

Community Resource Guide

MENTAL HEALTH & WELLNESS

Program: [SAMHSA Disaster Distress Helpline](#)

Organization: Substance Abuse and Mental Health Services Administration

Phone: 1-800-985-5990 / Text: TalkWithUs to 66746

Service(s): Crisis counseling

Populations Served: United States & territories

- Crisis counseling for people in emotional distress related to any natural or human-caused disaster.
- Tips for healthy coping.
- Referrals to local crisis call centers for additional follow-up care and support.
- Support available in English and Spanish.

Program: [SAMHSA National Helpline](#)

Organization: Substance Abuse and Mental Health Services Administration

Phone: 1-800-662-HELP (4357)

Service(s): Treatment referral and information service

Populations Served: United States

- Information service for individuals and family members facing mental and/or substance use disorders.
- Provides referrals to local treatment facilities, support groups, and community-based organizations.
- Support available in English and Spanish.

Program: [Lifeline Chat](#)

Organization: National Suicide Prevention Lifeline

Phone: 1-800-273-TALK (8255)

Service(s): Emotional support counseling

Populations Served: United States

- Connects individuals with counselors for emotional support and other services over the phone or via web chat.
- Available 24/7.

Program: [COVID-19 - Coping with Anxiety and Stress](#)

Organization: EveryMind

Phone: 301-738-2255 (Call or text)

Service(s): Emotional Support

Populations Served: Montgomery County & national resources

- Specialists available 24/7 to listen and provide support to anyone who needs to talk during this heightened time of anxiety, even if just looking for ways to support a loved one.
- Webinar providing tips and tools to manage stress and anxiety.
- List of mental health resources from trusted national organizations.

Program: [National Domestic Violence Hotline](#)

Organization: National Domestic Violence Hotline

Phone: 1-800-799-SAFE (7233) / Text: LOVEIS to 22522

Service(s): Domestic violence advocacy and support

Populations Served: United States

- Highly trained expert advocates available 24/7 to talk confidentially with anyone who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.
- Also provides support to friends and family members who are concerned about a loved one.
- Support available via phone and web chat.
- Available in over 200 languages.

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Program: [The Science of Well-Being](#)

Organization: Coursera & Yale University

Service(s): Online adult learning course

Populations Served: All

- Yale University's "Happiness" course offered for free through Coursera.
- In this course, participants engage in a series of challenges designed to increase their own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. Participants will ultimately be prepared to successfully incorporate a specific wellness activity into their life.

FINANCIAL ASSISTANCE RESOURCES

Program: [Emergency Assistance 211](#)

Organization: United Way of the National Capital Region & 211.org

Service(s): Free service that helps individuals and families access emergency services in their local community by dialing 211 from any phone within their county

Populations Served: National Capital Area including Montgomery and Prince George's County

- Over the phone assistance helping individuals and families access emergency services in their local community.
- Assistance finding food, paying housing bills, counseling, and other essential services.
- Provides educational resources for kids, how to reach financial stability, and other programs to promote healthy communities.
- Assistance available in multiple languages.

Program: [Public Assistance Program – Temporary Cash Assistance \(TCA\) & Temporary Disability Assistance Program \(TDAP\)](#)

Organization: Montgomery County Department of Health and Human Services

Service(s): Benefits, cash assistance, and employment resources

Populations Served: Montgomery County; low income families with children (TCA); low income, disabled single adults with no children (TDAP)

- Programs provide benefits, cash assistance and employment resources to people with low income or disabilities.
- The Temporary Cash Assistance Program is for families with children.
- The Temporary Disability Assistance Program is for disabled single adults with no children.

Program: [COVID-19 Student Relief Fund](#)

Organization: Scholly

Service(s): Financial assistance

Populations Served: Students and families affected by COVID-19 pandemic

- \$200 in cash assistance to help students, parent(s) of students, and graduates to cover expenses during this global crisis.
- Relief fund aims to provide essential financial help to buy groceries, health supplies, and other necessities for those in need.
- Simple online application process that takes less than 2 minutes to complete.

