

Coping During COVID 19

Your Cleveland Clinic social work team wishes the best for you and your family. COVID 19 has impacted all of our lives in one way or another. Here are some resources to ease your mind during this time.

FINANCIAL

Fortunately, there are available financial resources at this time. These links provide more information regarding the qualifications.

Child Care Resources Cuyahoga County-ONLINE ONLY:

<https://docs.google.com/forms/d/e/1FAIpQLSd8-xY8s9lMQL09fdWsmWy6jeWMmv0FC-tnvVGer0Hn5Pmoug/viewform>

The USBG financial assistance for those employed through the hospitality industry link:

<https://www.usbgfoundation.org/beap>

USBG National Charity Foundation

2654 W Horizon Ridge Parkway

Suite B5 PMB 252

Henderson, NV 89052-2803

855.655.8724

General information about Mayor Frank Jackson's decision to maintain utilities in Cleveland-ONLINE ONLY:

https://www.clevescene.com/scene-and-heard/archives/2020/03/13/city-of-cleveland-to-halt-water-and-power-shutoffs-restore-connections?fbclid=IwAR2puC3YNkx2KlmyFbDZzA3HlIAZpAyS885TOQ4u2zIcfENL4JSO5LPgF_8

Utility information by service provider:

Dominion

<https://www.dominionenergy.com/company/coronavirus>

First Energy

https://www.firstenergycorp.com/newsroom/news_articles/firstenergy-committed-to-maintaining-24-7-service-to-customers-t.html

Cleveland water

<http://www.clevelandwater.com/blog/how-were-addressing-covid-19-cleveland-water>

Interest Free loan for businesses through HMLA. Their mission statement and link for the application:

https://interestfree.org/coronavirus-covid-19-emergency-fund-press-release/?fbclid=IwAR2cCJFcliM7CM1ImvLGNjgQLcBLhLVeMxwIRLxX5v-0J_PSRoK9riX3TRA

Small Business Administration disaster loan application:

US Small Business Administration

409 3rd St, SW

Washington DC 2041

800-827-5722

<https://www.sba.gov/disaster-assistance/coronavirus-covid-19>

National Business financial opportunity information- ONLINE ONLY:

<https://www.thesimpledollar.com/financial-wellness/coronavirus-financial-assistance/>

Resource list for Ohio due to COVID 19- ONLINE ONLY:

<https://www.greaterohio.org/covid19-relief>

Rapid Response Fund information- ONLINE ONLY:

<https://www.clevelandfoundation.org/news/covid-19/response-fund/>

TRI-C ONLINE ONLY:

<https://www.tri-c.edu/administrative-departments/business-continuity/covid-19/health-and-well-being-resources.html>

Metrohealth Helping Hand Fund:

<https://www.metrohealth.org/foundation>

Contact us at 216-778-5665

University resource guide-ONLINE ONLY:

<https://www.uhhospitals.org/services/coronavirus#prepared>

HOUSING

Please use these resources to determine your housing eligibility.

Cleveland Municipal Housing Court | 1200 Ontario Street, 13B | Cleveland, Ohio 44113

216.664.4295-

<https://clevelandmunicipalcourt.org/housingcourt>

Further, all civil proceedings, except emergency actions within The Cleveland Municipal Housing Court are hereby ORDERED suspended for 30 days. All non-emergency and new filings will not be accepted by the Clerk until April 20, 2020. Court supervised move-outs are suspended and writs may not be purchased until April 20, 2020.

Anyone with a civil case previously scheduled March 16, 2020 through April 17, 2020 shall be sent a new notice via ordinary United States Postal Service for the newly assigned date. The affected cases are hereby ORDERED to be rescheduled for 30 days from the originally scheduled date and time.

Northeast Ohio Coalition for the Homeless offers assistance for qualified individuals:

<https://www.neoch.org/covid19>

NEOCH Office Information:

Address: 3631 Perkins Ave, Suite 3A-3, Cleveland, OH 44114.

Phone: 216-432-0540

Fax: 216-361-9928

EMPLOYMENT

Given the unique circumstances, there are new opportunities for individuals to gain employment.

