

SUPPORT RESOURCE GUIDE

COVID-19 RESOURCES

- Visit [health.PA.Gov](https://health.pa.gov) or **1-877-PA-HEALTH** Latest information on Pennsylvania's COVID-19 response.
- Montgomery County Coronavirus Data Hub: <https://data-montcopa.opendata.arcgis.com/pages/covid-19>
- Map of Testing Locations: <https://montcopa.maps.arcgis.com/apps/opsdashboard/index.html#/84475d584d5044a19016d3a4443dbb5b>
- Additional Testing Locations: <https://www.montcopa.org/ArchiveCenter/ViewFile/Item/5213>
- FAQ of COVID-19 process and Contact Tracing: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Contact-Tracing-FAQ.aspx>

EMERGENCY RESOURCES & HOTLINES

- **DIAL 211** for information/referrals to health and human services 24/7, Text: 898211, www.211sepa.org
- **MONTGOMERY COUNTY LEGAL AID** - Contact: 1-877-429-5994, <http://lasp.org/montco>
*Services include: bankruptcy, child custody, domestic violence, expungement, housing, public benefits, assistance with unemployment benefits, and more. M-F 9-12 and 1-4
- **MONTGOMERY COUNTY MOBILE CRISIS** - Contact: 855-634-4673
- **MONTGOMERY COUNTY WARM LINE** - Contact: 866-839-0445
- **MONTGOMERY COUNTY NAVIGATES** - Contact: 610-278-3522
- **NATIONAL MENTAL HEALTH/CRISIS LINE** - Contact: 1-800-950-6264 or Text: 741741
- **EMOTIONAL DISTRESS HELPLINE** - Contact: 800-985-5990 or Text: "TalkWithUs" to 66746
- **TEEN TALK LINE** - Contact: 866-825-5856 or Text: 215-703-8411
- **PEER SUPPORT TALK LINE** - Contact: 855-715-8255
- **SUICIDE HOTLINE** - Contact: 800-273-TALK (8255), <https://www.preventsuicidepa.org>
- **VETERANS CRISIS HELPLINE** - Contact: 800-273-8255, <https://www.veteranscrisisline.net>
- **MONTCO VETERAN HELPLINE** - Access to services & resources, call 610-213-4022, M-F 10-4

MENTAL HEALTH AND MANAGING STRESS

- **SUPPORT & REFERRAL HELPLINE FOR BEHAVIORAL HEALTH RESOURCES AND REFERRALS DURING COVID-19.** The Department of Human Services (DHS) helpline available 24/7. Dial **1-855-284-2494**. For TTY, dial 724-631-5600.
- **MONTGOMERY COUNTY MENTAL AND BEHAVIORAL HEALTH RESOURCES**
<https://www.montcopa.org/1219/MentalBehavioral-Health>
- **NAMI OF MONTGOMERY COUNTY VIRTUAL SUPPORT GROUPS**
<https://namimontcopa.org/virtual-nami-connecFon-recovery-support-groups/>

- **#ALONETOGETHER** Resources to take care of yourself and others.
<https://www.alonetogether.com/> and <https://www.loveislouder.org/>

ASSISTANCE AND SUPPORT PROGRAMS

UNEMPLOYMENT COMPENSATION:

- **Unemployment Compensation (UC) FAQ's:** <https://www.uc.pa.gov/COVID-19/FAQs/Pages/default.aspx>. Call 1-888-313-7284 or email uchelp@pa.gov
- **Pandemic Unemployment Compensation (PUA):** You can now apply for PUA, expanded UC eligibility for individuals who have traditionally been ineligible for unemployment benefits (e.g. self-employed workers, independent contractors, gig workers). <https://www.uc.pa.gov/unemployment-benefits/file/Pages/Filing-forPUA.aspx>. Call 1-855-284-8545 or email ucpua@pa.gov
- **Pandemic Extension Unemployment Compensation (PEUC):** For Pennsylvanians who have exhausted their regular unemployment benefits. Benefits are available for individuals whose regular unemployment benefits have expired or will expire soon. For more information: <https://www.uc.pa.gov/unemployment-benefits/file/Pages/Filing-for-PEUC.aspx>
- **Help with filling for initial benefits:** Philadelphia Legal Assistance has a volunteer-operated hotline to assist people with applying for unemployment compensation who cannot use the online application due to lack of internet access. Call 215-999-6910. Mon. 9-1, Tues. 1-5, Wed. 3-7, Thurs. 3-7, Fri. 10-2.
- **Additional Resources and Guidance:** Philadelphia Legal Assistance - <https://philalegal.org/UCFAQ>

