

RESOURCES FOR THE TDHS COMMUNITY

HEALTH

The UW Medicine Virtual Clinic offers free evaluation by a board-certified physician for illnesses and injuries from home. They are temporarily waiving the \$35 fee for a virtual doctor visit. <https://www.uwmedicine.org/services/virtual-clinic>

Federally Qualified Health Centers deliver affordable, accessible, quality, and value-based primary health care to millions of people regardless of their ability to pay. <https://findahealthcenter.hrsa.gov/>

Providence Health and Services hosts a COVID-19 assessment tool and COVID-19 information on their website. If you are concerned you might have contracted the virus, you can use the tool for information about whether you should arrange a visit with your healthcare provider. <https://www.providence.org/patients-and-visitors/coronavirus-advisory>

Seattle Coronavirus Assessment Network provides home based COVID-19 test kits. Healthy and sick people in the community take their own nasal swabs and submit them to SCAN. <https://scanpublichealth.org/>

CVS Pharmacy will waive charges for home delivery of prescription medications and is taking additional steps across the company to address the COVID-19 outbreak and protect patient access to medication. <https://www.cvs.com/content/delivery>

FOOD

SODO Community Market provides free pre-bagged produce, prepared foods, and shelf-stable groceries right at the door to anyone in need during the school closure due to COVID-19. *1915 4th Avenue South, Seattle, WA 98134*
<https://www.northwestharvest.org/sodo-community-market>

The JFS Polack Food Bank operates on a “client choice model.” This means that clients select the food they prefer from among the available choices. *1601 16th Avenue Seattle, WA 98122* <https://www.jfsseattle.org/>

Khalsa Aid is offering Coronavirus Emergency Outreach for those in need of basic food and groceries due to the recent Coronavirus Emergency. <https://www.facebook.com/khalsaaidusa/>

Seattle Public Schools has 26 schools that are serving as a hub for student meal support during the closure due to COVID-19. Visit their website to find a school closest to you and specific directions on where to pick up at each school. https://www.seattleschools.org/district/calendars/news/what_s_new/coronavirus_update/resources/student_meals

From the Heart PNW is distributing sack lunches 4 days a week for individuals in need of food due to COVID-19. *NE 125th and Lake City Way, Seattle, WA 98125* <https://www.facebook.com/FromTheHeartPNW/>

WA-Bloc in partnership with our local soutend restaurants will be serving free food to students and families every Tuesday and Thursday while school remain closed. *8825 Rainier Avenue South, Seattle, WA 98118*
<https://www.facebook.com/wabloc/>

MONEY

Humanity Forward is committing to delivering one-time, and recurring, basic income payments to individuals and families who stand to be most impacted by the coronavirus crisis. <https://movehumanityforward.com/covid-relief/>

The COVID-19 Artist Trust Relief Fund provides rapid response grants supporting critical needs of artists whose livelihoods have been impacted by COVID-19. <https://artisttrust.submittable.com/submit>

The Restaurant Employee Relief Fund assists restaurant industry employees experiencing hardship in the wake of the coronavirus disease (COVID-19) outbreak. <https://rerf.us/apply-for-aid/>

Sweet Relief responds to the medical and financial burden that COVID-19 is having on the music community. They provide financial assistance to be used for medical expenses, lodging, clothing, food and other vital living expenses to those impacted due to sickness or loss of work. <https://www.sweetrelief.org/covid-19-fund.html>

The COVID-19 Emergency Financial Relief Program provides financial assistance to all Veterans, Active Duty, Reserves and National Guard who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic. <https://penfedfoundation.org/apply-for-assistance/emergency-financial-assistance/>

The COVID-19 Fund Program provides reimbursement assistance for delivered food and medication and transportation costs to manage COVID-19, while maintaining social distancing protocols, including drive-thru testing, delivery of test kits and future treatments. *Call 800-675-8416*

HOUSING AND UTILITIES

United Way of King County has set up the Community Relief Fund to provide rental assistance and address the needs of those most impacted by COVID-19. <https://www.uwkc.org/>

HSD's Utility Discount Program offers eligible customers a 60% discount on their Seattle City Light bill and a 50% discount on their Seattle Public Utilities bill. <https://www.seattle.gov/humanservices/services-and-programs/affordability-and-livability/utility-discount-program> or call 206-684-0268

