

COVID-19 Resources for Students and Families

TOP 3 RESOURCES

1. 211info.org
Call 2-1-1 or text your zip code to 898211
2-1-1 is a service that connects people with resources in their area
2. [Resources Database](#)
Check here to find resources organized by county in a variety of categories.

APPLYING FOR STATE BENEFITS

Apply online at <https://govstatus.egov.com/or-dhs-benefits> for food, child care, or cash assistance benefits. There is heavy traffic on this site from 11:00am - 3:00pm, so it might be good to apply outside of those hours.

If you are unable to apply online, you can apply by phone. Call 2-1-1 to find your local DHS office.

GENERAL or MULTIPLE SUPPORTS

1. [USA COVID Mutual Aid](#)
Group of volunteers providing aid during the COVID-19 outbreak. Coordinated care efforts especially for vulnerable populations, along with emotional support efforts.
2. [Karunavirus.org](https://www.karunavirus.org) is a site dedicated to sharing stories of kindness, compassion, and love during this pandemic. It's a great break from the regular news cycle.
3. [COVID-19 Resources for Undocumented Immigrants](#)

HOUSING

*The state of Oregon is issuing additional funding for rental assistance.

1. Linn-Benton-Lincoln Counties
 - a. Community Services Consortium (CSC) is providing COVID-19 rent relief to those who are eligible. Click [here](#) to apply.
2. Fair Housing's offices are closed, but the renter's rights hotline can be accessed through emailing information@fhco.org or through their [website](#). Look for the "Contact" tab at the top.

3. See [this webpage](#) that shows a state-by-state summary of eviction protections.
4. [JustShelter.org](#) is a website with information and resources related to housing.
5. [Coronavirus and your mortgage](#)

INCOME, EMPLOYMENT, & ECONOMIC RESOURCES

1. Call 1-877-File4UI (1-877-345-3484) for unemployment insurance claim help.
2. [THIS](#) is the COVID-19 page on the State of Oregon **Unemployment** Department's official website
3. [THIS](#) is a great page that lists a wide variety of **funding and grant available** related to COVID-19
4. Congressman Earl Blumenauer has a list of **economic resources** on [his website](#).
5. Many Work Source Oregon centers are helping people by appointment with unemployment. Visit [THIS PAGE](#) to find our local office.
6. [State of Oregon Employment Department COVID-19 Resources](#) document

FOOD

1. See [THIS PAGE](#) for information about **SNAP benefits**, including information about how SNAP benefits can now be used for online food shopping in some cases. SNAP applications can be completed with the Family Support Liaison.
2. Families whose children are eligible for Free or Reduced Meals (FARM) can now apply for cash assistance as a means to replace the meals they would be provided at school. Households will receive \$5.70 per child for each normal school day. Click [this link](#) to find more information and apply.

MEDICAL, DENTAL, & HEALTH INSURANCE

1. Contact Christina Hoeckle the Family Support Liaison for help with applying for the Oregon Health Plan (OHP) or fore insurance through the Marketplace:

Christina Hoeckle
541-812-2761
christina.hoeckle@lblesd.k12.or.us

STRESS, COPING, & MENTAL HEALTH

1. Anxiety
 - a. Check out [THIS GREAT TALK](#) on coping with anxiety. The Facebook group where this video is found also has a ton of helpful content, much of it specific to COVID-19.

2. Grief and Loss
 - a. Article: [That Discomfort You're Feeling is Grief](#)
 - b. Article: [COVID-19 and the Grief Process](#)
3. Isolation
 - a. Article: [I Spent a Year in Space, and I Have Tips on Isolation to Share](#)
4. Apps & Technology
 - a. [Calm](#)
 - b. [Stop, Breathe, & Think](#): includes free content specific to COVID-19
 - c. [Mood 24/7](#): a texting program that provides an easy way for you to check in and track your moods
 - d. [Health Talk](#)
 - e. [Mindfulness for Teens](#)
 - f. [The Strength of Us](#): online community designed to provide support and resources for young adults impacted by mental illness
5. Great Websites for General Stress, Coping, & Mental Health
 - a. [Care for Your Coronavirus Anxiety](#): website specific to providing tools around anxiety and COVID-19
 - b. [National Alliance on Mental Health](#) (NAMI)
 - c. [National Institute of Mental Health](#) (NIH)
 - d. [Happify](#) (ages 16+)
 - e. [Teen Mental Health](#)
 - f. [Center for Young Women's Health](#): includes lots of info on both physical and mental health
 - g. [Young Men's Health](#)
 - h. [Go Ask Alice!](#): a Q&A website with a huge database of questions on both physical and mental health issues
 - i. [Girlshealth.gov](#)
 - j. [The JED Foundation](#): focuses on suicide prevention and mental health for teens and college students. Crisis line for call or text.
 - k. [Kelty Mental Health Resource Centre](#): Reference sheets provided that list top books, websites, toolkits, and support for mental health disorders.
 - l. [Reach Out](#)
 - m. [Teens Health](#)
 - n. [American Academy of Child & Adolescent Psychiatry](#): Youth Resources page

PEER SUPPORT

The Project ABLE warmline is for anyone needing or wanting to make a connection to another human being. Callers can remain anonymous. The ABLE Talkline: call 503-474-5509 and press "0." See the Project ABLE [website](#) for more information.

PARENTING & CHILDCARE RESOURCES

1. Article: [Building Positive Conditions for Learning at Home: Strategies and Resources for Parents and Caregivers](#)
2. Articles about talking to your kids about the Coronavirus:
 - a. [How to Talk to Children about the Coronavirus](#) (Harvard Health)
 - b. [Talking to Kids About the Coronavirus](#) (Child Mind Institute)
 - c. [Talking with children about the Coronavirus Disease 2019](#) (CDC)
 - d. [How to Talk to Your Kids about Coronavirus](#) (PBS Kids)
3. Article: [Support for Kids with ADHD During the Coronavirus Crisis](#)
4. Article: [Coronavirus Parenting: Managing Your Anger and Frustration](#)
5. Podcasts for kids that help explain Coronavirus:
 - a. Tumble Science Podcast - [Answering Kids' Coronavirus Questions](#)
 - b. Tumble Science Podcast - [Where do Viruses Come From?](#)

SPECIAL EDUCATION & DISABILITY SERVICES

1. [The Autism Society of Oregon](#) is offering several free webinars on topics like dealing with challenging behaviors in the home and accessing disability services in Oregon.