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Program: [Allocation of College and Foundation Funds](#)

Organization: Montgomery College

Service(s): Financial assistance

Populations Served: Montgomery College students

- Montgomery College is allocating over \$550,000 to students in need of assistance during the pandemic.
- Assistance includes food, technology, tuition, fees, books, supplies, and/or other needs.
- To qualify, students must have an advocate (e.g. faculty, staff, administrator, etc.) who knows the student and their situation and can advocate for them. Advocates submit all request in writing, on behalf of the student.

Program: [National Direct Financial Assistance Programs](#)

Organization: Restaurant Opportunities Centers United

Service(s): Financial assistance

Populations Served: Restaurant, hospitality, and food service workers

- National, state and city financial relief grants and resources for restaurant and hospitality workers who have lost their jobs or had their work hours reduced due to the COVID-19 pandemic.

Program: [Emergency Coronavirus Tipped and Service Worker Support Fund](#)

Organization: One Fair Wage

Service(s): Financial assistance

Populations Served: Tipped and service workers

- Cash assistance to restaurant workers, car service drivers, delivery workers, personal service workers and more who need money during these difficult times.

Program: [Coronavirus Care Fund](#)

Organization: National Domestic Workers Alliance

Service(s): Financial assistance

Populations Served: Domestic workers

- The Coronavirus Care Fund was established by the National Domestic Workers Alliance to provide emergency assistance for home care workers, nannies and house cleaners to support them in staying safe and staying home to slow the spread of the coronavirus, and to care for themselves and their families. Qualifying applicants who are experiencing financial hardship due to the coronavirus pandemic can receive \$400 in emergency assistance from the Fund.
- Eligibility criteria may apply.

Program: [Division of Unemployment Insurance](#)

Organization: Maryland Department of Labor

Service(s): Financial assistance

Populations Served: Maryland residents who recently lost their jobs due to the COVID-19 pandemic

- Extended temporary unemployment benefits for workers who have lost their jobs due to COVID-19.

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Program: [Highspeed Internet Services](#)

Organization: Various internet providers

Service(s): Internet services

Populations Served: Low income households and households with students

- In response to COVID-19, several internet service providers are offering free and low-cost internet services for students and low-income households.

Program: [Lifeline Support for Affordable Communications](#)

Organization: Federal Communications Commission

Service(s): Discounts for phone and internet services

Populations Served: Low income households

- Program providing monthly discounts to low income households for telephone service, broadband internet access service, or voice-broadband bundled service purchased from participating providers.

Program: [Energy Assistance](#)

Organization: Maryland Energy Assistance Program

Service(s): Energy costs assistance

Populations Served: Low income Maryland residents

- The Energy Assistance Program helps low-income households pay their heating bills, minimize heating crises, and make energy costs more affordable.
- Additional services such as weatherization and utility service shut off protection available.
- Household income requirements apply.

Program: [Office of Home Energy Programs](#)

Organization: Montgomery County Department of Health and Human Services

Service(s): Utility grants

Populations Served: Montgomery County residents that meet income requirements

- Provides utility grants and shut-off prevention to eligible households.
- Household gross income requirements apply.

Program: [COVID-19 Ancillary Costs](#)

Organization: Healthwell Foundation

Service(s): Financial, food, medication, diagnostics, transportation, and telehealth service

Population Served: Must meet eligibility requirements listed on their website

- Assistance with costs associated with delivered food, medication, diagnostics, transportation and telehealth because of COVID-19 risk or incidence.

HOUSING ASSISTANCE

Program: [Rent Assistance](#)

Organization: Rent Assistance

Service(s): Housing

Populations Served: Varies by organization

- Rent Assistance provides a directory of rental assistance agencies and organizations that will help you pay your rent.
- Listings include government as well as non-profit organizations that offer rental assistance programs. Each organization has its own eligibility rules and conditions. Individuals are encouraged to contact each organization directly.

Program: [Rental Assistance Program](#)

Organization: Montgomery County

Service(s): Housing

Populations Served: Montgomery County residents

- The Rental Assistance Program has extended all benefits scheduled to renew between March-May 2020 to continue through July 2020. This will provide staff and applicants additional time to respond to document requests and process applications. During this time, documents can be dropped off, or mailed to 1301 Piccard Drive, or emailed to rap@montgomerycountymd.gov. Phone interviews can be requested by calling 240-777-4400.