Puget Sound Energy's Home Energy Lifeline Program provides qualified customers with additional bill-payment assistance beyond the Washington state LIHEAP program. <https://www.pse.com/pages/bill-and-weatherization-assistance> or call 206-486-6828

Charter Communications - Spectrum offers free internet to families without access across the United States. Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps and will open its Wi-Fi hotspots across our footprint for public use. *Call 844-488-8395*

EMPLOYEES

Paid Family and Medical Leave is available for those who need time off to care for themselves or a family member. <https://paidleave.wa.gov/coronavirus/>

Washington State Employment Security Department offers statewide unemployment benefits. <https://www.esd.wa.gov/unemployment>

Washington Healthplan Finder is accepting applications to apply for or renew a health insurance plan through at least May 8th, 2020. <https://www.wahbexchange.org/coronavirus-faqs/>

Communications Workers of America provides safety advice for non-unionized workers. <https://cwa-union.org/COVID19Organizing>

SMALL BUSINESSES

Small Business Stabilization Fund offers grants of up to \$10,000 from the city of Seattle. <https://www.seattle.gov/office-of-economic-development/small-business/small-business-programs/-stabilization-fund->

U.S. Small Business Administration offers loans of up to \$2 million for small businesses. <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

The Jewish Federation has compiled a Google doc of resources for non-profits and small businesses. <https://docs.google.com/spreadsheets/d/1wcd6g0sUYQI0bGB9HexAu8aI3LRkF2Sr1vj3dH75-FA/edit#gid=1705997640>

Amazon's Neighborhood Small Business Relief Fund offers \$5 million in emergency grants to small businesses located near Amazon's Seattle and Bellevue offices. <https://www.aboutamazon.com/job-creation-and-investment/neighborhood-small-business-relief-fund>

CHILDCARE

Seattle Public Schools are partnering with five of their childcare partners who operate at up to 12 Seattle school sites to re-open their childcare spaces.

https://www.seattleschools.org/district/calendars/news/what_s_new/coronavirus_update/resources/child_care

The Child Care Aware of Washington Family Center is a statewide referral center that helps families find and pay for childcare. <https://www.childcare.org/stories/story.aspx?id=92>

MISC.

Seattle's COVID19 Mutual Aid group aims to organize social and material support among people impacted by the pandemic in Seattle and the nearby areas. They prioritize those most vulnerable, including those who are sick, quarantined without pay, undocumented, disabled, elderly, houseless, BIPOC, queer and trans, sex workers, and communities displaced by gentrification. <https://www.facebook.com/covid19mutualaid/>

Washington State Department of Social and Health Services offers a how-to video on applying for food, childcare, cash, long-term care and health care for individuals with disabilities.

<https://www.youtube.com/watch?v=05iVjo4clLk&feature=youtu.be>

The NAMI HelpLine is a free service that provides information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public. <https://www.nami.org/Find-Support/NAMI-HelpLine> or call 800-950-6264

Care For Your Coronavirus Anxiety is a vetted wealth of research-backed and helpful tools for combatting anxiety during this pandemic. <https://www.virusanxiety.com/>

SAGE LGBT Elder Hotline connects older LGBT people who want to talk with friendly responders who are ready to listen.

<https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/> or call 877-360-5428

SMART Recovery Online is an online recovery community that is largely based on its ability to provide more flexibility than in-person visits. Members can continue to manage their everyday responsibilities, employment, and family matters while still making time to access recovery resources. <http://www.smartrecovery.org/>

The Disaster Distress Helpline is a national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Call 800-985-5990

The Domestic Violence Hotline has highly trained expert advocates available 24/7 for anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. The Hotline provides lifesaving tools and immediate support to empower victims and survivors to find safety and live free of abuse.

<http://www.thehotline.org/> or call 800-799-7233

API Chaya is a Seattle-based organization that empowers survivors of gender-based violence and human trafficking to gain safety, connection, and wellness. They build power by educating and mobilizing South Asian, Asian, Pacific Islander, and all immigrant communities to end exploitation, creating a world where all people can heal and thrive. <https://www.apichaya.org/#home-section> or call 877-922-4292

The Jewish Federation has compiled a Google doc of resources for individuals seeking relief.

<https://docs.google.com/spreadsheets/d/1GtS5jlyI8IjxmOkrvTKN5h6LzAhY8uAcZQBm5sBnVw/edit#gid=0>