Cuyahoga County open work opportunities for displaced workers:

<https://www.gcpingear.com/employers-now-hiring>

Greater Cleveland Partnership

1240 Huron Road East, Suite 300

Cleveland, Ohio 44115

(216) 592-2208

ingear@gcpartnership.com

Ohio Means Jobs-ONLINE ONLY:

<https://jobseeker.ohiomeansjobs.monster.com/Account/UCClaimantsOverview.aspx>

Link for the State of Ohio unemployment application- ONLINE ONLY:

<http://jfs.ohio.gov/ouio/CoronavirusAndUI.stm>

Information regarding insurance based on COVID 19- ONLINE ONLY:

<https://iop-odi-content.s3.amazonaws.com/static/Legal/Bulletins/Documents/2020-03.pdf>

FOOD

Need food? Below are several opportunities to ensure that your family does not go without.

Greater Cleveland Food Bank

<https://www.greaterclevelandfoodbank.org/get-help/help-center>

15500 S. Waterloo Rd.

Cleveland 44110

P 216.738.2265

Help Center 216.738.2067

855.738.2067

List of Food Resources in Cuyahoga County. Please use discretion and call ahead for any of these resources as they may have been affected by the new COVID 19 Ohio mandates- ONLINE ONLY:

https://docs.google.com/spreadsheets/d/1DX_oloCFTAidII2Rjrsg-Tgl3dlcLzNqYs28IBiRbo/edit?fbclid=IwAR1O-Xz3_8fDvYb-xd_QREf-CPYAoqujtILPJovkPY8YQMnZ93Wuvce93LI#gid=53282440

School lunch information:

The Ohio Department of Health opened a call center to answer questions from the public regarding coronavirus (COVID-19). The call center will be open 7 days a week from 9:00 a.m. to 8:00 p.m. and can be reached at 1-833-4-ASK-ODH (1-833-427-5634)

<http://education.ohio.gov/Topics/Student-Supports/Coronavirus>

Cleveland Municipal School District CMSD:

<https://www.clevelandmetroschools.org/Page/15493>

Comprehensive list of local food resources- ONLINE ONLY:

<https://docs.google.com/document/d/1hvhjYziwpDOPI7mOMf15o8bTXA5TYHxsPfnoed2aOfs/edit>

EMOTIONAL WELL-BEING/MENTAL HEALTH

Now is a great time to get connected with mental health services.

National Suicide Hotline: 1-800-273-8255

Lifeline Chat: <https://suicidepreventionlifeline.org/chat/>

Frontline:

24/7 Crisis Hotline: 216.623.6888

<https://www.frontlineservice.org/>

Cornerstone of Hope-

Phone: 216.524.HOPE(4673)

<https://cornerstoneofhope.org/telehealth/>

Guidestone:

General information: 440.234.2006

Crisis line: 440.260.8595

<https://ohioguidestone.org/>

Bellefaire:

<https://www.bellefairejcb.org/alert/10/coronaviruscommunityupdatebellefairesevicese>

Phone: 216.320.8502 / 800.879.2522

intake@bellefairejcb.org

General information mental health resources-ONLINE ONLY:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/Coping-with-COVID-19-Anxiety/>

<https://www.tri-c.edu/administrative-departments/business-continuity/covid-19/health-and-well-being-resources.html>

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Mindfulness and Meditation Websites and Apps- ONLINE ONLY:

Stop Breathe Think: <http://stopbreathethink.org/>

Headspace: <https://www.headspace.com/>

Insight Timer: <https://insighttimer.com/>

Calm: www.calm.com

Buddhify: <http://buddhify.com/>

Centered: <http://www.centeredapp.com/>

Mind Yeti: <https://www.mindyeti.com/>

Chopra Meditation Center offers 15 free guided meditations: <https://chopra.com/articles/guided-meditations>

INTERNET ACCESS RESOURCES

School children are recommended to participate in online education resources. Some companies are offering assistance to secure that communication.

Comcast application- ONLINE ONLY:

<https://internetessentials.com/>

Spectrum-ONLINE ONLY:

<https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

List of general program offers:

<https://www.bleepingcomputer.com/news/software/list-of-free-software-and-services-during-coronavirus-outbreak/?fbclid=IwAR2uVISqoFslZwN30e8YRETKciKaTL4-Fwxw8rMaKJwFu8vAlNVsk2lCKY>

AT&T, Sprint, T Mobile, and Comcast will not terminate services for the next 60 days.