Program: [Housing Stabilization Services](#)

Organization: Montgomery County

Service(s): Emergency housing

Populations Served: Individuals experiencing homelessness and most vulnerable populations in Montgomery County, MD

- Provides emergency housing needs, including homelessness prevention services and housing related financial assistance with eviction, foreclosure, and utility disconnection.
- To request a phone interview, please call one of the following offices. Document drop-off stations are also available at each office location:
 - **Germantown**- 12900 Middlebrook Road, PHONE 240-777-4448, FAX-240-777-4187
 - **Rockville**-1401 Piccard Drive, PHONE 240-777-4550, FAX-240-777-4254
 - **Silver Spring**- 8818 Georgia Avenue, PHONE 240-777-3075, FAX-240-777-3154

Program: [Homeless Information Line](#)

Organization: Montgomery County Department of Health and Human Services

Service(s): Housing

Populations Served: Individuals and families experiencing homelessness in Montgomery County

- Trained specialist available 24/7 to:
 - Provide information on county homeless services and shelter resources.
 - Receive reports regarding the location of individuals experiencing homelessness. Information will be

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forwarded to outreach partners who will attempt to locate the individual to offer support and resources.

Program: [Temporary Discounted Lodging](#)

Organization: Sheraton Hotel - Rockville

Service(s): Housing

Populations Served: Universities of Shady Grove (USG) students, staff, family, and friends

- Offering a discounted rate for any USG students/staff and their family and friends that need temporary lodging. To make a reservation please call (240) 912-8231 and make reservations under the group block - **The Universities at Shady Grove**. The discounted rate is \$69 a night plus taxes and it will remain active 3/18/2020-4/30/2020 with free parking and WIFI.

INSURANCE & ENROLLMENT ASSISTANCE FOR GOVERNMENT PROGRAMS

Program: [Coronavirus Emergency Special Enrollment Period](#)

Organization: Maryland Health Connection

Service(s): Health insurance enrollment

Populations Served: Maryland

- Special enrollment period will begin Monday, March 16, and end Wednesday, April 15.
- Visit website to enroll or call (1-855-642-8572) weekdays from 8 a.m. to 6 p.m. for enrollment assistance.

Program: [SNAP Application Assistance](#)

Organization: Maryland Hunger Solutions

Service(S): SNAP enrollment and case assistance

Populations Served: Maryland

- Call (1-866-821-5552) for assistance and questions related to SNAP applications.
- Specialists aid with completing and submitting SNAP applications over the phone, submitting changes to active SNAP case, answering questions about benefits, and directing clients to additional food resources.

Program: [Bilingual Health Hotline](#)

Organization: Casa de Maryland

Service(s): Case management assistance; public benefits enrollment assistance

Populations Served: Maryland

- Telephonic case management to connect individuals with social services in the community.
 - 301-270-8432 (Spanish)
 - 240-270-1318 (French)
- Assistance for community members to understand and enroll into a variety of government assistance and health insurance programs.

