

# COVID-19 Resource Guide

**Note: this information will be updated weekly in order to ensure the most current and correct information is available.**

**In order to submit additional resources please contact Megan Rockefeller at [mrockefeller@nslaw.net](mailto:mrockefeller@nslaw.net) or by calling 775-284-3491 ext. 251.**

**OR**

**Darrien Barajas at [dbarajas@nslaw.net](mailto:dbarajas@nslaw.net) or 775-284-3491 ext. 250**

**Reno Office:**

**(775) 284-3491**

**204 Marsh Ave #101**

**Las Vegas Office:**

**(702) 386-0404**

**530 S. 6th St.**

**Carson City Office:**

**(775) 883-0404**

**209 N. Pratt Ave.**

**Yerington Office:**

**(775) 463-1222**

**720 S. Main St. #A**

**Elko Office:**

**(775) 753-5880**

**285 10th St.**



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### **General COVID-19 Information**

#### **COVID-19 Information Translated into the Paiute Language:**

<https://www.washoeschools.net/cms/lib/NV01912265/Centricity/Domain/1597/Family%20Wellness%20Resource/covid%20numu.pdf>

#### **General Information and Resources from Senator Jacky Rosen:**

English: <https://www.rosen.senate.gov/covid-19-nevada-resource-guide>

Spanish: <https://www.rosen.senate.gov/guia-de-recursos-sobre-el-covid-19-en-nevada>

#### **General Information and Resources from Senator Catherine Cortez Masto:**

<https://www.cortezmasto.senate.gov/imo/media/doc/03.22.20%20COVID%2019%20Resource%20Guide%20FINAL.pdf>

#### **Find where to get tested for COVID-19:**

<https://nvhealthresponse.nv.gov/find-covid-19-testing-in-nevada/>

## **Food Resources**

### **Food Bank of Northern Nevada:**

- The Food Bank of Northern Nevada has ramped up services to meet the growing need. FBNN's Food Pantries and Mobile Harvest programs are running at all locations during regular hours. There are no qualifications or restrictions; anyone can access food assistance, though resources are focused on those who are food insecure. These resources may change; visit [www.fbnn.org](http://www.fbnn.org) for the latest information.
- Mobile Harvest & Neighborhood Pantries are operating. To view the schedule and more information: <https://fbnn.org/gethelp/neighborhood-pantry/>

### **Rail City Garden:**

- Rail City Garden is offering free produce from its farming partners. This is while supplies last. More information found here: <https://www.rgj.com/story/life/food/2020/04/02/free-produce-rail-city-garden-center-reno-nevada-stay-at-home-order/5113871002/>

### **Catholic Charities of Northern Nevada:**

- Catholic Charities is continuing to serve hot, nutritious takeaway meals from the St. Vincent's Dining Room, located at 325 Valley Road in Reno, NV. They are open Mondays-Saturdays from 11:30am-2pm. For more information: [www.ccsnn.org](http://www.ccsnn.org) or call (775) 322-7073

### **Community Health Alliance:**

- Individuals and families in Washoe County can access healthy food from CHA's Food Pantry at their Wells Avenue Health Center on 1055 South Wells Avenue. The pantry is open Monday through Friday 8 a.m. – 12 p.m. and 1 -5 p.m. Food can be delivered to clients in their cars if they choose not to enter the health center. If clients are walking or riding the bus, they can wait outside for their food. People with questions can call the main line, (775) 329-6300, and ask for the Food Pantry. The Food Pantry is targeted primarily at CHA patients, but is open to new clients due to the level of need in the community. New clients will need to fill out registration paperwork. One unique aspect of CHA's pantry is that CHA providers can write a prescription for food that is tailored to any medical conditions the patient is experiencing.