CHILD CARE FOR VIRTUAL LEARNERS: North Penn YMCA is offering full-day child care for students while they attend virtual classes they will be supervised by Y staff in a safe environment. North Penn YMCA serves the North Penn, Souderton, and Perkioman Valley School Districts. virtual school while parents are returning to work. Financial assistance available for eligible families. <https://www.northpennymca.org/child-care/child-care-for-virtual-learners/>

INTERNET AND COMPUTERS: Enter your zip code to find low cost internet providers and computers, and free online computer courses at: <https://www.everyoneon.org/find-offers>

STUDENT LOANS: To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers are automatically placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment. This relief has been extended until Dec. 31, 2020. You can still make payments if you choose, contact your lender. More information: <https://studentaid.gov/announcements-events/coronavirus>

HEALTH INSURANCE: If you lost your job or experienced a reduction in hours due to COVID-19, you may qualify for Medical Assistance (**MA**) or a Special Enrollment Period through the Affordable Care Act (**ACA**). You should secure coverage within 60 days of when you lose coverage through your employer. Visit: compass.state.pa.us or <https://www.healthcare.gov/coronavirus/> for more information. Call the Pennsylvania Health Access Network at **877-570-3642** for counseling.

CASH ASSISTANCE: The Emergency Assistance Program (EAP) helps low-income families experiencing financial challenges due to COVID-19. Those who qualify will be eligible for a one-time payment to assist them in meeting basic needs. More information: <https://compass.state.pa.us>

HOUSING/RENT ASSISTANCE

NEED HELP PAYING BILLS?

- https://www.needhelppayingbills.com/html/montgomery_county_assistance_p2.html

- <https://www.navigateresources.net/penn/Subcategory.aspx?;0;;N;0;37914;Housing%20/%20Shelter;;9>

KEYSTONE OPPORTUNITY CENTER - Contact: 215-723-5430 <https://keystoneopportunity.org>

YOUR WAY HOME - Contact: 211 or 866-964-7925 or Text: 898-211 www.yourwayhome.org

FOOD ASSISTANCE

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) Emergency **SNAP** applications can be expedited and issued in five days. Apply online at: <https://www.compass.state.pa.us>

SNAP/EBT card can also be used for **AMAZON** purchases. For more information: https://www.amazon.com/b?node=19097785011&ref=omps_surl

MANNA ON MAIN STREET Offers to-go meals and/or groceries and shower services. Located in Lansdale. Monday-Thursday 10-5 and Saturday and Sunday 11-1. <https://mannaonmain.org/covid-19-updates/> **CHOSEN 300** Community meals hosted at Emmanuel Lutheran Church (Pick-up in the rear of the Church) 150 N. Hanover St, Pottstown, Tuesday 6:00pm and Saturday 5:00pm

FIND A FOOD PANTRY NEAR YOU

- <https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- <https://montgomerycountyalive.com/business/Food-Pantries.cfm>
- <https://www.philabundance.org/find-food/>
- <https://www.montcoantihunger.org/mahn-member-food-pantries.html>

OTHER INFORMATION AND UPDATES

★**MONTGOMERY COUNTY NORRISTOWN LIBRARY REOPENS** Limited number of patrons on site at any given time. Public Computers available by appointment only for 45 minutes at a time. Call: 610-278-5100 x 0 to make an appointment. They are also offering one-on-one instruction of their Computer Lab Classes over the Internet. Information: <http://mnl.mclinc.org/computer-lab/classes/home-version/#content>

★**PROTECTING YOURSELF AT WORK** PA Department of Labor developed a resource guide to protect yourself at work for businesses permitted to operate during the COVID-19 emergency. Guidance can be found here: <https://files.constantcontact.com/c5ef43f1601/f5b9f066-f48a-40f1-8e42-da4828b41fac.pdf>

★**SELF QUARANTINE** If you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, it is recommended that you stay at home for 14 days upon return to Pennsylvania. <https://www.media.pa.gov/Pages/Health-Details.aspx?newsid=893>