

# SUPPORT RESOURCE GUIDE

## COVID-19 RESOURCES

<b>PA DEPT OF HEALTH</b>	Visit <a href="http://www.health.PA.Gov">www.health.PA.Gov</a> or call 1-877-PA-Health for the latest information on Pennsylvania's COVID-19 response.
<b>MONTGOMERY COUNTY CORONAVIRUS DATA HUB</b>	<a href="https://data-montcopa.opendata.arcgis.com/pages/covid-19">https://data-montcopa.opendata.arcgis.com/pages/covid-19</a>
<b>TESTING LOCATIONS</b>	<a href="https://montcopa.maps.arcgis.com/apps/opsdashboard/index.html#/84475d584d5044a19016d3a4443dbb5b">https://montcopa.maps.arcgis.com/apps/opsdashboard/index.html#/84475d584d5044a19016d3a4443dbb5b</a> Testing site flyer with hours and locations, <a href="#">click here</a> . ONLINE: <a href="#">Click here to register for a test online</a> . Registration opens at 7 a.m. for same-day appointments. BY PHONE: Call (610) 970-2937 to schedule an appointment. Phone registration opens at 8:30 a.m. for same-day appointments. Language line interpretation is available.
<b>VACCINE UPDATES</b>	Montgomery County is actively planning for COVID-19 vaccine distribution; more information will be updated soon here: <a href="https://www.montcopa.org/3660/COVID-19-Vaccine">https://www.montcopa.org/3660/COVID-19-Vaccine</a>

## MONTGOMERY COUNTY EMERGENCY RESOURCES AND HOTLINES

<b>UNITED WAY</b>	Dial 211 for health and human services information 24/7, or Text 898211, <a href="http://www.211sepa.org">www.211sepa.org</a>
<b>LEGAL AID</b>	Contact: 610-275-5400 or 1-877-429-5994, <a href="http://lasp.org/montco">http://lasp.org/montco</a>
<b>MOBILE CRISIS</b>	Contact: 1-855-634-HOPE (4673)
<b>EMERGENCY SERVICES (MCES)</b>	Contact: 610-279-6100
<b>NAVICATES</b>	Contact: 610-278-3522
<b>NATL MENTAL HEALTH CRISIS</b>	Contact: 1-800-950-6264 or Text: 741741
<b>EMOTIONAL DISTRESS</b>	Helpline for emotional distress due to COVID-19. Contact: 1-800-985-5990 or Text: "TalkWithUs" to 6676
<b>TEEN TALK LINE</b>	Contact: 1-866-825-5856 or Text: 215-703-8411 or Email: <a href="mailto:teentalkline@accessservices.org">teentalkline@accessservices.org</a>
<b>PEER SUPPORT TALK LINE</b>	Contact: 1-855-715-8255 or Text: 267-225-7785
<b>SUICIDE HOTLINE</b>	Contact: 1-800-273-TALK (8255), <a href="https://www.preventsuicidepa.org">https://www.preventsuicidepa.org</a>
<b>VETERANS CRISIS HELPLINE</b>	Contact: 1-800-273-8255, <a href="https://www.veteranscrisisline.net">https://www.veteranscrisisline.net</a>
<b>MONTCO VETERANS</b>	Contact: 610-213-4022, M-F 10-4 for access to services and resources
<b>SUBSTANCE ABUSE</b>	Contact: 1-800-662-HELP (4351), <a href="https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx">https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx</a>

## MENTAL HEALTH AND MANAGING STRESS

<b>COVID-19 HELP</b>	MENTAL HEALTH OF AMERICA comprehensive list of COVID-19 mental health information and resources. <a href="https://mhanational.org/covid19">https://mhanational.org/covid19</a>
<b>COVID-19 BEHAVIORAL HEALTH / CRISIS COUNSELING</b>	PERSEVERE COVID-19 CRISIS COUNSELING PROGRAM FROM THE DEPARTMENT OF HUMAN SERVICES (DHS) Connect with a Free Crisis Counselor. Contact: 1-855-284-2494. For TTY, Contact: 724-631-5600
<b>MENTAL &amp; BEHAVIORAL HEALTH RESOURCES</b>	MONTGOMERY COUNTY MENTAL AND BEHAVIORAL HEALTH RESOURCES. <a href="https://www.montcopa.org/1219/MentalBehavioral-Health">https://www.montcopa.org/1219/MentalBehavioral-Health</a>
<b>NAMI</b>	NATIONAL ALLIANCE OF MENTAL ILLNESS (NAMI) OF MONTGOMERY COUNTY VIRTUAL SUPPORT GROUPS. <a href="https://www.manimontcopa.org/support/">https://www.manimontcopa.org/support/</a>
<b>#ALONETOGETHER</b>	Online resources to take care of yourself and others. Visit: <a href="https://www.alonetogether.com/">https://www.alonetogether.com/</a> and <a href="https://www.loveislouder.org/">https://www.loveislouder.org/</a>