### **Healthy Communities Coalition:**

- Silver Springs Food Pantry serves Lyon and Storey County and offers fresh produce, meat and dairy via drive-thru on Tuesday's 2:30 PM at The Church of Jesus Christ of Latter-day Saints at 5470 Elm St, Silver Springs, NV. Canned goods are available at the Veterans Healing Camp location Wednesday and Thursday from 10:00 AM to 4:00 PM at 1775 US Hwy 50 East Silver Springs NV - 559-303-8759. Please note our Silver Springs pantry is in process of re-locating from Lyon County School District to Veterans Healing Camp, that is why the split distribution locations. Yerington Food Pantry operates Tuesdays from 2:00 PM to 5:00 PM, Wednesdays from 10:00 AM to 5:00 PM, and Thursdays from 10:00 AM to 1:00 PM at 124 West Bridge St., Yerington, NV - 775-350-4597. General questions can be made to the Healthy Communities Coalition at 775-246-7550.

### **Northern Nevada Dream Center:**

- Serving Carson City, Douglas County, Lyon County, and Storey County with food assistance in two ways. One being door-to-door home deliveries on week days. In order to access this, call (775) 443-4090 extension 1. They are also offering drive up food pantry services available the 1st and 3rd Fridays of the month from 12:00 PM to 4:30 PM and the 2nd and 4th Saturdays from 1:00 PM to 3:00 PM.

## **Unemployment & Welfare**

### **Disaster Unemployment Assistance:**

- Can file 24/7 online <http://ui.nv.gov/css.html>
- Can call M-F 8am-8pm North: (775) 684-0350, South: (702) 486-0350, Rural: (888) 890-8211

### **Online Filing for Welfare Services:**

- Provides food assistance (SNAP and WIC), cash assistance (TANF), medical and child care
- <https://dwss.nv.gov/Apply/APPLY/>
- Southern Offices: (702) 486-1646 & Northern Offices: (775) 684-7200

### **Unemployment Brochures:**

- English: [https://www.childrenscabinet.org/wp-content/uploads/NV-DETR\\_English-Benefits-Brochures.pdf](https://www.childrenscabinet.org/wp-content/uploads/NV-DETR_English-Benefits-Brochures.pdf)
- Spanish: [https://www.childrenscabinet.org/wp-content/uploads/NV-DETR\\_Spanish-Benefits-Brochures.pdf](https://www.childrenscabinet.org/wp-content/uploads/NV-DETR_Spanish-Benefits-Brochures.pdf)

## **Employment**

### **Manufacturing/Labor:**

- Eight positions in Northern Nevada have been posted through outsourcing company IntelliSource, including assembly workers, facilities cleaners and warehouse associates. Jobs can be reviewed at: <http://www.catchthespark.com>

### **Grocery:**

- Raley's has posted more than 60 positions for Raley's and Food Source locations in Reno, Sparks, Carson City, Fernley, Gardnerville, Yerington, Incline Village, Truckee and South Lake Tahoe. Job listings are posted here: <https://external-raleys.icims.com/jobs/search?pr=0&searchRadius=75&searchZip=89501&searchLocation=zipRadius&searchCategory=111247&mobile=false&width=1003&height=500&bga=true&needsRedirect=false&jan1offset=-480&jun1offset=-420>Health, Mental Health, and Supportive Services

- The Save Mart Companies will hire 1,000 employees, including at Nevada Save Mart locations, as well as Save Mart, FoodMaxx and Lucky Supermarkets in California. Jobs can be reviewed at: <https://savemart.csod.com/ats/careersite/search.aspx?site=1&c=savemart>

- Smith's Food and Drug Stores has 18 job postings at stores in Reno, Sparks, Carson City, Gardnerville and Dayton. Job listings are posted here: <https://jobs.kroger.com/smiths-food-and-drug/search/?searchby=distance&createNewAlert=false&q=&geolocation=89501+-+United+States&d=50&lat=39.5268&lon=-119.8113>

- Thrive Market, an online grocery retailer for non-gmo, organic and natural products, is seeking fulfillment specialists across all shifts. The company is conducting walk-in interviews Monday through Friday from 10 a.m. to 3 p.m. at its facility at 700 Milan Drive, Suite 101 in Sparks. Additional details at: <https://thrivemarketjobs.com/reno/>

