google.com/file/d/15i-B7UzjvbdHrcQtyALN5ISubx\\_4AKv2/view](https://drive.google.com/file/d/15i-B7UzjvbdHrcQtyALN5ISubx_4AKv2/view)



### COVID-19 Resources for Renters

[housinglink.org/HousingResources/covid-19-resources-for-renters](https://housinglink.org/HousingResources/covid-19-resources-for-renters)

## SHELTER



### Assistance in Ramsey County

[docs.google.com/document/d/1C5p-P8yphCyzcjP8QIEM0FM5es7CNWBSxDOOS-W-M3s/edit](https://docs.google.com/document/d/1C5p-P8yphCyzcjP8QIEM0FM5es7CNWBSxDOOS-W-M3s/edit)



### No Shelter Tonight

[docs.google.com/document/d/1MROh4yBAXiSg6LhLkZhT65p5QDNEmC5tp9BARz9aIQM/edit](https://docs.google.com/document/d/1MROh4yBAXiSg6LhLkZhT65p5QDNEmC5tp9BARz9aIQM/edit)



### Safe Places for Children

[docs.google.com/document/d/1usdu6Muo1a\\_zuPXALKhHojhkgma2yGywbULmdNMBThA/edit](https://docs.google.com/document/d/1usdu6Muo1a_zuPXALKhHojhkgma2yGywbULmdNMBThA/edit)

### Unaccompanied & Homeless For Youth

Family Advocate available to Hennepin County families to assist with connections to basic needs 763-585-7378



[docs.google.com/document/d/1omrKuyGJlNe2esAkx4V82CYoT2iqbOS\\_uXq-JRdtiBA/edit](https://docs.google.com/document/d/1omrKuyGJlNe2esAkx4V82CYoT2iqbOS_uXq-JRdtiBA/edit)



### YMCA Assisters Network

For people new to the US in the last 5 years

[drive.google.com/file/d/19WTWbhHI9WFSOI\\_pVjgRXRYNbfRkfgRS/view](https://drive.google.com/file/d/19WTWbhHI9WFSOI_pVjgRXRYNbfRkfgRS/view)

## MEDICAL RESOURCES

Check with your clinic or hospital for special instructions regarding getting care with or without COVID-19 symptoms.

### Medical Resources for COVID-19

<https://docs.google.com/document/d/1ZOyAjbpmSZz-hPg1JbDD6wIaDJEKMaDLLgUN938Fa0s/edit>

# FOOD ASSISTANCE/RESOURCES

## CAPI's Asian Food Shelf

612-721-0122

## Community Corner

763-561-2481

## Fare For All

Save up to 40% off grocery store prices

[fareforall.thefoodgroupmn.org/](http://fareforall.thefoodgroupmn.org/)

## Hennepin County Food Shelf Assistance

[www.hennepinhealthcare.org/support-services/food-resources/](http://www.hennepinhealthcare.org/support-services/food-resources/)

## Horizons Unlimited

952-818-3702

## Hunger Solutions

Map shows school meal sites and restaurants offering free kids' meals [www.hungersolutions.org/find-help/#map](http://www.hungersolutions.org/find-help/#map)

## Islamic Center Food Shelf

763-571-5604

## Little Kitchen Food Shelf at Grace Lutheran Church

612-788-2444

## Loaves and Fishes Dining Sites

[www.loavesandfishesmn.org/dining-sites/](http://www.loavesandfishesmn.org/dining-sites/)

## Neighbors Inc.

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

## Ramsey County Food Shelf Assistance

[www.ramseycounty.us/sites/default/files/Work%20with%20Ramsey/Food%20Shelves%20in%20Ramsey%20County%206.1.18.pdf](http://www.ramseycounty.us/sites/default/files/Work%20with%20Ramsey/Food%20Shelves%20in%20Ramsey%20County%206.1.18.pdf)

## Salvation Army

Lunches, Dinners and Food Distributions

<https://salvationarmynorth.org/twin-cities/get-food-help>

## Second Harvest Heartland

Providing emergency food boxes

[www.2harvest.org/our-impact/coronavirus.html#.XnFD2dZKhZ1](http://www.2harvest.org/our-impact/coronavirus.html#.XnFD2dZKhZ1)

## SNAP Economic

County income-based assistance program

[https://docs.google.com/document/d/1BG9IR\\_s6esahZfsORICeFF3wGrdSpNrsaPuzwW0Z-g6A/edit](https://docs.google.com/document/d/1BG9IR_s6esahZfsORICeFF3wGrdSpNrsaPuzwW0Z-g6A/edit)

## West African Food Shelf

[bumc.umcchurches.org/wafcs/](http://bumc.umcchurches.org/wafcs/) 763-

561-3042 x117

## WIC

[docs.google.com/document/d/1tTG1xG5D\\_Zlp9o6Ok7yHGzeKbILOGGQWJ8gPJZiSUVES/edit](https://docs.google.com/document/d/1tTG1xG5D_Zlp9o6Ok7yHGzeKbILOGGQWJ8gPJZiSUVES/edit)

Assistance for pregnant/postpartum women, infants and children under 5

## YMCA & The Sheridan Story Food Distribu- tions

Free bagged meals for families for pick up M –

F 8:30 – 5:00pm

[www.ymcamn.org/food-distribution?fbclid=IwAR2g4pczw-2kOsuzkI4i6VD\\_1AvgJg-jiqbDKwUkW9Wm8kKKk-Dnn59Q9tSQ](http://www.ymcamn.org/food-distribution?fbclid=IwAR2g4pczw-2kOsuzkI4i6VD_1AvgJg-jiqbDKwUkW9Wm8kKKk-Dnn59Q9tSQ)

*Many, if not all school districts in the metro area, are providing breakfast and/or lunch to school age children.*

