

COVID-19 Resources

General Information

- Looking for answers on COVID-19 Please contact Indiana State Department of Health toll-free number at 877-826-0011.
- Indy. Gov <https://coronavirus.in.gov/2400.htm> and <https://coronavirus.in.gov/>

Basic Needs

- <https://www.auntbertha.com/> is a great place to start if you're in need of emergency food, healthcare, childcare, or income assistance.
- Indy.gov <https://www.indy.gov/topic/covid>
- United Way has set up a COVID-19 Community Economic Relief Fund. If you call 1-866-211-9966 and provide the zip code, they will give a list of agencies that will assist with bills, rent and food.
- 211 Indiana Resources for COVID-19 <https://in211.communityos.org/COVID-19>
- This article gives helpful hints for emergency financial assistance <https://www.gofundme.com/c/blog/emergency-financial-assistance?fbclid=IwAR2OK59Polij7Q23YAHui3aZLfdHnB6v9LCORpskwsGTVyZsX3m9sNJZxlw>
- Meal packages for IPS families https://myips.org/blog/district/ips-and-gleaners-join-forces-to-feed-students-families/?fbclid=IwAR1GWQmeforjkuUULmhulKvvr9UEeNys43o9gD7L_KdrKV7UPBBI9_LaY
- Marion County residents can download the Community Compass app on their smartphone, or text "hi" to 317-434-3758. Community Compass will help families locate and connect with food assistance resources <https://www.indyhunger.org/compass/>
- The Martin Luther King Community Center is offering lunch assistance for neighborhood families. They are also accepting applications for their childcare programs, which will be evaluated on a case-by-case basis as their capacity allows. Please contact the MLK Center at 317-923-4581 for further details.

Undocumented Communities

- UndocuHoosiers' Resource List <https://undocumented.btown-in.org/community-resources/>
- Undocumented Hoosier Support Fund. If you would like to request support, please email at undocuhoosierfund@gmail.com or call 317-205-6424 or 574-226-3508.
- La Casa de Amistad www.lacasadeamistad.org or 574-233-2120

Pet Care

- Hancock County Humane Society is offering pet food assistance on Saturdays from 10 am - 2 pm.
- Humane Society <https://www.humanesociety.org/resources/coronavirus-covid-19-faq#help>

Education/Leisure

- The Indy Learning Team created a story spot for elementary students. You can find more on their website www.theindylearningteam.org or by subscribing to their you tube page https://www.youtube.com/channel/UC9LgijEm5LK5b4TId_vcBJw
- Indy with Kids is live-streaming fun and educational playdates every weekday. Visit <https://www.facebook.com/watch/indywithkids/> to tune in or stream past playdates.
- While all branches of the Indianapolis Public Library are closed through April 5th, there are still many online resources available to you and your family if you have a library card. Visit their website to download and stream music, video, audiobooks, comics, magazines, and e-books <https://www.indypl.org/books-movies-music/download-stream?fbclid=IwAR16qYcTRowqjW8dE5gJXi-TDg3DF8-R1-GXh21cP0JSXeuO3YFADLf5A4>
- 125 things to do with kids <https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>
- Take a virtual museum trip https://www.educationworld.com/a_curr/curr057.shtml
- 25 ways to get moving at home <https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic>

- Scholastic <https://classroommagazines.scholastic.com/support/learnathome.html>
- Free YMCA fitness videos <https://ymca360.org/>

Mental Health

- Ten Percent Happier offers mental health resources in the form of meditation and mindfulness practices through their app and website. They have several free podcasts, guided meditations, and livestreams available in their Coronavirus Sanity Guide linked below. <https://www.tenpercent.com/coronavirussanityguide>
- Mental Health is especially critical during this time of social distancing. If you are in crisis, text MHA to 741741 to reach a trained Crisis Counselor 24/7.

Legal

- Indiana Legal Services <https://www.indianalegalservices.org/covid19response>
- Legal Service Providers <https://indianalegalhelp.org/district-g/>

Additional Resources

- The Arc of Indiana <https://www.arcind.org/covid-19-information-and-resources/>
- Family Voices of Indiana <http://fvindiana.blogspot.com/>
- About Special Kids <https://www.aboutspecialkids.org/home-page-highlights/healthcare-toolbox/>
- Insource <http://insource.org/resources/coronavirus-outbreak-information/>
- FSSA <https://www.in.gov/fssa/5756.htm>
- Resources for Hoosiers with Disabilities <https://www.in.gov/gpcpd/2731.htm>