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Community Resources – COVID 19

General COVID 19 Information:

[Canadian Federal Government:](#)

- Identifies “vulnerable populations” as beyond those who are old and immunocompromised, including “insecure, inadequate, or nonexistent housing conditions”
- Identifies how to support vulnerable populations, including “prepare for shelters and communal space limitations”

[CDC : Coronavirus Disease 2019 \(COVID – 19\)](#)

- [COVID 2019 Situation Summary](#)
- [Prevention and Treatment](#)
- [What to Do If You Are Sick](#)
- [Environmental Cleaning and Disinfection Recommendations](#)
- [Pregnant Women and COVID-19 FAQs](#)
- [Stigma Related to COVID-19](#)
- [Mental Health and coping during COVID-19](#)

[CDC: Guidance for Businesses and Employers](#)

- Actively encourage sick employees to stay home
- Separate sick employees
- Emphasize staying home when sick, respiratory etiquette and hand hygiene by all employees
- Perform routine environmental cleaning
- Advise employees before traveling to take certain steps

[SAMHSA: Behavioral Health](#)

- Tip Sheet from SAMHSA about social distancing, quarantine, and isolation

Community Resources – COVID 19

Nursing Home Inquires:

[Massachusetts Nursing Home Family Resource Line](#): 617-660-5399

- Hotline to help families get information about their loved ones' care at nursing homes that have been affected by the coronavirus pandemic. Staffed 7 day a week, 9 am – 5 pm

Social Security Information:

Supplemental Security Income Recipients Will Receive Automation COVID-19 Economic Impact Payments

- [More Information Here:](#)

Food:

First Church Stoneham Food Pantry: 781-438-0097 – 1 Church St

- Food Staples, some fresh foods, non-food Personal Care items and some Pet Food. Please call the above number to set up an appointment for a Tuesday or Thursday.
- Each pantry requires a picture ID and proof of residence (utility, insurance bill) to sign up

Stoneham Adventist Community Services: 11 Gerry St

- Provides shelf stable and fresh produce, dairy and meats. Monday 2-4 pm, Wednesday 12:30 – 1:30 pm. You may visit the pantry one time a week, first time patrons please come down during open hours to sign up.

Internet Access:

[Wicked Free Wifi: City of Boston](#)

[Comcast: 60 days free internet](#)

Community Resources – COVID 19

Medical Care:

MelroseWakefield Urgent Care Services

- Melrose Wakefield Hospital
585 Lebanon Street
Melrose, MA 02176
- Lawrence Memorial Hospital
170 Governors Avenue
Medford, MA

***Open from 7 a.m.-11 p.m. every day and for your convenience, you can reserve a spot online at melrosewakefield.org/urgent.*

CHA Drive- Through COVID 19 Testing

- Testing will be conducted in a tent located at the Crown Street parking lot adjacent to Somerville Hospital (33 Tower St.)
- Testing is scheduled to begin on March 18 and will be provided seven days a week, from 9 a.m. to 3 p.m.
- ONLY current CHA primary care patients can currently be tested at this location
- Patients MUST CALL their primary care provider to be screened; tests will not be provided without prior authorization
- Due to the continued limited supply of tests, only patients who meet federal CDC criteria will be eligible to protect you and our other patients.

Community Resources – COVID 19

Domestic Violence:

Background info on how COVID-19 impacts DV victims

DV victims may be experiencing increased danger and isolation due to COVID-19

From National DV Hotline

- Survivors may be forced to stay in the home or in close proximity to their abuser more frequently
- Abuser may withhold necessary items, like sanitizer or disinfectant
- Abuser may share misinformation to frighten or control the victim
- Abuser may feel more justified and escalate their isolation tactics
- Travel restrictions can impact a survivor's escape/safety plan
- Programs surviving victims/survivors (shelters) may be impacted

National DV Hotline

- Create a safety plan ([interactive safety plan guide](#))
- In case of limited shelter availability, consider staying with friends/family, in a motel, or in your car
- Practice self care
- Make sure your basic needs are met (enough sleep and regular meals)
- There is no wrong way to care for yourself; think about what feels right for you & your situation
- Reach out for help
- Try to maintain social connections online or over the phone if it's safe to do so
- Try to maintain a daily routine

RESPOND, Inc. : 617-623-5900

- 24 hour hotline (local resource): 617-623-5900, www.respondinc.org

Network La Red: 617-742-4911

- Spanish language available, specializes in LGBTQ and non-traditional relationships, local resource): 617-742-4911, <http://tnlr.org/en/24-hour-hotline/>

Futures without Violence

- Recommendations for victims
- Follow the CDC guidelines that are safe and possible in your current situation
- Consider reaching out to a friend/co-worker/family member who could check in with you about your safety and support needs during quarantine
- Recommendations for communities:
- Take care of each other. Reach out to make sure that loved ones, friends, and colleagues have the care and support they need so that they feel safe at home

Community Resources – COVID 19

Unemployment Resources:

Snap Benefits: <https://www.fns.usda.gov/snap/recipient/eligibility>

Masshealth: <https://www.mass.gov/.../apply-for-masshealth-the-health...>

Rent Payment Assistance: <https://www.mass.gov/.../learn-about-residential...>

Fuel Assistance: <https://www.commteam.org/>

Unemployment Assistance: <https://www.mass.gov/.../department-of-unemployment...>

<https://www.mass.gov/.../department-of-unemployment...>

USBG Foundation - bartenders relief fund/grants:

<https://www.usbgfoundation.org/covid-19-response>

Small business/nonprofit loans now available, as a first step

- The Governor has announced a [\\$10 million Small Business Recovery Loan Fund](#) to provide emergency capital up to \$75,000 to Massachusetts-based businesses impacted by COVID-19 with under 50 full and part-time employees, including nonprofits. Loans are immediately available to eligible businesses with no payments due for the first 6 months.
- *How to Apply:* Please complete the application found on MGCC's website, EmpoweringSmallBusiness.org. Completed applications can be sent via email to tomgcc@massgcc.com with the subject line "2020 Small Business Recovery Loan Fund". MGCC can be reached by email: mgcc@massgcc.com.

Legal Resources:

Sick Time Laws: 617-727-3465

Insurance Claims or Medical Bills: 888-830-6277

Price Gouging or Defective Products: 617-727-8400

Travel Refund: www.mass.gov/how-to/file-a-consumer-complaint

Community Resources – COVID 19

Stress & Anxiety:

Mental Health & Coping During COVID 19

- Centers for Disease Control

Coping With Stress During Infectious Disease Outbreaks

- Substance Abuse and Mental Health Service Administration

Caring for Your Mental Health During Coronavirus

- McLean Hospital

Taking Care of Your Mental Health During Uncertainty

- American Foundation for Suicide Prevention

Disaster Distress Helpline

- The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

Parental Stress Hotline

- Help and resource information for MA residents. Anonymous and confidential 24/7 help for parents or guardians with problems relating to their children. Offers free support groups.

Psych Emergency Services

Eliot Community Services

24-hour access number: 1-800-988-1111

- Tri-City: Everett, Lynn, Lynnfield, Malden, Medford, Melrose, Nahant, North Reading, Reading, Saugus, Stoneham, Swampscott, Wakefield
<https://www.masspartnership.com/pdf/ESPflyerindividualsandfamilies.pdf>

Community Resources – COVID 19

SUD/Mental Health

Massachusetts Network of Care

- Resource network for mental health and substance use services

Massachusetts Behavioral Health Access

- find available detox beds Under Substance Use Disorder Services Click on - **find a provider openings**
- Use drop down menu to search for available services - for Detox it would be **ATS**

Bridge Clinic - Taking Walk-ins

Recovery Centers of America - Open

New England Recovery Center part of Spectrum Health Systems - Open

Lahey Tewksbury Detox - Open

Lahey Danvers Detox - Open

Highpoint Plymouth, Brockton & Jamaica Plain Detoxes - Open

Spectrum detox - Open

Banyan Treatment Center Mass - Open

Community Resources – COVID 19

Recovery:

Partnership for Drug Free Kids - free & confidential helplines

- You can connect to us in the following ways, with support available in English and Spanish. We're available from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.
- [Text a Message to 55753](#)
- [Send an Email](#)
- [Call 1-855-378-4373](#)

Online Intergroup: Alcoholics Anonymous

- 1 Day at a Time: Meets at 10 pm Eastern / 7 pm Pacific, 7 Days a Week, SMTWTFS and features English speaking group members from all around the world. An audio/video meeting and feature a 15-minute speaker or topic followed by a group discussion 7 days a week. All are welcome. Great for newcomers, longtimers and everyone in-between.
- Visit: <http://aa-intergroup.org/directory.php>

Streaming 24-7 Free NA Speakers

- www.naspeaker.com
- Digital All Recovery Meetings - 7 Days a week - 9am, 12pm, 3pm
- Join by navigating to unityrecovery.zoom.us/my/allrecovery

Pause a while

- Hosting free conference calls for AA meetings
- [Facebook](#)
- 2pm Every Day
- Dial in number: 425-436-6360
- Access Code: 422932

A Virtual Awakening

- Closed online AA meeting for women, trans, and non-binary people

Community Resources – COVID 19

- Recovery literature, speakers, open discussion
- Sun, Mon, Wed, Fri at 8:30pm EST, Thurs 1:00pm EST
- Facebook A virtual Awakening - <https://zoom.us/j/4822208285>

Staying Cyber - AA Meetings on the web

Never Alone Club

- Online NA meeting everyday
- www.Neveraloneclub.org

Virtual NA

- NA meetings online and by phone
- www.virtual-na.org

Community Resources – COVID 19

Talking with Kids/Activities:

Parent Resource: What to Share with Your Children and Monitor their Media Intake

- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [Talking with Children About COVID-19](#)
- [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)

[Child Mind Institute](#)

[Virtual Field Trips](#)

[Scholastic](#)

[Stay Active at home!](#)

Community Resources – COVID 19