

## Contents

<b>Crisis/Emergency Services and Hotlines (Mental Health)</b>	2
<b>Addition/Recovery Virtual Support</b>	3
<b>Articles and Tips</b>	4
<b>Children/Adolescents</b>	5
<b>COVID-19 National/Statewide Updates</b>	6
<b>Domestic Violence</b>	7
<b>Faith-based</b>	8
<b>Financial &amp; Basic Needs</b>	9
<b>Fitness</b>	10
<b>Food Security</b>	11
Area School Meal Programs Information	12
<b>Grief /Bereavement Support</b>	13
<b>Health Departments - State and Local</b>	14
<b>Leisure</b>	15
<b>LGBTQ Community</b>	16
<b>Local Provider Service Continuity, Resource Information &amp; Help Lines</b>	17
<b>Mental Health and Other Apps</b>	18
<b>People of Color</b>	19
Local Therapists of Color Taking New Telehealth Clients	20
Spanish Language Resources/Recursos de Salud Mental en Español	20
<b>Providers and Other Essential Workers Supporting Patients, Clients, &amp; the Community</b>	21
<b>Resource Guides</b>	22
<b>Skill-building/Self-Care</b>	23
<b>Social Isolation</b>	24
<b>UVA Faculty, Staff, &amp; Spouses</b>	25
Furloughed UVA Health Employees	25
Medical Center – Breakdown of Benefit Impact for Furloughed Employees	26
UVA Students	27
<b>Veteran/Military</b>	28
<b>Volunteer Opportunities</b>	29

## Crisis/Emergency Services and Hotlines (Mental Health)

- If you are experiencing a mental health emergency, please call 911 or go to your nearest emergency room
- **National Suicide Prevention Lifeline:** 1-800-273-8255 (for deaf or hard of hearing call: 800-799-4889)
  - **Crisis Text Line\***: Text HOME to 741741 to connect with a Crisis Counselor
  - **Live Chat services available through Lifeline Chat\***
- **Region Ten Emergency Services:** 434-972-1800 (24/7 - for behavioral health emergencies)
- **Military and Veteran Crisis Line:** 1-800-273-8255, Press 1 to speak with trained responders
- **The Trevor Project** offers a 24-hour toll-free confidential crisis and suicide prevention helpline for Lesbian, Gay, Bisexual, Transgender and Questioning youth. 1-866-488-7386
  - **Chat\***
  - **Crisis Text Line\***: Text START to 678678

*\*there may be wait times higher than normal right now for chat and text*

## Hotlines

- **National Sexual Assault Hotline** (Rape, Abuse, Incest National Network): 800-656-4673 | **En Español**
  - **Chat**
- **National Domestic Violence Hotline:** 1-800-799-7233
- **SAMHSA's Disaster Distress Helpline:** 1-800-985-5990
- **Hotlines to help you assess what you should do if you suspect you have COVID-19**
  - Telephone hotline operated by the **Virginia Department of Health**: 877-ASK-VDH3
  - Telephone hotline number for the **Thomas Jefferson Area local health department**: 434-972-6261  
(City of Charlottesville, and the counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson)

## Addition/Recovery Virtual Support

- [Substance Abuse & Addiction Recovery Alliance \(SAARA\) of Virginia](#) (Zoom Recovery Meetings)
- [On-line AA and NA group schedule](#)
- [On-line SMART Recovery groups](#)
- [In the Rooms](#)
- [List of Online Recovery Groups & Apps](#)
- [Culpeper Overdose Awareness](#)

## Articles and Tips

- [UVA Health Coronavirus FAQs](#)
- [Sentara Martha Jefferson Coronavirus Updates](#)
- [Help Happens Here Coronavirus Tips for Managing Stress](#) (or [download the tip sheet](#))
- [CDC: Managing Stress and Anxiety](#)
- [CDC: Talking with Your Children](#)
- [Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreaks](#)
- [Download English or Spanish CDC COVID-19 tip sheets](#)
- [Make your Own Reusable Cloth Face Mask](#)
- [Coronavirus tips and resources from Anxiety & Depression Association of America](#)
- [Local Mental Health Experts Advise to help and get help](#)
- [How to Cope with Your Coronavirus Anxiety](#)
- [CDC's guide to managing stress/anxiety](#)
- [General Resources \(Including those for clinicians\)](#)
- [5 Tips for Managing Anxiety during COVID-19 Pandemic](#)
- [Reducing Stigma amid COVID-19 Pandemic](#)
- [10 Equity Implications of COVID-19 Pandemic](#)
- [Brenè Brown Podcast, Unlocking Us](#)
- [Supporting Healthcare Professionals During Unprecedented Times](#)
- [Mindfulness Apps](#)
- [Managing Life at Home During COVID-19 Outbreak](#)
- [Measures for Older Adults with Elevated Risk](#)

## Children/Adolescents

- UVA Volunteer Tutoring Network | [Sign-up Form](#) | For more information email: [uvavolunteertutoring@gmail.com](mailto:uvavolunteertutoring@gmail.com)
- [National Parent Helpline](#) Mon -Fri 1pm-10Pm CT emotional support and advocacy for parents: 1-855-427-2736
- [ReadyKids](#) | Phone: (434) 296-4118
  - [ReadyKids, 24-Hour Teen Counseling Hotline](#): 434-972-7233
- [Region 10 – Child & Family Clinic](#) | Phone 434-972-1800, and ask for Child & Family Services|
- [COVID-19 Toolkit – How to Talk to Kids](#)
- [COVID-19 for Kids Infographic](#)
- [Coloring Pages for Kids](#)
- [Cosmic Kids Yoga](#)
- [Master of Mindfulness: How to be Your Own Superhero](#)
- [Activities during Social Distancing](#)
- [Things to do during Quarantine](#)
- [The Cincinnati Zoo](#) is doing video segments on animals
- [Disney World has a YouTube channel for virtual rides](#)
- [National Park Tours](#)
- [Region 10 Group Therapy for Adolescents](#) | [Contact](#) | [Video](#)
- [CDC: Talking with Your Children](#)
- [How a 10-minute Reset Can Make a Huge Difference with Kids at Home](#)
- [Teaching your Children how to do Belly Breathing](#)
- [Resilience Guide for Parents According to Developmental Age](#)
- [In the Know – Parenting Blog for Black Parents](#)
- [Nat Geo: Entertain and Educate Kids](#)

