

## **Expanded List of Resources**

### **COVID-19 Information & Updates**

- [UVA Community](#)
- [Sentara COVID-19 Updates](#)
- [John's Hopkins COVID-19 Interactive Map](#)
- [Virginia Medicaid Taking Action to Fight COVID-19](#)
- [National Alliance for Hispanic Health](#)
  
- [COVID-19 public health information from the U.S. Centers for Disease Control and Prevention \(CDC\)](#)
- [Enfermedad del Coronavirus 2019 \(COVID-19\) \(CDC\)](#)
- [COVID-19 research information from the U.S. National Institutes of Health \(NIH\)](#)
- [COVID-19 resources for global health researchers from Fogarty](#)
- [Novel Coronavirus \(COVID-19\) - English Language Learners \(ELL\)](#)
- [COVID-19 translated resources](#)
- [Introductory Video & Self-paced e-Learning Courses on Coronavirus](#) (*available in multiple languages*)

### **Both state and local health departments are standing by to help you assess what you should do if you suspect you have coronavirus.**

- Telephone hotline operated by the [Virginia Department of Health](#): 877-ASK-VDH3.
- Telephone hotline number for the [Thomas Jefferson Area local health department](#): 434-972-6261.

### **Crisis lines:**

- [National Suicide Prevention Lifeline](#): 1-800-273-8255
- [Crisis Text Line](#): Text 741741
- *Region Ten Emergency Services*: 434-972-1800 (24/7 - for behavioral health emergencies)
- [Live Chat services available through Lifeline Chat](#)
- [National Domestic Violence Hotline](#): 1-800-799-7233
  
- *Veterans Crisis Line*: 800-273-8255, Press 1
- **LGBTQ – Crisis Lines:**
  - *Trans Lifeline*: 877-565-8860
  - *GLBT National Hotline*: 888-843-4564
  - *National Coalition of Anti-Violence Programs*: 212-714-1141 (English and Spanish)
  - *GLBT National Youth Talkline*: 800-246-7743

- *DeHQ: LGBTQ Helpline for South Asians: 908-367-3374*
- [The Trevor Project](#) offers a 24-hour toll-free confidential crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth. 1-866-488-7386

Local Provider Service Continuity and Resource Information:

- [Region Ten](#) will continue individual therapy virtually but is not currently taking new intakes. Emergency services are available on a 24/7 basis (434-972-1800)
- [On Our Own](#) is providing calls to member from peer support specialists.
- [The Women's Initiative](#) encourages current clients to make a service plan with their therapist and will offer phone-in services in place of their walk-in clinics
- [ReadyKids](#) COVID-19 response and resources
- [Jefferson Area Board of Aging Modified Services \(JABA\)](#)
  - [Community Mental Health and Wellness Coalition](#)
  - *Sexual Assault Resource Agency (SARA) Call 434-977-7273 to be connected to a Hotline Advocate-24/7; Language interpretation is available. (Call 866-663-6482 for TTY services).*
  - [Affordable Treatment Directory, from Open Path Psychotherapy Collective](#)
  - [Greater Charlottesville Trauma Informed Community Network](#)

**Basic & Financial Needs**

- [Filing for Unemployment Insurance](#) (*Also note: **Beginning with claims effective March 15, 2020, Governor Northam has directed that the one week waiting period and the requirement to conduct a weekly job search both be suspended for those receiving unemployment insurance benefits***)
  - [U.S. Dept of Education - Suspending your Student Loan Payments during COVID-19 Pandemic](#)
- [SupportCville](#) is a website with resources for financial and practical support
- **Funds** for those experiencing hardship
  - *Cville Community Cares: Funds for people impacted by COVID-19: Request up to \$200 [INFO](#)*
  - Request financial assistance from the City with your *rent or mortgage payments* [INFO](#)
  - Request *property tax relief* from the City [INFO](#)
  - Apply for a one-time assistance of up to \$800 from the City to *help pay for rent, medical bills, car payments, and other needs. To qualify: You must be a City resident, and your income must be less than 200% of the [Federal Poverty Level](#)*  
Call: (434) 234-4490 Monday-Friday, 9AM-5PM