### **Home Improvement:**

- Home Depot currently has 78 positions posted for its Northern Nevada stores in Reno, Sparks and Carson City, with positions including repair and tool technicians, cashiers, security, delivery and receiving. These listings can be accessed here: <https://careers.homedepot.com/job-search-results/?location=Reno%2C%20Nevada%2C%20USA&latitude=39.5296329&longitude=-119.8138027&radius=50&sort=title&dir=ascending>

### **Healthcare:**

- CVS Health has more than 80 positions open in Northern Nevada and northeastern California, including both licensed positions like pharmacy technicians and registered nurses; and entry-level positions such as cashiers and retail store associates. Accessed here: <https://jobs.cvshealth.com/search-results?CloudSearchValue=none&CloudSearchLocation=Reno%2C%20NV%2C%20USA&CloudSearchRadius=50&radiusUnit=Miles&prefilters=none>

## **Health, Mental Health, and Supportive Services**

### **Health Insurance:**

- Nevadans can apply for health insurance plans through Silver State Health Insurance between March 17 and April 15

- In order to qualify: 1. Create account with <https://enroll.nevadahealthlink.com/hix/>, 2. Complete online application, 3. Complete a self-attestation document and upload to the documents section OR call the Customer Service Assistance Center to verbally complete at 1-800-547-2927; TTY 771 (<https://d1q4hslcl8rmbx.cloudfront.net/>)

assets/uploads/2020/03/Self-Attestation-of- No-Prior-PY2020-Coverage.pdf), 4. Call center representatives will verify and validate that there has been no prior enrollment during 2020, 5. Select desired health plan and enroll, 6. Additional assistance here: <https://www.nevadahealthlink.com/find-assistance/>

- Assistance in Signing up for Medicaid: <https://www.childrenscabinet.org/wp-content/uploads/Medicaid-brochure-1.pdf>

### **Teledentistry Services:**

- LIBERTY Dental Plan is committed to providing Nevada Medicaid and Nevada Checkup members and providers with the highest quality of dental benefits and service.

- <https://client.libertydentalplan.com/NVMedicaid>

### **Individuals Impacted by Genetic Conditions:**

- Mountain States Regional Genetics Networks: <https://www.childrenscabinet.org/wp-content/uploads/Resources-for-Families-with-Genetic-Conditions.pdf>

### **Alcoholics Anonymous:**

- Online AA meetings- [https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/preview?fbclid=IwAR13xu7uczqj-P1kWVRaMMwnsF9LG5ky8rQT\\_eK6mckVtEGzeDCH071cBMQ](https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/preview?fbclid=IwAR13xu7uczqj-P1kWVRaMMwnsF9LG5ky8rQT_eK6mckVtEGzeDCH071cBMQ)

### **Narcotics Anonymous:**

- <https://virtual-na.org/>

### **Alcohol and Drug Helpline:**

- Call 1-800-923-4357 or text RecoveryNow to 839863 for the Alcohol and Drug Helpline

### **Social Online Recovery Community:**

- In the Rooms: <https://www.intherooms.com/home/>

### **Virtual Grief Groups:**

- Provided by the Solace Tree: <http://www.solacetree.org/2020/04/02/solace-tree-starts-virtual-grief-groups-in-response-to-covid-19/>

### **Tips for Managing Anxiety and Stress:**

- [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)  
[CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)

### **Mental Health Hotlines:**

- Call 1-800-273-8255 or text 273TALK to 839863 for the National Suicide Prevention Lifeline
- Text HOME to 741-741 for Crisis Text Line
- Call 1-800-985-5990 or text TalkWithUs to 66-746 for the Disaster Distress Hotline
- Call 888-457-4838 or text MIL1 to 839863 for the Military Helpline

## **Safety**

### **Domestic and Sexual Violence:**

- Safe Embrace 24-hour hotline: 775-322-3466
- Safe Embrace is keeping its shelter operational for those who are forced to stay in an environment with an abuser.
- Nevada Coalition to End Domestic and Sexual Violence: <https://www.ncedsv.org>
- Tu Casa Latina: <http://www.tucasalatina.org>
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- The Domestic Violence Resource center offers a 24-hour hotline (775.329.4150), housing, temporary protection orders, advocacy, support groups, children's services, and pet services
- Find a Safe Place at <https://www.nationalsafeplace.org/find-a-safe-place> or by texting the word safe and your current location (address, city, state) to 4HELP (44357).



