

2020 St. Louis COVID-19 Social Resource List

This document is updated daily with resources as we receive them.

Click on the links in blue to take you to needed resources.

Reach out with any questions or problems accessing things on the page.

Stay safe and healthy STL!!

Baby/Newborn Supplies:

- **Project Downtown Community EMERGENCY Diaper Closet**

You can find our Diaper Closet in the New Northside Conference Center just off Goodfellow Blvd. We provide a ONE-TIME service of 50 FREE diapers per child with help getting connected to longer-term suppliers of Diapers like Parents as Teachers: 314-381-5730

- **Helping Hand Me Downs-** Call: 314-514-5987 Mon-Fri 9am-3pm Sat 9am-Noon

- Each child receives the following items based on availability:

- Seasonally-appropriate clothing: sleepers, onesies, shirts, pants/shorts/skirts, socks, shoes, bibs, hats, blankets, coat
- Small toy(s) and age-appropriate book(s)
- One piece of large baby gear for each child under 1 year (i.e. bouncy seat, swing, crib, exersaucer, car seat, stroller or high chair).
- One-time distribution of 50 FREE diapers with a referral to a Diaper Bank partner organization that can provide long-term diaper support.
- We can also provide the following items to parents when they are available: diaper bags, baby carriers, maternity clothing, breast pumps, beds, couches, and dressers.

- **St. Louis County Library:** Call (314) 994-3300 *Ask to speak to the branch near you

- The St. Louis Area Diaper Bank will provide a one-time emergency supply of 50 diapers to families in need at two SLCL branches.
- Diaper recipients will be provided with a referral to another agency to help with ongoing support.
- Appropriately sized diapers or training pants will be provided to eligible children ages 3 and under.

- **Jefferson County Community Partners:** Call: 636-465-0983

- Nurturing Skills for Families: If you need diapers TODAY, you can receive 50 free diapers one time before you enroll in our program.
- Once you have been enrolled children under 4 are eligible to receive 50 free diapers every month!

Broadband/Internet Access:

- Free 60-Day Internet Support: [Charter Communications](#)
- [FCC Communications Update](#)

Childcare:

- [Healthcare Workers Childcare Co-op](#)

Last updated: 3/17/2020

- [YMCA- Corona Virus Updates](#)

Closures:

- [Stl Today Closures](#)
- [YMCA- Corona Virus Updates](#)

Domestic/ Partner Violence

- Safe Connections: 314-531-2003, [Safe Connections](#)

Educational Activities for Families:

- [Facebook Germ Lesson](#)
- [Kids Activity Blog](#)
- Scholastic day to day projects to keep kids reading, thinking, and growing. [Scholastic Learn at Home](#)
- Resources for distance learners: [Distance Learning](#)



Emergency Response

- Salvation Army: St. Louis Euclid 314-531-5621

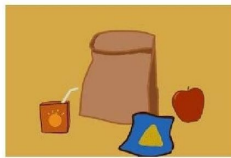
Food Access:

Last updated: 3/17/2020

- Fields Foods Seniors Only Hours 7am-8am: [Stl Today Fields Food- Senior Shopping Hours](#)
- Schnucks: [Schnucks Reduced Hour](#)
- Dollar General Senior Hours: [Dollar General](#)
- Emergency Food Assistance: [Operation Food Search](#)

Food Access-Schools:

City of St. Charles Schools
Student Meal Program during School Closure



- Starting on Wednesday March 18th, between the hours of 7:30am-9:30am breakfast and lunch sacks will be available for pick up for children ages 0-18 years of age at NO charge.
 - Children must be present for pick up.
 - Meal distribution will be done through drive-up only.
- Locations for pick up are Blackhurst and Monroe Elementary schools, at the front door of each school.
- Meals will be offered Monday through Friday during the school closure, including during the previously scheduled spring break.
 - If you can not pick-up meals due to household illness or transportation issues, please contact Matthias' Lot Church for delivery options at 636.388.8242



SAINT LOUIS PUBLIC SCHOOLS

SPRING BREAK FOOD PROGRAM

MARCH 16TH - 20TH

FREE *FOR CHILDREN	11AM - 12:30PM (LUNCH)	4PM - 5:30PM (SNACK)	\$1 *FOR ADULTS 19 & OLDER
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SAINT LOUIS PUBLIC SCHOOLS
Food Nutrition Services & Peabody Elementary

This institution is an equal opportunity provider.