## COVID-19 National/Statewide Updates

- [COVID-19 public health information from the U.S. Centers for Disease Control and Prevention \(CDC\)](#)
- [Virginia.gov | Video](#)
- [Virginia Health Care Foundation](#)
- [UVA Community](#)
- [Sentara COVID-19 Updates](#)
- [John's Hopkins COVID-19 Interactive Map](#)
- [COVID-19 research information from the U.S. National Institutes of Health \(NIH\)](#)
- [COVID-19 resources for global health researchers from Fogarty](#)
- [Novel Coronavirus \(COVID-19\) - English Language Learners \(ELL\)](#)
- [COVID-19 translated resources](#)
- [Introductory Video & Self-paced e-Learning Courses on Coronavirus](#) (*available in multiple languages*)
- [COVID-19 Information in Multiple Languages](#)

## Domestic Violence

- [Virginia Department of Social Services: Domestic Violence Page](#)
- The Virginia Sexual and Domestic Violence Action Alliance Statewide Hotline professionals can be reached by phone at 1-800-838-8238, by text message at 804-793-9999, or via live online chat at [www.vadata.org/chat](http://www.vadata.org/chat)
- [Community Solutions to Sexual and Domestic Violence: Virginia](#)
- [Shelter for Help in Emergency](#) | 24-hour hotline: 434-293-8509
- [Sexual Assault Resource Agency](#) | 24-Hour Hotline: 434-977-7273
- [Futures Without Violence](#): A health and social justice nonprofit that works to heal those traumatized by violence and to create healthy families and communities free of violence tomorrow.
- [National Domestic Violence Hotline](#): 800-799-SAFE (7233). 24/7/365, confidential, free of cost and provides tools and immediate support. | [Spanish](#) | [Tips for Staying Safe during COVID-19](#) | [Chat](#)
- [National Network to End Domestic Violence](#) (NNEDV): [Resources for COVID-19](#)
- The National Sexual Assault Hotline, 24/7, confidential & free: 800-656-HOPE (4673) | [Chat](#)
- [Tahirih Justice Center](#): protects immigrant women and girls.
- [Safe Horizon](#): Provides support, prevents violence and promotes justice
- The [StrongHearts Native Helpline](#) for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: 1-844-762-8483
- The [Trans LifeLine](#) for peer support for trans folks 9am-3am CT: 1-877-565-8860 *This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.*
- The [Deaf Hotline](#) is available 24/7 through video phone (1-855-812-1001), [email](#) and chat for Deaf, DeafBlind, DeafDisabled survivors.
- [National Human Trafficking Hotline](#) 24 hours everyday 1-888 -373-7888
- [US Dept of Veteran Affairs Intimate Partner Violence Program](#) | [Resource List](#)
- [Tips for Helping a Friend Experiencing Domestic Abuse during COVID-19](#) | [Spanish](#)
- [Staying Safe During COVID-19](#) from the National Domestic Violence Hotline.
- [myPlan App](#) – a tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship
- [Mutual Aid & Restorative Justice Online Check-in Circles](#)
- [Resources for Undocumented People/ Spanish](#) (some CA specific info)
- [Frequently Asked Questions Involving Courts and COVID-19](#) | [Spanish](#) from the WomensLaw.org
- [Self Care During Covid-19 Activity Book](#) from the AZ Coalition to End Sexual and Domestic Violence
- [Telehealth Can Be a Lifeline for Survivors of Intimate Partner Violence/Domestic Violence Like Me](#) from the Positive Women's Network
- [Facts and Stats](#) by [The Women of Color Network](#)

## Faith-based

- [UVA Chaplaincy Services & Pastoral Education](#)
- [Virginia Department of Health: Virginia Partners in Prayer & Prevention](#)
- [Cville Clergy Collective](#)
- [Spiritual Resources during the COVID-19 Pandemic](#)
- [Congregate Charlottesville](#)
- *2 Free COVID-19 Support Coaching Sessions* - Michael Cheuk of Beloved Community Cville is offering 2 free coaching sessions between now and June 30 for those seeking a thinking partner to navigate through the COVID-19 pandemic in their congregations, their families, and their lives. For more information, visit Michael's COVID-19 Support Coaching [webpage](#).

### ***Local Congregations Online Worship Information:***

- All Souls Charlottesville - [Facebook](#)
- Baha'i of Charlottesville - [Facebook](#)
- Broadus Memorial Baptist - [Youtube](#), [Facebook](#)
- Charlottesville Friends Meeting - [Facebook](#)
- Charlottesville Mennonite - [Facebook](#)
- Charlottesville Seventh-day Adventist- [Facebook](#)
- Ebenezer Baptist - [Youtube](#), [Facebook](#)
- First United Methodist - [Youtube](#), [Facebook](#)
- Hinton Ave. United Methodist - [Facebook](#)
- Insight Meditation Community of Charlottesville - [Facebook](#)
- Islamic Society of Central Virginia - [Facebook](#)
- Mt. Zion First African Baptist - [Youtube](#), [Facebook](#)
- New Beginnings Christian Community - [Youtube](#), [Facebook](#)
- Oak Chapel Baptist, Orange - [Facebook](#)
- Peace Lutheran, ELCA - [Facebook](#)
- Peakland Baptist, Lynchburg - [Facebook](#), [Sermons](#)
- Sojourner's United Church of Christ - [Facebook](#)
- St. Mark Lutheran - [Facebook](#)
- Tabor Presbyterian - [Facebook](#)
- Thomas Jefferson Memorial, Unitarian Universalist - [Online worship](#)
- Trinity Presbyterian - [Youtube](#)
- University Baptist - [Youtube](#), [Facebook](#)
- Wesley Memorial United Methodist - [Youtube](#), [Facebook](#)
- Westminster Presbyterian - [Online worship](#)