## HOUSING AND RENT ASSISTANCE

<b>YOUR WAY HOME</b>	Contact: 211 or 1-866-964-7925 or Text: 898-211. Flyer in <a href="#">English</a> or <a href="#">Spanish</a> (Español). Also includes information on the Emergency Rent and Utility Coalition for rent assistance due to COVID-19.
<b>MORTGAGE/RENT RELIEF</b>	CDC issued order to stop certain evictions expires on January 31, 2021. Further information <a href="#">here</a> .
<b>NEED HELP PAYING BILLS</b>	<a href="https://www.needhelpayingbills.com/html/montgomery_county_assistance_p2.html">https://www.needhelpayingbills.com/html/montgomery_county_assistance_p2.html</a> <a href="https://www.navigateresources.net/penn/Subcategory.aspx?;0;;N;0;37914;Housing%20/%20Shelter;;9">https://www.navigateresources.net/penn/Subcategory.aspx?;0;;N;0;37914;Housing%20/%20Shelter;;9</a>
<b>KEYSTONE OPPORTUNITY CENTER</b>	Contact: 215-723-5430, <a href="https://keystoneopportunity.org">https://keystoneopportunity.org</a>

## FOOD ASSISTANCE

<b>SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)</b>	Apply for <b>SNAP</b> online at : <a href="https://www.compass.state.pa.us">https://www.compass.state.pa.us</a> SNAP/EBT card can also be used for <b>AMAZON</b> purchases. More information and frequently asked questions can be found <a href="#">here</a> .
<b>MEALS</b>	<b>MANNA ON MAIN STREET</b> Offers to-go meals and/or groceries and shower services. Located in Lansdale. Monday-Thursday 10-5 and Saturday and Sunday 11-1. <a href="https://mannaonmain.org/need-help/list-of-services/">https://mannaonmain.org/need-help/list-of-services/</a> <b>CHOSEN 300</b> 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
<b>FIND A FOOD PANTRY</b>	<a href="https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx">https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx</a> <a href="https://montgomerycountyalive.com/business/Food-Pantries.cfm">https://montgomerycountyalive.com/business/Food-Pantries.cfm</a> <a href="https://www.philabundance.org/find-food/">https://www.philabundance.org/find-food/</a>

