

HELPFUL RESOURCES

Helpful Resources to Assist during CoronaVirus Situation

Financial Resources



❖ Residents whose employment has been negatively impacted as a result of COVID-19 can apply for reemployment assistance benefits (formerly known as unemployment compensation) through the Florida Department of Economic Opportunity.

Reemployment Assistance

[PDF application for Reemployment Assistance](#)

[Website for Reemployment Assistance](#)

<https://www.orlando.gov/COVID-19/Assistance-for-Residents>

❖ **Economic Impact Payment Information Center:**

<https://www.irs.gov/coronavirus/economic-impact-payment-information-center>

❖ Heart of Florida United Way connects residents to financial, mental health and crisis assistance programs through its 2-1-1 service.

❖ auntbertha – The Social Care Network: search engine where families can search for free or reduced cost services like medical care, food, job training, and more. Search is based on ZIP code and results are available in a variety of languages. <https://www.auntbertha.com/>

❖ Christian Service Center: <https://www.christianservicecenter.org/coronavirus>

❖ Spectrum Internet Assist: <https://www.spectrum.com/browse/content/spectrum-internet-assist.html>

❖ Access to AT&T: <https://www.att.com/shop/internet/access/#/>

❖ Internet Essentials from ComCast: <https://www.internetessentials.com/>



FOOD/HOUSEHOLD RESOURCES



Find the nearest food bank using [Second Harvest's Food Finder](#). Please call before heading to the food bank to make sure their hours or location has not changed.

(<https://www.orlando.gov/COVID-19/Assistance-for-Residents>)

UP Orlando-The Member Share Grocery Program

150 W Michigan St, Orlando, 32806, 407-650-0774

Food and household items at reduced cost, one page application required

Monday-Saturday 9am-6pm, Sunday 11am-4pm

Medical Resources

Florida Department of Health COVID hotline: 1-866-779-6121

Florida Department of Health in Orange County: 407-723-5004



MISCELLANEOUS RESOURCES

❖The Hispanic Office for Local Assistance (HOLA) is offering services virtually. Residents can call 407.246.4310, email hola@cityoforlando.net or [contact the office online](#).

(<https://www.orlando.gov/COVID-19>)

Heart of Florida United Way

Those in need of assistance can use United Way's 2-1-1 feature to find help in the area by either calling 2-1-1- or texting their zip code to 898-211

MENTAL HEALTH RESOURCES

❖ Aspire Health Partners is offering a dedicated telephone line to assist residents with mental health concerns related to COVID-19. Residents can call the helpline to be connected with a caring mental health professional.

407-875-3700 X2 | [Aspire Health Partners](http://www.ocfl.net/EmergencySafety/Coronavirus/Coronavirus-ResidentResources.aspx#.XpCU28hKjIW)
(<http://www.ocfl.net/EmergencySafety/Coronavirus/Coronavirus-ResidentResources.aspx#.XpCU28hKjIW>)



❖ Managing Stress Associated with the COVID-19 Virus Outbreak

<https://adaa.org/sites/default/files/National%20Center%20for%20PTSD%20COVID19%20Managing%20Stress%2003062020.pdf>

❖ Guide to Living with Worry and Anxiety Amidst Global

Uncertainty: <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

❖ Responding to Change and Loss: A Toolkit from the NAGC [Click here to view a toolkit](#)

❖ Tips for talking with children about COVID-19 [in this helpful article](#)

❖ Crisis Text Line: Text **HOME** to 741741

❖ National Suicide Prevention Lifeline: 1-800-273-8255



- ❖ *Who am I checking on or connecting with today?*
- ❖ *What expectations of “normal” am I letting go of today?*
- ❖ *How am I getting outside today?*
- ❖ *How am I moving my body today?*
- ❖ *How am I expressing my creativity?*
- ❖ *What type of self-care am I practicing today?*
- ❖ *What am I grateful for today?*

For More Information, contact your Family Support Specialist:

Jill Wileden, MSW, 407-389-9663, Jill.Wileden@als-education.com

**Aloma High School ❖ Chancery High School ❖ Econ River High School ❖
Sheeler High School ❖ Sunshine High School**