Governor Dewine's statement regarding internet access- ONLINE ONLY:

<https://governor.ohio.gov/wps/portal/gov/governor/media/news-and-media/dewine-husted-praise-internet-providers-for-commitment-to-keep-americans-connected-pledge>

FREE ACTIVITY INFORMATION

Shelter in place presents challenges with regard to entertainment. Here are online resources to keep you and your family virtually busy.

Virtual Field Trips- ONLINE ONLY:

https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGkgeE3iExmi3qh2KRRku_w/preview?fbclid=IwAR3OJvbYj5OZvkyymQQWv6TI_YbHGT4NJyhiJllvR3CPLUVv_aX7u1AR35k&pru=AAABcQhQpjc*S-z3TDtUOfCo_6p9u2qUeg#

Link for information about the Cuyahoga County public libraries and information on how to access the digital library- ONLINE ONLY:

<https://www.cuyahogalibrary.org/LP/COVID-19.aspx>

Fun online resource links- ONLINE ONLY:

https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/covid-19-checklists/family-activities-to-try-during-closures-covid-19?fbclid=IwAR3WNY_rAAG_f06pVDwx_Z9C18CqY1rhgVQVyVvHwSm1t2e4_48Wdh3vUV8

<https://www.theatlantavoices.com/articles/quarantineandchill-things-to-do-during-the-covid-19-crisis/>

<https://loganhealth.org/prod/wp-content/uploads/2020/03/What-to-do-at-home-with-your-kids-during-COVID-2019.pdf>

<https://thejournal.com/articles/2020/03/13/free-resources-ed-tech-companies-step-up-during-coronavirus-outbreak.aspx>

<https://www.actionforhealthykids.org/healthy-activities-to-do-at-home/>

<https://kmox.radio.com/articles/online-kids-activities-for-parents-during-covid-19-pandemic>

<https://www.koaa.com/news/coronavirus/free-online-learning-tools-to-use-for-kids-during-covid-19-closures>

EXERCISE PROGRAMS- ONLINE ONLY:

Planet Fitness: *Offering free daily live-streamed at-home workouts at 4 p.m. PT/7 p.m. ET on its Facebook page.*

Barry's Bootcamp: *Offering live 20-minute workouts twice daily on Instagram @barrys.*

Corepower Yoga: *Free on-demand yoga and sculpting videos on the Corepower Yoga website.*

Daily Burn: *30-day free trial; choose from thousands of different video and audio workouts on the Daily Burn website.*

Peloton: *Try the Peloton app at home for free for 90 days — no bike needed!*

Fitting Room: *30-day free trial of its on-demand workout videos.*

Rumble: *Once a day, you can do Rumble-inspired, cardio and bodyweight workouts (no equipment necessary) via Instagram Live. (@DOYOURUMBLE)*

Active by POPSUGAR app: *sign up for free to get hundreds of do anywhere workouts.*

Orangetheory Fitness: *offering free daily workouts with minimal equipment on its app.*

Exhale: *30-day free trial of its on-demand workout videos.*

Sculpt Society: *Free 14 day trial of on demand workouts*

Melissa Wood Health: *Free 7 day trial of Pilates and guided meditation*

COMMUNITY BASED RESOURCES- ONLINE ONLY:

Some agencies have pulled resources together to meet your community's specific needs.

Detroit/Shoreway:

<https://www.dscdo.org/coronavirus>

Bellaire/Puritas Development Corporation

<http://bpdc.org/>

Slavic Village

<https://www.clevelandmetroschools.org/cms/lib/OH01915844/Centricity/Domain/6268/SV-Emergency-Resources-1.pdf>

Shaker Heights:



<https://www.shakeronline.com/674/Coronavirus>

University Heights:

<https://www.universityheights.com/coronavirus/>

Cleveland Heights:

<https://www.clevelandheights.com/1278/Coronavirus-COVID-19>

Bedford:

<https://bedfordoh.gov/departments/coronavirus-information/>

Midtown:

<https://midtowncleveland.org/covid-19/>

Brecksville:

https://www.brecksville.oh.us/NewsEvents/CommunityNews_articles/COVID-19.html

St. Clair/Superior:

<https://www.stclairsuperior.org/covid19-resources>

Beachwood:

<https://www.beachwoodohio.com/Blog.aspx>