Last updated: 3/17/2020

Saint Louis Public School Pandemic Meal Plan

Saint Louis Public Schools will provide student meals during the pandemic outbreak for children ages 18 and younger. Children can visit school sites (listed below) for meals and snacks while supplies are present.

- Grab-and-go meals are provided at SLPS school sites
- No student ID required
- Students must be present to receive meal
- Free for children 18 and younger
- Meals served from 8:00 a.m. - 10:00 a.m. and 12:00 p.m. - 2:00 p.m.

School	Address
*Bryan Hill	2128 E. Gano
*Carnahan	4041 S. Broadway
Clay	3820 N. 14th
*Fanning	3417 Grace
*Froebel	3709 Nebraska
Hamilton	5819 Westminster Place
*Hickey	3111 Cora
*Jefferson	1301 Hogan
*Langston	5511 Wabada
Long	5028 Morganford
Lyon @ Blow	516 Loughborough
*Mallinckrodt	6020 Fernod
Mullanphy	4221 Shaw
*Kennard	5031 Potomac
*Patrick Henry	1220 N. 10th
*Peabody	1224 S. 14th
*Pierre Laclède	5821 Kennerly
*Roosevelt	3230 Hartford
*Shaw	5329 Columbia
Sigel	2050 Allen
Soldan	918 Union
Vashon	3035 Cass
Walbridge	5000 Davison
*Wilkinson	1921 Prather
Yeatman	4265 Athlone

* Bus will deliver meals to school site



Meal Delivery for Hazelwood School District Students
Beginning Wednesday, March 18

- Buses will be running centralized bus routes delivering meals at locations district-wide as listed below on March 18, March 19, March 30, March 31, April 1, April 2, April 3.
- Any student who comes to a location will receive the meals. While corridors are listed below, a student may get a meal from any stop listed.
- Meals will not be delivered March 20 or March 23-27 as this was previously planned as Spring Break. However, please check with other community resources (Care to Learn, some businesses are offering meals, etc) for these days. *See attached.*
- Meals will consist of lunch and breakfast for the next day. These meals will be "grab-and-go" type meals (for example – sandwich, lunchables, fruit juice, cereal, etc). If milk is provided, please drink immediately or refrigerate until consumed.
- School buildings will NOT be open.
- If any guidance from local, state, or national authorities impacts this process, the district will utilize its communications channels to update the community
- HSD Security personnel will ride each bus.

*Please see the attached schedule for meal drop off times and locations.

General Help:

Stl Help Match (matching those in need with those who can help): [Stl Help Match](#)
United Way 211: [Stl Unite Way 211](#)

Health Resources

- <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>
- St. Louis County Health Line: 314-615-2660- Call if feelings symptoms of Fever, Cough, Shortness of breath

Housing and Homelessness:

- National Healthcare for the Homeless Council: [National Homeless Guidance](#)

Income and Financial Assistance:

- St. Louis Community Foundation will provide assistance with rent, utilities, essential food and medicine, and technology support. [St. Louis Regional Response Fund](#)
- Email Bob Brazell directly for support needs: rbrazell@gmail.com
[RFT Support Local Restaurants and Bartenders](#)
Fundraiser for service industry: [Go Fund Me - Help Your Bartenders!](#)
- Bartender Emergency Relief: [Bartender Emergency Relief](#)

