

## Community Resources

### Coping Resources

**\*\*The following is a list of resources that we are aware of at this time. Please call agencies to verify services and times as things can change quickly.**

- Talking to children about Covid-19  
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- Managing stress related to the Coronavirus:  
[https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html)
- Managing Anxiety and Isolation Covid-19  
<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>
- Coping with coronavirus anxiety Podcast :  
[http://hwcdn.libsyn.com/p/2/8/1/281ce4d9c6478893/Bonus\\_Episode\\_-\\_Coronavirus\\_Anxiety\\_with\\_Baruch\\_Fischhoff\\_PhD\\_mixdown.mp3?c\\_id=64361624&cs\\_id=65273270&expiration=1584471309&hwt=fe719e112d585cb1ddd02a2a6bf203ea](http://hwcdn.libsyn.com/p/2/8/1/281ce4d9c6478893/Bonus_Episode_-_Coronavirus_Anxiety_with_Baruch_Fischhoff_PhD_mixdown.mp3?c_id=64361624&cs_id=65273270&expiration=1584471309&hwt=fe719e112d585cb1ddd02a2a6bf203ea)
- Mindfulness activity for kids:  
Before starting this exercise, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you find your breath, go through the following steps to help ground yourself:  
  
**5:** Acknowledge **5** things you see around you. It could be a pen, a spot on the ceiling, anything nearby.  
**4:** Acknowledge **4** things you can touch around you. It could be your hair, pillow, or the ground.  
**3:** Acknowledge **3** things you hear. Focus on things you can hear outside of your body.  
**2:** Acknowledge **2** things you can smell. Maybe smell pencil, clothing, pillow or soap on your skin.  
**1:** Acknowledge **1** thing you can taste. What does the inside of your mouth taste like—gum, coffee, or food?
- Free online exercise videos: Planet Fitness is offering live streams daily on their [facebook.com/planetfitness](https://www.facebook.com/planetfitness)

Children's meditation site: <https://blog.calm.com/take-a-deep-breath>

## **Behavioral Health**

- Atrium Behavioral Health helpline 24/7 crisis assistance: 704-444-2400/800-418-2065  
[Atrium Behavioral Health support](#)
- Cardinal Innovations (mental health referrals-multiple languages) available 24/7  
800-939-5911; [Cardinal](#)
- Center for Emotional Health- 704-237-4240; [Center for Emotional Health](#)
- Daymark Recovery Services; 704-296-6200; [Daymark](#)  
Mobile Crisis: 1-866-275-9552
- Novant Behavioral Health 24/7 program access line: 800-786-1585  
[Novant Behavioral Health](#)
- [National Suicide Prevention Hotline](#) (1-800-273-TALK) Text HOME to 741741 to connect with a Trained Crisis Counselor 24/7
- Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline: 800-985-5990/ Text TalkWithUs to 66746 or TTY 1-800-846-8517
- Optum has a toll-free 24-hour Emotional Support Help Line at 866-342-6892 for people who may be experiencing anxiety or stress around COVID-19.

## **Physical Health**

- Free Pharmacy Delivery: Franklin Street Pharmacy 704-289-1523  
610 E. Franklin St.  
Monroe, NC 28112
- Atrium Health 704-512-5700, Health updates: [Daily Health updates](#), [Atrium Virtual Visit](#)
- North Carolina COVID-19 hotline: 866.462.3821; email [ncresponse@dhhs.nc.gov](mailto:ncresponse@dhhs.nc.gov)
- Novant Health: 877-499-1697 or 877-9NOVANT- Screening location: 3330 Siskey Parkway Matthews; [Novant Health Updates](#)
- Union County Health Department: 704-296-4800; [Union County Gov](#)

## Utilities and Financial

**\*\*The following is a list of resources that we are aware of at this time. Please call agencies to verify services and times as things can change quickly.**

- DHS Low Income Energy Assistance Program: 704-283-3500
- Duke Energy will be suspending disconnection for nonpayment effective immediately
- Free Wifi is also available in our area. Charter/Spectrum are also turning on all local WiFi Hotspots for use by everyone. Instructions and information can be found by visiting: <https://www.spectrum.com/free-w.../south-carolina/union-county>. Or by calling: 1-844-488-8398
- Free Wifi hotspots: [Union County Wifi spots](#)
- Financial Support: <http://www.unioncrisis.org/home.aspx>
- Operation Reach Out -Monroe, NC – 28110 (704) 289-4237. Food Distribution Monday - Friday 9:00am - 2: provides emergency funds for food, clothing, medicine, etc. to the needy in Union County.

## **Educational Enrichment**

- Education Companies Offering Free Subscriptions due to School Closings (Updated): Amazing Educational Resources: <http://www.amazingeducationalresources.com/>
- Hidden world of National Parks Tours  
<https://artsandculture.google.com/project/national-park-service>
- Virtual Tours:  
<https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#the-guggenheim-museum-in-new-york-city-is-offering-a-free-virtual-tour-of-all-its-galleries-7>
- Celebrities read stories to students: [storylineonline.net](http://storylineonline.net)
- Scholastic: [scholastic.com/learnathome](http://scholastic.com/learnathome)
- ABC mouse- Use code SCHOOL7771

**FREE EDUCATIONAL WEBSITES FOR KIDS**  
For Links Visit FromABCsToACTs.com

PBS Kids	Youngzine
Make Me Genius	Fuel the Brain
Starfall	Mr. Nussbaum
The Magic School Bus	Exploratorium
Cool Math	Turtle Diary
Highlights Kids	e-Learning for Kids
ABCya	Sesame Street
National Geographic Kids	Fun Fonix
The KIDZ Page	Seussville
Funbrain	Tvokids
NGAkids Art Zone	The Story Starter
BBC History for Kids	NASA Kids' Club
Storyline Online	Crypto Club
Steve Spangler Science	Earthquakes for Kids
Mission US	Smithsonian Learning Lab
The Happy Scientist	Study Jams
Khan Academy	Grid Club
Cells Alive	Magic Tree House
KidsReads	DOGO News
Google Earth	Science Bob

## **Food**

**\*\*The following is a list of resources that we are aware of at this time. Please call agencies to verify services and times as things can change quickly.**

- Loaves and Fishes- 704-960-1486 [Loaves and Fishes](http://Loaves and Fishes), [contact@loavesandfishes.org](mailto:contact@loavesandfishes.org)
- Waxhaw Baptist- Providing students lunch 3/18, 3/19/ 3/20 from 10-12 at 8213 Old Waxhaw Monroe Rd, Waxhaw, NC 28173
- **Lenhardt Price, PLLC** is offering support to families in need of food. 704-218-2300
- Food Bag pickup Thursdays 11-1pm at Wingate Baptist Church 109 E Elm St, Wingate, NC 28174
- Matthews Free Medical Clinic: Call: (704) 841-8882 \*Appointment only; patient requirements listed online \*Provides quality healthcare to low-income, uninsured patients  
<https://matthewsfmc.org/>
- Open Arms Community Outreach Inc. **Website:** <http://www.openarmsnc.org> Operation: Tuesday and Thursday 10:00am - 12:00pm (Regular Food Pick-Up Days)Wednesday 10:00am - 12:00pm (Emergency Days)For more information, please call. 4603 Lancaster Highway Monroe, NC – 28112 (980) 269-1828
- Operation Reach Out -Monroe, NC – 28110 (704) 289-4237

Food Distribution Monday - Friday 9:00am - 2: Operation Reach Out to provide emergency funds for food, clothing, medicine, etc. to the needy in Union County