## Financial & Basic Needs

- The Virginia Department of Health (VDH) has a public helpline for questions about corona virus: 1-877-ASK-VDH3 (1-877-275-8343). Community resource specialists are available to answer questions from the public and in English or Spanish
- [Find your Local Social Services Department](#) | [Download App to Locate Resources](#) | [COVID-19 page](#)
- [IRS.GOV Track Your Economic Impact Payment/CARES act Stimulus Payment](#)
- [Virginia Department of Social Services](#) | [COVID-19 Related Resource Information](#) | [Facebook Page](#)
- [Filing for Unemployment Insurance](#)
  - [To file a UI claim online](#) | To file a claim by telephone number: 1-866-832-2363
  - [UI Benefit Calculator](#)
  - [Updates on Unemployment Insurance changes related to COVID-19](#)
- [Aunt Bertha](#): Online resource that connects users to free and reduced cost local resources such as medical care, food, housing, transportation, etc. Website can be converted to Spanish.
- [Help When You Need It](#)
- [USA.GOV help with bills information](#)
- [SupportCville](#) is a website with resources for financial and practical support
- *Funds* for those experiencing hardship
  - [Charlottesville Area Community's Foundation Emergency Relief Funds](#) for individuals and grants to community organizations [INFO](#)
  - *Cville Community Cares*: Funds for people impacted by COVID-19: Request up to \$200 [INFO](#)
  - Request financial assistance from the City with your *rent or mortgage payments* [INFO](#)
  - Request *property tax relief* from the City [INFO](#)
  - *COVID-19 Emergency Assistance* - Apply for a one-time assistance of up to \$800 from the City to *help pay for rent, medical bills, car payments, and other needs. To qualify: You must be a City resident, and your income must be less than 200% of the [Federal Poverty Level](#)* Call: (434) 234-4490 Monday-Friday, 9AM-5PM
  - Request funds from a GoFundMe account *for local restaurant workers* by Emailing project manager Kate Ellwood (at [cvillerestaurantfund@gmail.com](mailto:cvillerestaurantfund@gmail.com)). Please include: your name, the email and phone number of person in need, where they're employed, & details hardship/ financial
  - *Bartender Emergency Assistance Program* [INFO](#)
  - [Charlottesville Area Community Foundation: Community Emergency Response Fund \(Donate\)](#)
  - [Community Foundation for a Greater Richmond: Central Virginia COVID-19 Response Fund \(Donate\)](#)
- [Cville Community Care Team](#) (If you need assistance picking up your prescriptions)
- Virginia received a statewide Economic Injury Disaster Loan declaration from the U.S. *Small Business Administration (SBA)*. Small businesses and non-profit organizations located throughout the state can now apply for a loan of up to \$2 million from the SBA to pay fixed debts, payroll, accounts payable, and other expenses. [APPLY](#) | [National Program Information](#)
- [U.S. Dept of Education - Suspending your Student Loan Payments during COVID-19 Pandemic](#)
- [IRS – Economic Impact Payments – What you Need to Know](#)
- [Car Payment Relief Programs](#)
- Medication Assistance Programs: [MAP](#) | [Rx Outreach](#) | [NeedyMeds](#)

## Fitness

- [UVA Contemplative Science Center Online Classes, Spring 2020](#)
- [Planet Fitness Launches Workout from Home for Free Videos](#), available on [YouTube](#) and [Facebook](#).
- [STRONG by Zumba](#) combines bodyweight, cardio, muscle conditioning and plyometric training
- CorePower Yoga is offering free access to [a selection of their online classes](#)
- LES MILLS is offering free classes [on their streaming platform](#), LES MILLS on Demand until the coronavirus outbreak is over.
- [Fitness Blender](#) offers hundreds of free workout videos ranging in difficulty, length, and body focus.
- [Down Dog](#) Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout.
- [YMCA 360](#) is an “on-demand” healthy living network that offers several 15-minute workout routines.
- [Workout Videos from American College of Sports Medicine](#)
- [Tips for Staying Active during Coronavirus Pandemic](#)
- [Exercise is Medicine Blog](#)
- [Mid-Level Hatha Yoga \(Common Ground-an opportunity to support local businesses\)](#)
- [NowYoga \(an opportunity to support local businesses\) Sundays 9:30 – 10:45 am](#)
- [Walk from Home by Leslie Sansone](#)
- [Yoga with Adrienne](#)
- [Pain Coach](#) App
- [MOVE! Coach](#) (app for weight loss)