- Call 1-800-799-7233 or text LOVEIS to 22-522 to connect with The National Domestic Violence Hotline

#### **Car Repairs (Las Vegas Only):**

- Up to \$500
- <https://community.repairsmith.com/>

#### **Online DMV:**

- <https://dmvnev.com/onlineservices.htm>
- DMV to open on June 15, 2020 for certain services (use online DMV or kiosk if possible to renew vehicle registration and most licenses and ID renewals)
- Extensions: any DMV document that expired March 16, 2020-June 16, 2020 has been extended until September 13, 2020 to renew. If it has fallen between June 15, 2020-July 14, 2020 you now have until August 14, 2020 to renew.

### **Financial Assistance**

#### **Economic Impact Payment Information:**

- <https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>

#### **Tax Assistance:**

- <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

#### **Utilities:**

• NV energy is suspending disconnects for any non-paying customer impacted by the COVID-19 pandemic. It will also waive late fees and deposits for customers experiencing financial hardships from the virus, as well as those who are unable to pay because of self- isolation.

• To apply for the SAFE (Special Assistance Fund for Energy) program through NV Energy call (775) 834-4444 or access <https://www.nvenergy.com/account-services/assistance-programs>.

• Truckee Meadows Water Authority (TMWA) has temporarily suspended water shut-offs due to inability to pay. If experiencing hardships contact (775) 834-8080.

- Southwest Gas has stopped service disconnections indefinitely until the coronavirus situation improves. For customers experiencing financial hardship, they are providing flexible payment options.

- TMWA has temporarily suspended any water shut-offs due to an inability to pay. They encourage customers that may be experiencing a hardship to contact them at 775-834-8080.

- Catholic Charities of Northern Nevada is offering emergency utility assistance at the St. Vincent's Resource Hub, which is located at 500 E. 4th St. in Reno, NV. If interested contact them at (775) 322-7073.

- The Frontier Community Action Agency serves citizens of Humboldt County. They are currently offering utility assistance funds to clients. If you would like to become a client, make an appointment by calling (775) 623-9003.

- The Salvation Army in both Reno and Carson City offers utility assistance. If interested and residing in Carson City contact Christie at (775) 887-9120. If interested in Reno, call (775) 688-4555 or go to 1931 Sutro Street, Reno, NV from 8am-11:30am and 1:30pm-4pm.

### **Rental Assistance:**

- Funding through the CARES Act: To qualify for financial assistance applicants will need to show they have income to sustain their household once the assistance period ends. This is not to be permanent housing assistance (Rapid Rehousing), it is intended to be a one time assistance period to prevent an individual or family from entering homelessness or exit homelessness. Applicants will need to meet the income guideline of 80% Area Median Income or below. Applicants will also need to meet one of the following criteria: Homeless- staying in a place not meant for human habitation (car, street, tent), Homeless - staying in an emergency shelter, Fleeing domestic/ partner violence, Leaving a transitional housing program, Facing eviction within 30 days, Doubled up and must leave current housing, Sudden significant loss of income, or Unpaid bills that will lead to eviction (medical bills, vehicle repair, etc.). To apply applicants can contact Jamie Peek at 775-530-9050 or peekj@reno.gov or Jessica Hillman 775-657-4619 hillmanj@reno.gov. Case managers can work with Jamie or Jessica to complete the application. Applicants will need to complete the application and show documentation of their income and qualifying event. Applications will take some time to process, and payments will be made directly to landlords or property managers. If you have questions please contact Jamie or Jessica.