*Please visit your school district website or child's specific school website.*

## FINANCIAL SUPPORT LINKS

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### The United Way

COVID-19 Economic Relief Fund helps with bills, rent and food 1-866-211-9966



#### FINANCIAL SUPPORT

[docs.google.com/document/d/17nidSOhXg-ba-JIE4ReS9j6W18xIWGWRF7bYE\\_h\\_uhb8/edit](https://docs.google.com/document/d/17nidSOhXg-ba-JIE4ReS9j6W18xIWGWRF7bYE_h_uhb8/edit)



#### UTILITY ASSISTANCE

GAS, ELECTRIC, WATER

[docs.google.com/document/d/1mEx3KBIEeCs7gQFMfrSxyCUI2mIDZgfEsiPJqNzB8/edit](https://docs.google.com/document/d/1mEx3KBIEeCs7gQFMfrSxyCUI2mIDZgfEsiPJqNzB8/edit)

## INTERNET RESOURCES

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Due to the COVID-19 virus outbreak, some internet providers are offering free or low-cost internet access to customers. Services are not available in all locations.

### AT&T

All AT&T consumer Home Internet Wireline customers, as well as Fixed Wireless Internet customers, can use unlimited internet data. Internet access available for qualifying households at \$10/month through our Access from AT&T Program.

[www.att.com/shop/internet/](http://www.att.com/shop/internet/)

Expanded eligibility to Access from AT&T program to households participating in the National School Lunch Program and Head Start.

New AT&T customers get two months of free service.

[about.att.com/pages/COVID-19.html](http://about.att.com/pages/COVID-19.html)

Call 866-861-6075 for new service.

### Boost Mobile

Boost Mobile is waiving reactivation fees through April 30. Customers who currently have an unlimited data plan that includes Mobile Hot Spot will automatically receive an extra 20 Gigs on their plans at no extra cost. Customers who currently have a capped data plan will automatically receive an extra 20 gigs of data at no extra cost.

[www.boostmobile.com/about/covid-19-response.html](http://www.boostmobile.com/about/covid-19-response.html)

### CenturyLink

Until Tuesday, May 12 CenturyLink will waive late fees and not terminate a residential or small business customer's service due to financial circumstances associated with COVID-19. They are also suspending data usage limits for consumer customers during this time period.

### Charter

Charter is offering free Spectrum broadband and Wi-Fi access for 60 days to households with students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. No installation fees for new student households. To enroll call 1-844-488-8395.

### Charter Spectrum

Charter is offering Spectrum Internet Assist, high-speed broadband program to eligible low-income households delivering speeds of 30 Mbps. No Installation fees for new student households.

To enroll call 1-844-488-8395.

## Comcast

[corporate.comcast.com/covid-19](https://corporate.comcast.com/covid-19)

## Comcast Internet Essentials

Two months of free internet through Comcast for new customers

[www.internetessentials.com/covid19?fbclid=IwAR1NeIXGjNHlqzhjbZd6PbP63zEvyTSEmyUL-LaHsLIJOYAUFKdV5PQhdEuw](https://www.internetessentials.com/covid19?fbclid=IwAR1NeIXGjNHlqzhjbZd6PbP63zEvyTSEmyUL-LaHsLIJOYAUFKdV5PQhdEuw)

Free access to Xfinity Wifi Hotspots. [wifi.xfinity.com/](https://wifi.xfinity.com/)

Internet Essentials service is available to most qualified low-income households for \$9.95/month. English: 1-855-846-8376

Spanish : 1-855-765-6995

## Midco Lifeline

Lifeline is a federal program intended to provide low-income households with affordable home phone or internet access. Call 1.800.888.1300 to receive an application through the mail or apply online.

[www.midco.com/Util/login.aspx?ReturnUrl=%2farchive%2fapply%2f](https://www.midco.com/Util/login.aspx?ReturnUrl=%2farchive%2fapply%2f)

## National Locator Tool for Low-Cost Internet Service Offers

[www.everyoneon.org/find-offers](https://www.everyoneon.org/find-offers)

## Sprint

Providing Unlimited data for 60 days to customers with metered data plans. Giving 20 GB of free

mobile hotspot to customers with hotspot-capable devices.

Sprint 1 Million Project customers will get an additional 10 GB of data per month through 6/30/2020.

## T-Mobile

All current T-Mobile/Metro by T-Mobile customers will have unlimited smartphone data for the next 60 days (excluding roaming). We're providing all T-Mobile/Metro by T-Mobile customers an extra 20GB of mobile hotspot/tethering service for the next 60 days.

We're working with our Lifeline partners to provide customers with 5GB of extra data per month for the next two months at no charge.

## USI

USI is offering FREE wifi access at 117 hotspots throughout the city of Minneapolis. Look for "City of Minneapolis Public WiFi" or "USI Wireless" networks to get connected. No password or credit card needed to login. Visit our website to find a location near you. [cityoflakes.maps.arcgis.com/apps/View/index.html?appid=f53b7ba7521d48ceae4531474b2ca539](https://cityoflakes.maps.arcgis.com/apps/View/index.html?appid=f53b7ba7521d48ceae4531474b2ca539)

## Verizon

Verizon will waive late fees for 60 days until May 16, 2020, and will not terminate service to a customer who's been impacted by the events involving the Coronavirus. They are also adding 15 GB of data at no cost.

Call the customer service team to discuss your situation and available options. Customer support contact numbers, an online chat can be found here:

Wireless: [www.verizonwireless.com/support/](https://www.verizonwireless.com/support/) Business:

[www.verizon.com/business/gateway/](https://www.verizon.com/business/gateway/)

In Home: [www.verizon.com/support/residential/home](https://www.verizon.com/support/residential/home)