## Food Security

- [Virginia Food Banks](#) (or call 211 over your phone)
- [VA SNAP Program](#) or call Virginia SNAP Hotline: 800-552-3431
- [USDA Response to COVID-19](#)
- [Blue Ridge Area Food Bank](#)
- [Loaves and Fishes Charlottesville](#)
- [Feeding Greene](#)
- [Local Food Hub](#)
- [PB&J Fund](#)
- [Emergency Food Network](#)
- **FREE food boxes** New Beginnings Christian Community, 1130 E Market St, has free food boxes for people in need. Please call ahead to reserve food boxes to be: picked up on Wednesday afternoons or Saturday mornings (call: 249-5691) or delivered to those who can't leave their homes (call: 996-9137)
- Louisa Community Cupboard | (540) 967-1510, 147 Resource Lane, Louisa – Provides a two week supply of groceries to families facing emergency needs for food. Families may receive an emergency supply of food a maximum of two times in a six month period. Monthly food assistance may be available for families in need with qualifying incomes.
- [Grocery Delivery Assistance for those at High Risk and/or a part of Marginalized Communities](#)
- [Charlottesville City Market To Go](#)
- [Whole Foods Market Grocery Delivery](#)
- Grocery Delivery: [Misfits Market](#) or [Instacart](#)
- GRAND MARKET, Charlottesville, VA, You can phone in your order, but you do need to pay by credit/debit card on the phone when ordering. They will meet you outside with your purchase. Very limited delivery for short trips that are emergency cases for sick/elderly who cannot leave their home. Phone: (434) 245-4012 Address: 323 W Main St, Charlottesville, VA 22903: Wednesday 9:30AM–9PM Thursday 9:30AM–9PM Friday 9:30AM–9PM Saturday 9:30AM–9PM Sunday 10AM–8PM Monday 9:30AM–9PM Tuesday 9:30AM–9PM
- MARKET STREET MARKET Phone: (434) 293-3478 Address: 400 E Market St, Charlottesville, VA 22902 Hours: Wednesday 8AM–9PM Thursday 8AM–9PM Friday 8AM–9PM Saturday 8:30AM–9PM Sunday 10AM–8PM Monday 8AM–9PM Tuesday 8AM–9PM You CAN CALL IN your order by phone – they prefer that you pay by debit/credit card. They will deliver or you can pick up. Rules for delivery and pickup: • For Delivery: \$50 min, and a \$12.99 additional fee. Head of delivery said that they are willing to take cash IF YOU HAVE EXACT CHANGE, i.e. driver has no money on him. Debit/Credit card preferred. • For Curbside pickup: no minimum order, \$5 fee and can pay with credit or cash.
- BROWN'S. You CAN phone your order in and use BOTH cash or credit. They only offer pickup if you order by phone. Their "Grubhub" online service will deliver, but you need access to Internet + credit card. Phone: (434) 295-4911 Address: 1218 Avon St, Charlottesville, VA 22902 Hours: Wednesday 7AM–9PM Thursday 7AM–9PM Friday 7AM–9PM Saturday 8AM–9PM Sunday Closed Monday 7AM–9PM Tuesday 7AM–9PM
- [USDA National Hunger Hotline](#)
- [Emergency Food Finder](#)
- [Meals on Wheels Programs](#)
- [FeedMore of Greater Richmond](#)
- Support [Cultivate Charlottesville](#), the umbrella organization overseeing the Food Justice Network and other organizations

#### Area School Meal Programs Information

- [Find Meals for Kids When Schools Are Closed: Mapping Tool](#)
- Text 'FOOD' OR 'COMIDA' to 877-877 to Find Feeding Sites for Kids and Teens
- [Charlottesville City](#) | [Albemarle County](#) | [Greene County](#) | [Orange County](#) | [Waynesboro](#)
- [Louisa County](#) | [Fluvanna County](#) | [Culpeper County](#) | [Madison County](#)

## Grief /Bereavement Support

- Hospice of the Piedmont bereavement counselors are available by phone. Call: 434-817-6915 to schedule an appointment. Individuals *do not* have to have been clients to use their free grief support
- [Find a Grief Share Support Group in your Area](#) (many groups now meeting online)
- [What's Your Grief?](#)
- [Caring Matters – Grief Resources for Adults and Children](#)
- [The Discomfort You're Feeling is Grief \(Feelings of Loss during COVID-19 Outbreak\)](#)
- [The Coronavirus and the 6 Needs of Mourning](#)

## Suicide

- [Website for Survivors of Suicide Loss](#) has a very helpful [resource page](#)
- [American Association of Suicidology](#)
- [After Suicide](#)
- [Peer Support by phone or video](#) (offered by American Foundation for Suicide Prevention)
- [Ebook: A Guide to Understanding Loss](#)
- [Handbook for Survivors of Suicide](#)
- [Tip Sheet: Grief After Suicide](#)
- [List of Book and Film Resources](#)
- [Survivors of Suicide Loss](#) *has good book suggestions for spouses and is an online support group*

## Health Departments - State and Local

- [Virginia Department of Health](#) COVID-19
  - [Locate Your Local Health Department](#)
  - [Local Health District Directories](#)

## Leisure

- [List of Virtual Travel/History Resources](#)
- [Virginia Tourism](#)
- Virtual Museum Tours: [INFO1](#) OR [INFO2](#)
- [10 University Art classes you can take online](#)
- [BeWell and Be Happy Music Playlist](#)
- [NFL Game Pass \(free replays of every NFL game going back to 2009\)](#)
- [NBA League Pass \(free replays of every NBA game going back to 2018-19\)](#)
- [LeVar Burton Reads: Twitter Live Stream @LEVARBURTON](#)
- [Free Audible Books](#)
- [SHELF LIFE](#), a new series from the Virginia Festival of the Book, featuring virtual author events every Tuesday and Thursday at noon (EDT), livestreamed on Zoom and Facebook
- [The Sofa Singers](#) (Free online singing events where you can connect with people in song)
- [Lifefulness Live](#) (Virtual Singing with others)
- [Play Pictionary with a Robot](#)
- [8 Chef taught classes where you can learn to cook, draw, write, or more](#)
- [HelloTalk](#) (Learn a New Language by speaking with native speakers around the world)
- [Seek by iNaturalist](#) (helps you to explore things around you in the outside world such as Plants, trees, flowers, insects etc.. as you take your walks outside)
- *The Front Porch* is bringing music to your home with Save the Music, a live-streamed concert series. Every Tues, Fri and Sun night through May, from 8:00-9:00pm View [Schedule](#) | [Music Lessons](#)
- *Second Street Gallery* is posting daily art prompts, inspired by their past and current exhibitions, on their [Instagram](#) and [Facebook](#) pages. Post your masterpieces on Instagram using the hashtag #SecondStreetSketches and tag them to be featured in their story. They will be choosing one favorite from each prompt in April to be featured in an online exhibition in May. Need more inspiration? Their new online-only exhibition “BOND/BOUND” responds to the current tension between social connection and social distancing. Check it out [here](#)!