## ASSISTANCE AND SUPPORT PROGRAMS

<b>UNEMPLOYMENT COMPENSATION</b>	<b>UNEMPLOYMENT COMPENSATION (UC):</b> <a href="http://www.uc.pa.gov">www.uc.pa.gov</a> The website has all updates with the most recent information regarding extensions of PEUC and PUA. Contact: 1-888-313-7284 or email: <a href="mailto:uchelp@pa.gov">uchelp@pa.gov</a> Frequently Asked Questions: <a href="https://www.uc.pa.gov/COVID-19/FAQs/Pages/default.aspx">https://www.uc.pa.gov/COVID-19/FAQs/Pages/default.aspx</a> . <b>PANDEMIC UNEMPLOYMENT COMPENSATION (PUA):</b> Contact: 1-855-284-8545 or email: <a href="mailto:ucpua@pa.gov">ucpua@pa.gov</a> More Information: <a href="https://www.uc.pa.gov/unemployment-benefits/file/Pages/Filing-forPUA.aspx">https://www.uc.pa.gov/unemployment-benefits/file/Pages/Filing-forPUA.aspx</a> . <b>PANDEMIC EXTENSION UNEMPLOYMENT COMPENSATION (PEUC):</b> <a href="https://www.uc.pa.gov/unemployment-benefits/file/Pages/Filing-for-PEUC.aspx">https://www.uc.pa.gov/unemployment-benefits/file/Pages/Filing-for-PEUC.aspx</a> <b>LiveCHAT:</b> <a href="http://www.uc.pa.gov/Chat/index.aspx">www.uc.pa.gov/Chat/index.aspx</a> <b>RELIACARD:</b> Contact: 1-888-233-5916 <b>ASSISTANCE FOR FILING FOR INITIAL BENEFITS:</b> Philadelphia Legal Assistance, volunteer-operated hotline, assists people with applying for UC benefits. Contact: 215-999-6910. Mon: 9-1, Tues: 1-5, Wed: 3-7, Thurs: 3-7, Fri: 10-2 <a href="https://philalegal.org/UCFAQ">https://philalegal.org/UCFAQ</a>
<b>TAX FILING ASSISTANCE</b>	CADCOM's VITA program offers free Federal/State tax prep and filing with incomes up to \$53,000. Drop-off service is available. Contact: 610-277-6363, ext. 115 for an appointment.
<b>CHILDCARE FOR VIRTUAL LEARNERS</b>	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. Serves the North Penn, Souderton, and Perkioman Valley School Districts virtual school while parents are returning to work. Financial assistance available for eligible families. <a href="https://www.northpennymca.org/child-care/child-care-for-virtual-learners/">https://www.northpennymca.org/child-care/child-care-for-virtual-learners/</a>
<b>CHILD CARE WORKS (CCW)</b>	Subsidized child care program: <a href="https://www.dhs.pa.gov/Services/Children/Pages/Child-Care-Works-Program.aspx">https://www.dhs.pa.gov/Services/Children/Pages/Child-Care-Works-Program.aspx</a>
<b>STIMULUS PAYMENTS</b>	The IRS and Treasury are delivering a Second round of Stimulus Payments. Most people will get their payments automatically. More information can be found <a href="#">here</a> .
<b>INTERNET AND COMPUTERS</b>	- Xfinity WiFi Free for Everyone: For a map of Xfinity WiFi hotspots, visit <a href="http://www.xfinity.com/wifi">www.xfinity.com/wifi</a> . - Free 60 Days of Internet Essentials and School Programs – Internet Essentials provides high-speed Internet service to low-income families. New customers who sign up before June 30, 2021, will receive 60 days of complimentary service. For more information, visit <a href="http://www.internetessentials.com">www.internetessentials.com</a> . - Low cost computers and internet providers - Enter your zip code to find low cost internet providers and computers, and free online computer courses at: <a href="https://www.everyoneon.org/find-offers">https://www.everyoneon.org/find-offers</a>
<b>STUDENT LOANS</b>	Federal student loan borrowers are automatically placed in administrative forbearance due to the COVID-19 national emergency. This relief has been extended, but it will end soon on January 31, 2021. More information: <a href="https://studentaid.gov/announcements-events/coronavirus">https://studentaid.gov/announcements-events/coronavirus</a>
<b>PA HEALTH INSURANCE (PENNIE)</b>	PENNIE, Pennsylvania's new health insurance marketplace, has extended its open enrollment deadline. For health coverage starting February 1, you must enroll in an insurance option by January 15. To learn more about PENNIE and to shop for coverage, visit <a href="https://pennie.com">https://pennie.com</a> .
<b>PENNSYLVANIA COMMUNITY HEALTH CENTERS</b>	There are approximately 200 community health centers across the state that provide free or low-cost comprehensive, high quality medical health care for all ages on an ability-to-pay basis. Services may be free or low-cost, based on your household income. To find the health centers nearest you, call the PA Association of Community Health Centers, Monday through Friday, 8:30 a.m. to 5 p.m., at 866-944-CARE (2273), or go to <a href="http://www.pachc.com/health">http://www.pachc.com/health</a> for a list of Pennsylvania health centers.
<b>LIHEAP</b>	Low-Income Energy Assistance Program information (LIHEAP): <a href="https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx">https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx</a>
<b>TANF</b>	Temporary Assistance for Needy Families: <a href="https://www.dhs.pa.gov/Services/Assistance/Pages/TANF.aspx">https://www.dhs.pa.gov/Services/Assistance/Pages/TANF.aspx</a>