- Request funds from a GoFundMe account *for local restaurant workers* by Emailing project manager Kate Ellwood (at [cvillerrestaurantfund@gmail.com](mailto:cvillerrestaurantfund@gmail.com)). Please include: your name, the email and phone number of person in need, where they're employed, & details about their hardship/ financial crisis
- *Bartender Emergency Assistance Program* [INFO](#)
- [Charlottesville Area Community Foundation: Community Emergency Response Fund](#) (Donate)
- [Community Foundation for a Greater Richmond: Central Virginia COVID-19 Response Fund](#) (Donate)

### **Food Support**

- [Blue Ridge Area Food Bank](#)
- [Loaves and Fishes Charlottesville](#)
- [Emergency Food Network](#)
- [PB&J Fund](#)
- [Feeding Greene](#)
- [Charlottesville City Schools Meal Delivery During Closure](#)
- [Albemarle County Schools Meal Delivery During Closure](#)

### **Fitness**

- [UVA Contemplative Science Center Online Classes, Spring 2020](#)
- [Planet Fitness Launches Workout From Home for Free Videos](#), available on [YouTube](#) and [Facebook](#).
- [STRONG by Zumba](#) combines bodyweight, cardio, muscle conditioning and plyometric training
- CorePower Yoga is offering free access to [a selection of their online classes](#) while they are closed to help stop the spread of COVID-19
- LES MILLS is offering free classes [on their streaming platform](#), LES MILLS on Demand until the coronavirus outbreak is over.
- [Fitness Blender](#) offers hundreds of free workout videos ranging in difficulty, length, and body focus.
- [Down Dog](#) maintains five fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout. Down Dog is making the apps free until April 1. Students and K-12 teachers have free access until July 1.
- [YMCA 360](#) is an “on-demand” healthy living network. The YouTube channel offers several 15-minute workout routines.

### **Articles and Tips:**

- [UVA Health Coronavirus FAQs](#)

- [Sentara Martha Jefferson Coronavirus Updates](#)
- [Help Happens Here Coronavirus Tips for Managing Stress](#) (or [download the tip sheet](#))
- [CDC: Managing Stress and Anxiety](#)
- [Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreaks](#)
- [Download English or Spanish CDC COVID-19 tip sheets](#)
- [Coronavirus tips and resources from Anxiety & Depression Association of America](#)
- [Local Mental Health Experts Advise to help and get help](#)
- [How to Cope with Your Coronavirus Anxiety](#)
- [Preventing Loneliness and Isolation in times of Social Distancing](#)
- [Protecting Your Mental Health During Social Distancing](#)
- [CDC's guide to managing stress/anxiety](#)
- [5 Tips for Managing Anxiety during COVID-19 Pandemic](#)
- [Reducing Stigma amid COVID-19 Pandemic](#)
- [10 Equity Implications of COVID-19 Pandemic](#)
- [Brenè Brown, Unlocking Us](#)

### **Skill-building:**

- [Video for healthcare workers and adults with anxiety & COVID-19](#)
- [DBT Crisis Survival Skills](#)
- [Managing Anxiety about the Coronavirus](#) (*Podcast by Dr. Joy Harden Bradford of Therapy for Black Girls*)
- [Ten Percent Happier's Coronavirus Sanity Guide](#)
- Stay [grounded](#) in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening.

### **Mental Health Apps**

- **Virtual Hope Box** - [iOS](#) | [Google Play](#)
- Breathe2Relax – [iOS](#) | [Google Play](#)
- Fear Tools – [iOS](#) | [Google Play](#)
- Mood Tools – [iOS](#) | [Google Play](#)
- Wysa – [iOS](#) | [Google Play](#)
- PTSD Coach – [iOS](#) | [Google Play](#)

### **Travel/Leisure**

- Virtual Museum Tours: [INFO1](#) OR [INFO2](#)
- [10 University Art classes you can take online](#)