## LGBTQ Community

- [UVA Health LGBTQ Healthcare Services](#)
- [UVA Health Transgender Health Services](#)
- [UVA LGBTQ Student Services](#)
- [Transgender Health Alliance of Central Virginia](#)
- [Charlottesville Pride Community Network](#)
- [PFLAG of Blue Ridge](#)
- [Side by Side](#) an organization supporting LGBTQ+ youth
  - [Virtual Support Groups](#)
- [COVID-19 Resource Hub Supporting our LGBTQIA Community](#)
- [CDC Guide for LGBTQ Youth](#)
- [List of National Resources](#)
- [PFLAG of Blue Ridge](#)
- [Side by Side](#) an organization supporting LGBTQ+ youth
  - [Virtual Support Groups](#)
- [Find Local Resources: National Resource Database](#)
- [Trans Lifeline Peer Support](#): 877-565-8860
- [LGBT National Hotline](#): 888-843-4564
- LGBT National Youth Talkline: 800-246-7743
- LGBT National Senior Hotline: 888-234-7243
- National Coalition of Anti-Violence Programs: 212-714-1141 (English and Spanish)
- GLBT National Youth Talkline: 800-246-7743
- DeHQ: LGBTQ Helpline for South Asians: 908-367-3374
- [The Trevor Project](#) offers a 24-hour toll-free confidential crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth. [1-866-488-7386](#)



## Local Provider Service Continuity, Resource Information & Help Lines

- [Find your Local Department of Social Services](#)
- [Region Ten](#) will continue individual therapy virtually and is now offering telehealth intake appointments for outpatient services, including therapy and case management. Emergency services are available on a 24/7 basis (434-972-1800)
- [On Our Own](#) is providing virtual support through Zoom and phone | [Click here](#) for more information
- [The Women's Initiative](#) encourages current clients to make a service plan with their therapist and will offer phone-in services in place of their walk-in clinics | [BienStar](#) (Spanish Language)
- [ReadyKids](#) COVID-19 response and resources
- [Jefferson Area Board of Aging Modified Services \(JABA\)](#)
- [Community Mental Health and Wellness Coalition](#) | [Help Happens Here](#)
- [Counseling Alliance of Virginia](#) (CAVA) is taking new clients and working virtually
- [Sexual Assault Resource Agency](#) (SARA) Call 434-977-7273 to be connected to a Hotline Advocate-24/7; Language interpretation is available. (Call 866-663-6482 for TTY services).
- [Shelter for Help in Emergency](#): will remain open and serve survivors of domestic violence during this time of uncertainty. If in need of services, please call 24-hour hotline at (434) 293-8509
- [The Haven](#) (Homeless Shelter) - *Community Resource Line* at 434-234-4490, Mon-Fri., 9 am – 5 pm
- [PACEM](#) (Homeless Services)
- [Affordable Treatment Directory, from Open Path Psychotherapy Collective](#)
- [Greater Charlottesville Trauma Informed Community Network](#)
- [United Way of Charlottesville](#)
- [MACAA](#) (Community Action Agency)
- [Tom Tom Foundation](#)
- **UVA Launches Health Community Call Line** - Community members who do not have a regular doctor and have a medical problem or need medicine during the COVID-19 pandemic, may talk to a doctor by calling the [UVA Health Community Call Line](#) at 434.98.COVID, opt. 3.

## Local Resource Help Lines

- [United Way](#)
- [Culpeper, Fauquier, Rappahannock Counties](#): 855-495-LINK (5465)
- *Culpeper County: Sam's Place* - Community Outreach Center for the general public providing assistance, support, resources and referral for a variety of services and coordinator of community resources for service organizations. Hours: M-Thursday 8:30-1; Call for appointment for other times. 219 East Davis Street Suite 100, Culpeper, VA 22701 (540) 825-9073
- *Culpeper, Fauquier, Madison, Orange, Rappahannock*: [Aging Together Resource Guide](#) | [Other Resources](#)

## Mental Health and Other Apps

- [COVID Coach](#)
- [List of Mental Health App Suggestions from UVA CAPS](#)
- [App guide by Psyberguide](#)
- Virtual Hope Box - [iOS](#) | [Google Play](#)
- Breathe2Relax – [iOS](#) | [Google Play](#)
- Fear Tools – [iOS](#) | [Google Play](#)
- Mood Tools – [iOS](#) | [Google Play](#)
- Wysa – [iOS](#) | [Google Play](#)
- [Sanvello](#) for Stress Anxiety and Depression (free premium services during outbreak) [iOS](#) | [Google Play](#)
- [AIMS](#) (Anger and Irritability Management Skills)
- [Concussion Coach](#)
- [Mindfulness Coach](#)
- [Mood Coach](#)
- [Moving Forward](#)
- [Parenting2Go](#)
- [PTSD Coach](#) | [Online Version](#)
- [PTSD Family Coach](#)
- [StayQuit Coach](#) (to address smoking)
- [VetChange](#) | [Online Version](#) (to address drinking as a coping mechanism)