- Catholic Charities of Northern Nevada one-time rental assistance: (775) 322-7073

- Frontier Community Action Agency one-time rental assistance: (775) 623-9003

- Nevada Rural Housing Authority one-time rental assistance: (775) 887-1795
- Salvation Army, Carson City one-time rental assistance: (775) 887-9120
- Salvation Army, Reno one-time rental assistance:(775) 688-4559, online application: <https://reno.salvationarmy.org/reno/rental-assistance>
- The Children’s Cabinet rent and mortgage assistance: (775) 856-6200
- The Frontier Community Action Agency serves residents of Humboldt County by providing rent and/or utility assistance: (775) 623-9003

## **Senior Specific Resources:**

### **Food Resources**

#### **Washoe County Senior Services:**

- Offering a lunch program for takeout only during the week at select locations, including the Washoe County Senior Center on 9th street Monday through Friday, from 11:15am - 12:30pm.
- A list of additional congregate meal sites can be found on the Lunch Program site at <https://www.washoecounty.us/seniorsrv/nutrition/congregate.php>. Please note, some sites require you to reserve your meal over the phone first.

#### **Meals on Wheels:**

- Provides eligible clients with home delivered meals each week. To be eligible, participants must be 60 years of age or older, homebound due to illness, disability or geographic isolation, and unable to attend a congregate meal sites offered by Washoe County Senior Services.
- Food personal will wear gloves during delivery.
- To sign-up, please call (775) 328-2581.

#### **Grocery Shopping Assistance:**

- Shopping Angels NV is a free grocery delivery program offering physical shopping at no additional cost for individuals over 60+ and those vulnerable to COVID-19. Please fill out the Shopping Angels <https://docs.google.com/forms/d/e/1FAIpQLSd5FbvXqx3GICZ1SIKOVs2LukraZr0VOyQWvbi5eRVPGSV1oA/viewform>. If you have any questions, please contact them by email

at shoppingangelsnv@gmail.com. Please note, you must be able to pay for your own groceries, as this is only a grocery delivery program run by volunteers.

### **Grocery stores that open early for seniors:**

- Whole Foods: 8a.m.-9a.m.
- Dollar General: 8a.m.-9a.m.
- Target: Wednesdays, 7a.m.-8a.m.
- Walmart: Tuesdays, 6a.m.-7a.m.
- Costco: T&Th 8a.m.-9a.m.
- Smart and Final: 7:30a.m.
- Smiths: M,W,F, 7a.m.-8a.m.
- Trader Joes: 9a.m.-10a.m.

### **Supplies**

#### **Helping Nevada:**

- Providing support for seniors in the area by picking up and delivering supplies
- 775-629-2360

### **Mental Health**

#### **Loneliness Hotline:**

- Call 503-200-1633 for the Senior Loneliness Line

### **Youth Specific Resources:**

### **Resource Center(s) and Information**

## **Coronavirus Resource Center for Families and Students (through Children's Advocacy Alliance) Updated Weekly:**

- <https://www.caanv.org/coronavirus-resource-center/>

### **Family Guide to COVID-19:**

- <https://www.childrencabinet.org/wp-content/uploads/COVID19-Family-Guide.pdf>

### **How to Talk to Children About COVID-19:**

- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Interactive picture book: [https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

## **Food Resources**

### **Office of Food Security**

- 775-684-2205
- 400 West King Street St. 300 Carson City, NV 89703

### **Burger King:**

- Two free kids meals for every adult who orders (purchase on the app)

### **Douglas County:**

- C.C Meneley Elementary School
- Aspire Academy High School

### **Elko County:**

- Southside Elementary School
- West Wendover High School
- Jackpot

- Owyhee

**Lincoln County:**

- Caliente Elementary School
- Pahrnagat Middle School

**Carson City:**

- Boys and Girls Club: 1870 Russell Way (11:30a.m.-1p.m.)
- Ron Wood Family Resource Center: 2621 Northgate Lane (11:30 a.m.-1 p.m.)
- Empire Elementary School: 1260 Monte Rosa Drive (11:30 a.m.-1 p.m.)
- Carson Middle School: 1140 W. King Street (11:30 a.m.-1 p.m.)
- Carson High School: 111 N. Saliman Road (11:30 a.m.-1 p.m.)
- Seeliger Elementary School: 2800 S. Saliman Road (11:30 a.m.-1 p.m.)