ACTIVE LIVING & PHYSICAL FITNESS

<p>Program: United We Move. Home Work-Ins Organization: Planet Fitness Service(s): Virtual fitness classes Populations Served: All</p>	<ul style="list-style-type: none"> • Free live streams of workouts every day at 7:00 p.m. EST until the end of March. • No equipment needed. • Classes are 20 minutes or less. • Archives are available on Planet Fitness' YouTube page.
<p>Program: 14-day Quarantine Workout Plan Organization: Blogilates Service(s): Fitness plan Populations Served: All</p>	<ul style="list-style-type: none"> • 14-day workout plan with demonstration videos. • Apartment-friendly workouts; no jumping. • Each workout session is approximately 25-30 minutes.
<p>Program: YMCA360 Free Exercise Videos Organization: YMCA Service(s): Health and fitness videos Populations Served: All</p>	<ul style="list-style-type: none"> • Several categories of health and fitness videos available including: bootcamp, barre, yoga, active older adults, weightlifting, and Tai Chi. • Equipment required for some videos.
<p>Program: Go4Life Workout Videos Organization: National Institute on Aging Service(s): Sample workout videos Populations Served: Older adults</p>	<ul style="list-style-type: none"> • Sample workout videos for older adults. • Workouts range from 10 – 60 minutes.
<p>Program: Exercise and Physical Activity Education Organization: National Institute on Aging Service(s): Physical activity health information for older adults Populations Served: Older adults</p>	<ul style="list-style-type: none"> • Articles on the benefits of different types of exercises (e.g., strength, endurance, balance, etc.). • Tips on how to fit exercise into daily life safely and get motivated to get and stay active.
<p>Program: Free Yoga Videos Provider: Yoga with Adriene Service(s): Guided yoga videos Populations Served: All</p>	<ul style="list-style-type: none"> • Dozens of free guided yoga videos. • Various routines are available including: 30-day series, yoga for chronic pain, yoga for stress relief, yoga for weight loss, meditation, and many more. • Sessions can range from 5 - 60 minutes.
<p>Program: 16 Free Yoga Videos You Can Practice at Home Provider: Greatist Service(s): Guided yoga videos Populations Served: All</p>	<ul style="list-style-type: none"> • Various routines including: stress and tension relief, beginner yoga flow, deep stretching, and many more. • Sessions range from 5 - 60 minutes. • Yoga mat recommended, but not necessary. • Apartment friendly.
<p>Program: The Hub - Mind Body Solutions Organization: Mind Body Solutions Service(s): Adaptive yoga videos Populations Served: Persons living with disabilities</p>	<ul style="list-style-type: none"> • Adaptive and regular yoga for persons living with disabilities. • Two free classes. • Each class is about an hour long.

CHILDCARE RESOURCES

Program: [Maryland Child Care Resources](#)

Organization: Child Care Aware of America

Service(s): Child care services (e.g. licensing, inspection reports, fact sheets, child care information, and food)

Populations Served: Parents, guardians, and children in Maryland

- Provides general updates by each state on access to childcare services during COVID-19 pandemic.
- Provides links to executive orders from state executive office, as well as helpful tips for childcare providers to help stop the spread of COVID-19 in facilities that are still in operation during this time.

Program: [Child Care for Essential Personnel](#)

Organization: Maryland State Department of Education – Division of Early Childhood & Maryland Family Network

Service(s): Child care services

Populations Served: Emergency and medical personnel with children

- Maryland Family Network (MFN) is partnering with the Maryland State Department of Education (MSDE) to make it fast and easy for essential personnel to find safe quality child care during the State of Emergency.

Program: [Q&A on How to Provide Services for Children with Disabilities during Covid-19](#)

Organization: U.S. Department of Education

Service(s): Questions and answers for child care services for children with disabilities

Populations Served: Parents and guardians of children with disabilities and special needs

- Questions and Answers document outlines states' responsibilities to infants, toddlers, and children with disabilities and their families, and to the staff serving these children.
- During an outbreak of COVID-19, local educational agencies (LEAs) and early intervention service (EIS) programs will need to collaborate with their state educational agency (SEA), Bureau of Indian Education (BIE), or local public health department, as appropriate, to address questions about how, what, and when services should be provided to children with disabilities.

ONLINE LEARNING RESOURCES FOR KIDS & TEENS

Program: [Enrichment Packets for Students](#)

Organization: Prince George's County Public Schools

Service(s): Educational materials

Populations Served: Prince George's County public school parents and students

- Learning resources in the form of homework packets for pre-K and grades K-12.
- Learning resources available for students with disabilities in CRI or regional programs.
- Available in English Spanish, and French.

Program: [Khan Academy](#)

Organization: Khan Academy

Service(s): Educational resources

Populations Served: Teachers, parents, and students nationwide

- Free daily schedules for students ages 2-18 to keep them learning.
- Free remote learning resources in math, science and humanities from kindergarten through the early years of college. Exercises, quizzes and instructional videos are available to learn and master new skills.
- Available in 40 languages.

Program: [BrainPop](#)

Organization: BrainPop

Service(s): Educational videos and assignments in various subjects

Populations Served: Children and parents

- Website provides educational resources to help educators, families, and homeschooled children understand math, science, social studies, art & music, health, engineering & tech, and current news/events.
- Includes resources for children who require ESL learning.
- Free access available during school closures.
- Available in English, Spanish and French

Program: [Fun Stuff for Kids](#)

Organization: Smithsonian

Service(s): Digital educational resources

Populations Served: Educators, parents, and students nationwide

- Educational activities and games for kids.
- Distance learning resources to assist caregivers, teachers and students.