## People of Color

- [NAACP Discrimination Report Form](#) (*report possible civil rights violations during COVID-19 pandemic*)
- [Who's Hit the Hardest by COVID-19? Why Obesity, Stress, and Race Matter](#)
- [A Terrible Price: The Deadly Racial Disparities of COVID-19 in America](#)
- [UVA: How COVID-19 is Exposing Health Care Inequities](#)
- [UVA Black Faculty and Staff Employee Resource Group](#)
- [The Steve Fund: In crisis? Text STEVE to 741741.](#) Are you a young person of color? Feeling down, stressed or overwhelmed? Text STEVE to 741741 and a live, trained Crisis Counselor will respond.
- [The Women's Initiative Sister Circle Program](#)
- [Central Virginia Clinicians of Color Network](#) emotional support line. Call and leave your name, phone, and email at 434-218-0440 on Wednesdays 5:00 – 8:00 pm. Support calls will take place on Wednesday from 5:00 pm – 8:00 pm only. If demand exceeds available resources, our team will make every effort to connect you with appropriate care.
- **Need A Mask?** The National Coalition of 100 Black Women of the Charlottesville Metropolitan Area in collaboration with Myra Anderson are distributing masks to African American living in Charlottesville, Albemarle, Fluvanna, Greene, and Nelson. If you and your family are in need of mask, please call: 434- 218-0604 or [Fill out this Form](#)
- [Stayin Alive Infographic:](#) Developed by black physicians at UVA working with community on COVID-19
- [The Boris Lawrence Henson Foundation's](#) Free Virtual Therapy Support for African-Americans:
  - [Register here](#) to apply for Virtual Support| Text: NOSTIGMA to 707070 | [Resource Guide](#)
- [How to Cope Like a Therapist](#)
- [Ayana](#) (*Online Therapy for Marginalized & Intersectional Communities*)
- [Just Jasmine Blog](#)
- [Therapy for Black Girls Podcast](#)
- [The B Word Unpacked Podcast: Issues that Affected Woman-especially Black Women](#)
- [Wellness in Color Podcast](#)
- [The Safe Place:](#) an app, available on both [iOS](#) and [Google Play](#)
- [Self-Love during the COVID-19 Outbreak](#)
- [Liberate Meditation for People of Color](#) [iOS](#) | [Google Play](#)
- [20 Black Yoga Teachers with Online Classes](#)
- [Protecting Asian American and Pacific Islander Working People in Response to COVID-19](#)
- [Latinx Therapy](#)
- [League of United Latin American Citizens](#) | [COVID-19 FAQ'S](#) | [En Español](#)
- [National Network to Eliminate Disparities in Mental Health](#) (Webinars)
- [Health Care Access for Undocumented Individuals during COVID-19](#)
- [In the Know – Parenting Blog for Black Parents](#)
- [Black Kings Podcast Project](#)
- **Virtual Racial Sensitivity Support Group by Counseling Alliance of Virginia** | [Read](#)
  - **Charlottesville Group: RSVP required:** 434-220-0333. Zoom meetings every first and third Tuesday of the month, April 21, May 5 & 19, June 2 & 16, July 7 & 21, August 4 & 18. [Click here to Join Zoom Meeting](#) (Meeting ID: 979 960 226; Password: 565264)
  - **Richmond:** Zoom meetings on Wednesdays until Jun: May 20, June 17. [Click here to Join Zoom Meeting](#) (Meeting ID: 990 584 367; Password: 814217)

#### Local Therapists of Color Taking New Telehealth Clients

- **Shea Graham, LCSW** is in Charlottesville, VA. To schedule an appointment online, visit <https://shea-graham.clientsecure.me> | ([out-of-pocket fees waived for Aetna, Cigna, and Anthem clients in response to COVID-19](#)). Effective March 19, 2020, through June 4, 2020).
- **Joanne Thomas LPC** is in Fredericksburg, VA at Play Therapy Essentially, PLLC (*for children, adolescents, & adults*). Phone number: (844) 441-4409 ext. 2 | website: <https://playtherapy-emdr.org>.
- **Tabitha Woodson, LPC** is in Ruckersville, VA at Life Works Professional Counseling. Phone number: (434) 990-1744 | website: [www.lifeworksprofessionalcounseling.com](http://www.lifeworksprofessionalcounseling.com)
- **Cheryl Cottrell, LPC** is in Charlottesville, VA. To schedule an appointment, call (434) 466-5967.
- **Qourtasia Watson, MSW, Supervisee in Social Work** is in Charlottesville, VA at [Riverbend Counseling \(Integrative Trauma Treatment\)](#). To schedule an appointment, [scroll to see her information in her bio](#) or [fill out a referral form](#). She accepts Medicaid, CSA, or private pay.

#### Spanish Language Resources/Recursos de Salud Mental en Español

- Region 10 434-872-1800 o [www.regionten.org](http://www.regionten.org)
- [The Women's Initiative](#)- Servicios para mujeres de 18 años en adelante. Teléfono: 434-872-0047
- Ready Kids. Servicios para niños 2-18. Teléfono: 434-906-7895 o [www.readykidscville.org](http://www.readykidscville.org)
- [Shelter for Help in Emergency](#). Servicios para víctimas de violencia doméstica. | Teléfono: 434-293-8509 o 911
- [Intimind](#) (Spanish language Meditation, free and subscription)
- [National Alliance for Hispanic Health](#)
- [Enfermedad del Coronavirus 2019 \(COVID-19\)](#) (CDC)
- [Salud mental en los niños, así como de algunos de los recursos en la comunidad de Charlottesville](#)
- [COVID-19 Salud Mental y Física Latina](#) (Xochilt Diaz del programa En Vivo con la Conejita entrevistó a la psicóloga Ingrid Ramos y al Dr. Max Luna para conversar acerca de la importancia de la salud mental en la crisis de salud de COVID-19)

## Providers and Other Essential Workers Supporting Patients, Clients, & the Community

- Virginia Community Response Network: [Free Assistance for COVID-19 Emotional Trauma for Frontline Healthcare Providers, Workers, First Responders & their Significant others](#) (up to 5 virtual sessions)
- [Physician Support Line](#): 888-409-0141 (7 days/wk, 8am-12pm, EST; free & no appointment necessary)
- [Self-care for essential COVID-19 Employees](#)
- [Psychotherapy.net – Helping You Help your Clients through COVID-19 Outbreak](#)
- [Center for Deployment Psychology: Resources for Behavioral Health Delivery](#)
- [Online Training for Psychological First Aid and/or Skills for Psychological Recovery](#)
- [Teletherapy 101: Billing Adjustment Codes](#)
- [EMDR Therapy with Adults during COVID-19 Outbreak \(Available Until April 30\)](#)
- [EMDR Therapy with Children during COV-19 Outbreak \(Available Until April 30\)](#)
- [Emotional Well-Being During the COVID-19 Crisis for Health Care Providers Webinar Series](#)
- [The Schwartz Center for Compassionate Healthcare](#)
- [National LGBT Health Education Center](#)
- [List of Freebies for Nurses During COVID-19 Crisis](#)
- [Managing Stress & Self-Care During COVID-19: Information for Nurses](#)
- [Freebies for Nurses during COVID-19](#)
- [Self-Care and applying Psychological First Aid for COVID-19 Responders](#)
- [Beyond the Cliff by Laura van Dernoot Lipsky](#)