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- Banks offering Relief: [Banks Offering Relief](#)
- Stl Blues Employee Assistance Donations: [Blues Employee Assistance Fund](#)
- St. Louis Art and Music Fund: [Go Fund Me: Support our Artists!](#)
- Student Loan Services: [Gov. Student Aid](#)
- [Square](#) - Brittany Pohrer - "I work for Square here in St. Louis and we have been helping tons of local businesses and restaurants get their online ordering up and running due to recent changes. Please let me know if you or any businesses you know need help with online ordering, electronic gift cards, contactless chip readers, etc. and I can get you in the right hands of our team who can help ♥"[Facebook - Brittany Pohrer Contact](#)
- Need Help Paying Bills: [Help With Bills](#)
- SPIRE: Suspended disconnections, Late fee forgiveness-Community-funded programs such as [SPIRE Dollar Help](#), federal LIHEAP funds and other agency funding are all ready to assist you with your heating bills. Call Spire for more assistance- **800-887-4173**
- Ameren: Suspended disconnections, Late fee forgiveness- Dial **800-552-7583** to speak to a customer service representative from the company. The [Ameren Dollar More Program](#) program is funded by customer donations, as well as contributions from local businesses as well as matching funds and grants directly from the **Ameren** Corporation

Mental Health/Coping Support:

- "Hello everyone! I own a Health and Wellness Center in Kirkwood. We are offering free telehealth counseling sessions to anyone that is struggling through this hard time. Anxiety, OCD, depression and more are hard enough to deal with, you shouldn't feel trapped in your own homes with no one to talk to as well. Feel free to message me or email me, Marsha Bradford, at marsha@diversifiedhwc.com. ♥ www.diversifiwdhwc.com"
- Telehealth Counseling: Melissa Douglas, Goal Driven Counseling, LLC- Florissant, Missouri 63033- (314) 207-4028 (accepts Medicaid)
<http://www.goaldrivencounseling.com/>
- Call the Alzheimer's Association's toll-free 24/7 Helpline at 800.272.3900 or go to [Alzheimer's Association](#)
- SSM Mom's Virtual Support Group: Please call 314-768-MOMS (6667)

Substance Use Support:

- SAMHSA Opioid Treatment Program Guidance - [Substance Abuse and Mental Health Services Administration](#)
- Harm Reduction Coalition guidance for people who use harm reduction programs and are actively using drugs. - [Harm Reduction Guidance](#)
 - Practice safer drug use, keep clean, and practice hygiene
 - Avoid sharing supplies (pipes, straws, etc.) even more than usual. If you have to share, wipe down with alcohol swabs.

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- Prepare your drugs yourself – if someone else is doing it, observe them washing their hands thoroughly before and after
- Plan and prepare for overdose and reversing each other with naloxone – EMS may be stretched thin with 911 calls
- Virtua/remote recovery support groups and tools:
 - Calendar of SMART Recovery online meetings: [SMART Recovery](#)
 - In The Rooms-A Global Recovery Community online meetings: [In The Rooms](#)
 - Never using alone can be difficult during isolation/quarantine. If you do call 800-484-3731 – they will stay on the phone with you while you use and if you're unresponsive they will call 911 (and you will be legally protected by Missouri's Good Samaritan law). You call also visit here first: [Never Use Alone](#)
 - If you live in a rural area and need naloxone for yourself or a loved one visit, [Next Distro](#), who will mail you supplies.

**IF YOU ARE AT HOME SICK
AND
NEED A MEETING**

[Pause A While will host a free conference call for AA meetings.](#)

2pm Every Day
Starting Today

Dial-in number:
(425)436-6360

Access Code
422932#

Please Share this Announcement
We also need host volunteers to chair the phone meetings please
email: pauldart@pauseawhile.org

Virtual NA

NA Meetings Online & by Phone



Bringing Narcotics Anonymous Meetings to Remote or Isolated Addicts from around the world who may, for whatever reason, be unable to attend local face to face meetings.

Virtual NA is a globally based collaborative service resource project whose primary focus is to provide a meeting search for both Online and Phone line meetings of Narcotics Anonymous hosted from different countries around the world.

www.virtual-na.org

For more information please send an email to admin@virtual-na.org

Testing Sites:

- SSM: [SSM Drive Thru Testing](#)
- Mercy: [Mercy Drive Thru Testing](#)
- BJC: Information to come

Transportation:

- St. Louis Metro Transit: [Metro St. Louis Updates](#)