Program: [Learn at Home](#)

Organization: Scholastic

Service(s): Educational material

Populations Served: Parents, teachers, and children

- Offering 20 Days of Learning, Reading and Inspiration through special cross-curricular journeys. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video.
- Resources for pre-K as well and grades K-9 available.

Program: [PreK – 12 Resources for Emergency Closing](#)

Organization: PBS Learning Media

Service(s): Digital education resources

- Collection of resources organized by grade and subject area. Includes videos, lesson plans, and activities that support learning at home. Users

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Populations Served: Parents, teachers, children age pre-K to 12th grade

can create a free account to save and organize content.

- Featured lesson plans in this collection contain full contextualization for the media they include. Plan and adapt our lessons in creative ways, using the Lesson Builder tool, Google Classroom, Remind, and more.
- Content available in English and Spanish.

Program: [Knowledge Building Lessons Every Day](#)

Organization: GreatMinds

Service(s): Educational material

Population Served: Parents, teachers, and children in grades K-12

- Written materials for math (Grades K–12) and daily instructional videos for English language arts (Grades K–8), math (Grades K-12), and science (Grades 3–5).
- New video lessons and educational content added daily.

Program: [Learning Library](#)

Organization: Education.com

Service(s): Education materials

Population Served: Parents and children in grades K-5th grade

- Free online learning for kids in kindergarten through 5th grade.
- Includes printable worksheets, online educational games, guided lessons, lesson plans and more.

Program: [ABCmouse Early Learning Academy](#)

Organization: Age of Learning

Service(s): Early childhood education

Populations Served: Parents and children aged pre-k to 8 years old

- Online Learning environment for pre-K to age 8 on topics such as math, reading, science, and arts/music.
- Subscription based online tool that grants a 30-day free trial.

Program: [National Theatre Home](#)

Organization: National Theatre of London

Service(s): Theatre

Populations Served: All

- Beginning April 2nd, view free full length plays from the National Theatre in London via their YouTube Channel
- 1 play will be released each Thursday and available to stream for free for 1 week

Program: [Online Arts Workshops](#)

Organization: Project Create DC

Service(s): Art workshop

Populations Served: Children, youth, and families

- Offers virtual opportunities for children, youth, and families to continue engaging in art making.
- Easy to follow art activity using minimal resources.
- Daily art lessons and activities in visual arts, movement, photography, and music production.

OTHER RESOURCES FOR OLDER ADULTS & SENIORS

Program: [Transportation to Essential Medical Appointments](#)

Organization: Senior Connection

Service(s): Transportation

Populations Served: Montgomery County Residents 60 and older

- Rides provided upon request to clients to get to essential medical appointments.

Program: [Transportation Guide for Older Adults & Adults with Disabilities](#)

Organization: Montgomery County Department of Transportation

Service(s): Transportation directory

Populations Served: Montgomery County

- Overview of Montgomery County transportation options for adults over 50 and people with disabilities during the COVID-19 pandemic.

Program: [Senior Call Check](#)

Organization: Maryland Department of Aging

Service(s): Daily wellness check-in calls

Populations Served: Maryland Residents, 65 and over

- Daily call to verify well-being at a regularly scheduled time.
- Expedited 24-hour verification and enrollment period in response to the COVID-19 pandemic.

Program: [Sharing Smiles](#)

Organization: Empowering the Ages

Service(s): Virtual social connection

Populations Served: Older adults

- Sharing Smiles connects adults to youth through two different programs – one connecting **groups** of adults and youth and the other connecting **individuals**. With each program, people can find pen pals, write joint stories, create poetry, share artwork, inspire with motivational quotes, and creatively share our individual strengths.

Program: [Well Connected](#)

Organization: Covia

Service(s): Virtual social connection

Populations Served: Adults aged 60 and over

- Free telephone and online community for individuals interested in lifelong learning, support, fun and engagement with a larger community.
- Groups and classes on a wide range of topics are available.
- Groups run between 30 minutes and 1 hour with an average of 12 participants.
- Available in English & Spanish.