## Resource Guides

- [National Alliance on Mental Health Resource Guide](#) (Extensive List)
- [Mental Health America: Mental Health & COVID-19-Information and Resources](#)
- Mental Health America – Tools to Thrive
  - [Connecting with Others](#)
  - [Creating Healthy Routines](#)
  - [Finding the Positive After Loss](#)
  - [Eliminating Toxic Influences](#)
  - [Owning Your Feelings](#)
  - [Supporting Others](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [Northern Virginia Family Services: COVID-19 Resources for Northern VA](#)
- [United Way of Charlottesville](#)

## Skill-building/Self-Care

- [UVA Mind Trails Program](#): *Think in New Ways & Feel Less Anxious*
- [Stress-free Now Program](#)
- [Video for healthcare workers and adults with anxiety & COVID-19](#)
- [DBT Crisis Survival Skills](#)
- [Relaxation Exercises](#)
- [Managing Anxiety about the Coronavirus](#) (Podcast by Dr. Joy Harden Bradford of Therapy for Black Girls)
- [Ten Percent Happier's Coronavirus Sanity Guide](#)
- Stay [grounded](#) in the present moment, for emotional stabilization
- [Insight Meditation Community of Charlottesville](#) - Daily meditations via Zoom at 12 noon, EST, <https://zoom.us/j/574609972>; Meeting ID: 574 609 972; ph: 929-205-6099
- [COVID-19 Support Program for Chronic Disease Patients and their Families](#)
- [Mindful Leader](#)
- [The Gift and Power of Emotional Courage](#)
- [How to Be Your Best Self During Times of Crisis](#)
- [Support your Emotional Well-being during Times of Crisis](#)
- [Corona Anxiety Workbook: A Tool to Help Build Resilience During Difficult Times](#)
- [Self Care Activity Ideas](#)
- [UVA Health Coronavirus FAQs](#)
- [Sentara Martha Jefferson Coronavirus Updates](#)
- [Help Happens Here Coronavirus Tips for Managing Stress](#) (or [download the tip sheet](#))
- [CDC: Managing Stress and Anxiety](#)
- [Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreaks](#)
- [Download English or Spanish CDC COVID-19 tip sheets](#)
- [Make your Own Reusable Cloth Face Mask](#)
- [Coronavirus tips and resources from Anxiety & Depression Association of America](#)
- [Local Mental Health Experts Advise to help and get help](#)
- [How to Cope with Your Coronavirus Anxiety](#)
- [CDC's guide to managing stress/anxiety](#)
- [General Resources \(Including those for clinicians\)](#)
- [5 Tips for Managing Anxiety during COVID-19 Pandemic](#)
- [Reducing Stigma amid COVID-19 Pandemic](#)
- [10 Equity Implications of COVID-19 Pandemic](#)
- [Brenè Brown Podcast, Unlocking Us](#)
- [Supporting Healthcare Professionals During Unprecedented Times](#)
- [Mindfulness Apps](#)
- [Managing Life at Home During COVID-19 Outbreak](#)
- [Measures for Older Adults with Elevated Risk](#)
- [National Center for PTSD: Coronavirus \(COVID-19\): Resources for Managing Stress](#)
- [Getting Healthy Sleep](#)
- [COVID-19 and Mental Health: Caring for the Public and Ourselves](#)
- [Hardwiring Happiness: Dr. Rick Hanson](#)



## Social Isolation

- [Quarantine Chat: Connecting Isolated People](#)
- [Coalition to End Social Isolation and Loneliness](#)
- [Resources to Avoid Social Isolation during COVID-19 Outbreak](#)
- [Tips on Coping with Isolation by Magellan Health](#)
- [Staying Connected While Staying at Home](#)
- [Preventing Loneliness and Isolation in times of Social Distancing](#)
- [Protecting Your Mental Health During Social Distancing](#)
- [SAMHSA Tips for Social Distancing, Quarantine, and Isolation](#)
- [How to Keep Relationships Strong While Social Distancing](#)



## UVA Faculty, Staff, & Spouses

- [UVA Population Health](#): Hoos Well Advocacy, BeWell, Interactive Home Monitoring (IHM), BPCI-A, Aetna-UVA Medicare Advantage Programs (MA)
  - Program participants are connected to a Wellness or Patient Advocate who helps them with well-being goals, support phone calls, resources, referrals to free behavioral health support, and more
  - [Behavioral Health Program: 6-free sessions](#) [for active participants in the Hoos Well Advocacy, BeWell, IHM, and MA Programs]
  - [PT2 – Prevent or Delay Type 2 diabetes](#) Program now available virtually [for active participants in Hoos Well Advocacy & BeWell Programs]
  - [Community and Wellness Resource List](#)
- [UVA FEAP](#) | [Virtual resources](#) | [Connect to Cope Drop-in Sessions](#)
  - **Extended Service Hours** | New hours are Monday-Friday, 7 a.m.-7 p.m., and Saturday-Sunday, 11 a.m.-7 p.m. Call 434.243.2643 to schedule a virtual appointment.
- [TELADOC](#)
- [Hoos Well Virtual Resources for Maintaining Wellbeing](#) (Physical & Mental Health, and Mindfulness)
- [Chronic Care Coaching](#) (now offering virtual support)
- [UVA Mindfulness Center Audio Recordings](#) | [Mindful Virtual Pause Online Class](#) (Mon-Fri, 4:00-4:15 pm)
- [Compassionate Care Initiative](#)
- [UVA Emergency Assistance Fund for Staff and Contract Employees](#) | or [You can donate here](#)
- [UVA CARES](#) (a resource for University of Virginia community members who are in need of information about applying for unemployment insurance benefits following operational changes due to the novel coronavirus.)

## Furloughed UVA Health Employees

- [UVA HR Website](#)
- [UVA COVID-19 Related Financial Mitigation Steps](#) (Schedule of Adjustments)
  - [HR information website](#) related to COVID-19 for employees, team members and managers on the HR
    - [Pay Continuity & Leave During Modified Status](#)
    - [Managing Leave During the Coronavirus](#)
    - [Manager Information for COVID-19](#)
    - [Academic Division Employee Information for COVID-19](#)
    - [UVA Health Team Member Information for COVID-19](#)
    - [UVA Emergency Assistance Fund](#), apply for financial assistance for COVID-19 related expenses
    - [Teladoc - Access to Primary Care Physicians](#)
    - [Benefits to Assist with Caregiving: Back-Up Child and Elder Care](#)
- Applying for Unemployment Insurance (UI)
  - [UVA CARES Project: Assists employees who need help applying for state UI](#)
  - [The UVA Employee Community Resource](#)
  - [Filing for UI](#)
  - [To file a UI claim online](#) | To file a claim by telephone number: 1-866-832-2363
  - [UI Benefit Calculator](#) (enter gross income total for 3 months)
  - [Updates on UI changes related to COVID-19](#)

Medical Center – Breakdown of Benefit Impact for Furloughed Employees

Benefit Type	Partial/Reduce Effort Furlough (Receiving Some Health System Pay)	100% Furlough (Not Receiving Health System Pay)
Health Insurance	No impact, continues at EE rate	No impact, continues at EE rate*
Dental Insurance	No impact, continues at EE rate	No Impact, continues at EE rate*
Vision Insurance	No impact, eligible	No Impact, continues at EE rate*
Basic Life Insurance	No impact, eligible	No impact, eligible
FS Healthcare	No impact, eligible	May reduce or stop contribution amount**
FSA Dependent Care	No impact, eligible	Not eligible
HSA	No impact, eligible	Voluntary contributions stop
Optional Life Insurance	No impact, eligible	Optional Life Insurance
Short Term Disability	Based on Reduced Salary	Not eligible
Long Term Disability	Suspended for all employees in MCRP	Eligible, Based on Full Salary
Retirement (MCRP) ***	Continues based on full salary	Not eligible
Cash Match (MCRP and VRS)	No impact, eligible	Not eligible
403(b)/457	No impact, eligible	Not eligible
PTO	Based on hours worked	Not eligible
Flex Credits	No impact, eligible	Not eligible
* The collection of employee premiums will go into a arrears. When the employee returns from leave, the arrears will be deducted over multiple periods		
**New amount cannot be less than what the employee has already contributed YTD or less than what they have spent YTD		
***The suspension begins on May 3, and there will be no contributions to the MCRP beginning with the May 22 check		

### UVA Students

- *Mental Health:* [UVA CAPS](#) | Students or individuals with questions/concerns can also call CAPS at their daytime/after hours(for urgent needs) at 434-243-5150
- [UVA Students: In need of Financial Assistance](#)
  - UVA Students: Monetary Aid Request [HERE](#)
- [UVA Students: Food Insecurity](#)
- [UVA Student Health](#)
- [UVA Students: Virtual Career Center Support](#)
- [UVA Launchpad](#): an eight-week online program that combines academic coursework, skills-based training and career-oriented projects.

## Veteran/Military

- Veterans Crisis Line: 800-273-8255, Press 1
- [Military One Source](#)
- [TAPS \(Assistance for those grieving the loss of a military loved one\)](#)
- [VA: National Center for PTSD: Coronavirus \(COVID-19\): Resources for Managing Stress](#)
- [US Dept of Veteran Administration](#) (What Veterans need to know: COVID-19 FAQs)
- [VA App Store](#) (mobile apps for Veterans) | [Self-help apps for those living with PTSD](#)
- [Resources for Military Families and Children](#)

## Volunteer Opportunities

- [UVA Volunteer Center](#)
- [Ways to Virtually Volunteer](#)
- [AARPs list of Virtual Volunteer Opportunities](#)
- *UVA Medical Center Needs Blood Donations* - Virginia hospitals are experiencing a severe blood shortage across the state. UVA Health encourages members of the community who are healthy & eligible to contact the American Red Cross <<https://www.redcross.org/>> to make an appointment to donate at one of their fixed locations.
- *Medical Supplies Needed* - Our medical community is in dire need of supplies like face masks, gloves, household cleaners, etc. Please visit <https://www.supportcville.com/equipcville> to see what other supplies are needed and to donate!
- *Food Giveaway Volunteers Needed* - Volunteers are needed **Mondays, Tuesdays, and Fridays, 9 am to 1 pm** to pick up food from Walmart and Food Lion, and to shelve and pack food boxes. Please use this [SignUp Genius](#) to help with packing food boxes on Mondays, Tuesdays, and Fridays. Volunteers are also needed on **Wednesdays, 1 to 4:30 pm, and on Saturdays, 9 am to 12 noon** to pack and distribute food boxes. Please use this [SignUp Genius](#) to help with the Wednesday food distribution on Wednesdays and Saturdays.
- *Blue Ridge Area Food Bank* - Needs healthy volunteers to work at the food bank. See their [statement on COVID-19](#) and their [Volunteer page](#). To find volunteer opportunities, click on [this link](#).
- *Grocery Delivery Drivers Needed* - Charlottesville Community Cares is receiving about 45 new requests for grocery deliveries every day and they NEED HELP! If you feel comfortable and safe going into grocery stores and shopping on behalf of community members who cannot do so for themselves, please reach out to [cvillecares.grocery@gmail.com](mailto:cvillecares.grocery@gmail.com). Grocery shoppers must be asymptomatic and in households where everyone is healthy. You can either donate the cost of the groceries or be reimbursed by PayPal or check within 24 hours of your delivery. You can set your availability, but grocery trips tend to happen once in the morning and once in the late afternoon/evening. Once you get in touch with the Cville Cares Grocery Team, they can get you started.
- A centralized website for people in Charlottesville who are *making masks to donate to medical or community centers*, and for people to buy homemade masks. <https://cvillebio.wixsite.com/cvillecraftaid>