**Washoe County:**

- Louis Allen Elementary School: 5155 Mc Guffey Rd, Sun Valley, NV (11a.m.-12p.m.)
- Alice Smith Elementary School: 1070 Beckwourth Dr, Reno, NV (11a.m.-12p.m.)
- Libby Booth Elementary School: 1450 Stewart St, Reno, NV (11a.m.-12p.m.)
- Rita Cannan Elementary School: 2450 Cannan St, Reno, NV (12:15p.m.-1:15p.m.)
- Glenn Duncan STEM Academy: 1200 Montello St, Reno, NV (12:15p.m.-1:15p.m.)
- Greenbrae Elementary School: 1840 4th St, Sparks, NV (11a.m.-12p.m.)
- Echo Loder Elementary School: 600 Apple St, Reno, NV (12:15p.m.-1:15p.m.)

- Stead Elementary School: 10580 Stead Blvd, Reno, NV (12:15p.m.-1:15p.m.)
- Sun Valley Elementary School: 5490 Leon Dr, Sun Valley, NV (12:15p.m.-1:15p.m.)
- Evelyn Mount Community Center: 1301 Valley Rd, Reno, NV (11a.m.-12p.m.)
- Donald L. Carano Youth & Teen Facility: 1090 Bresson Avenue, Reno, NV
- The Club at the Donald W. Reynolds Facility: 2680 E. Ninth St, Reno, NV
- Joe Mitchell Community Center (Lemmon Valley): 325 Patrician Way, Reno, NV
- Neil Road Youth Site: 3905 Neil Road, Reno, NV

### **Boys and Girls Club of the Truckee Meadows:**

• They are providing meals to young people. You do not need to be a club member, but meals will only be given to youth 18 and under. Meals will be distributed as a drive-by service at the locations below. Breakfast will be available at 8:30 am and lunch at 11:30 am from Monday to Friday as long as schools remain closed.

- 1680 E. Ninth Street, Reno NV
- 1300 Foster Drive, Reno NV
- 1090 Bresson Avenue, Reno NV
- 3905 Neil Road, Reno NV
- 325 Patrician Drive, Lemmon Valley NV

### **Food Bank of Northern Nevada:**

• Food Bank of Northern Nevadas Kids Cafe will offer daily meals, Monday through Friday, to children 1-18 years old utilizing a drive-thru, grab-and-go model, which will allow children to take meals home for consumption through school closures. Follow this link for the schedule: <https://fbnn.org/gethelp/kidscafe/>

## **Supplies**

### **Foster Kinship:**

- Has diapers, wipes, and limited formula

- Application: [https://docs.google.com/forms/d/e/1FAIpQLSd0223Mrl2\\_DQXjh0hxhqKDr4O-jh03ori96lcuOLLu\\_5i2Yg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSd0223Mrl2_DQXjh0hxhqKDr4O-jh03ori96lcuOLLu_5i2Yg/viewform)

## **Medical, Dental, and Mental Health**

### **Medical transportation assistance:**

- MTM: <https://www.mtm-inc.net/contact/>

### **Dental Care for Children of Parents have been Laid Off (Las Vegas Valley and Pahrump):**

- (702) 99-TOOTH (998-6684)

### **Mental Health Services for Children and Teens:**

- Northern Nevada Child and Adolescent Services (telehealth): (775) 688-1600
- Southern Nevada Child and Adolescent Services (telehealth): (702) 486-0000
- Washoe County Children's Mental Health Consortium Access to Care Placement Prevention Fund: <https://wccmhc.com/care-placement-prevention-fund/>
- Child Mind Institute Telehealth Clinical Care: <https://childmind.org/our-care/telehealth/>
- Online Guide for Teens: <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>
- Online Guide for Supporting Children's Emotional Well-being: <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>
- Call 1-866-488-7386 or text START to 678-678 for The Trevor Project (for LGBTQ youth)

- Call 877-968-8491 or text teen2teen to 839863 for the Youthline

### **Schedule a Phone Visit with Children in State Juvenile Facility:**

- Summit View Youth Center: (702) 688-4747
- Caliente Youth Center: (775) 726-8200



- Nevada Youth Training Center: (775) 738-7182

## **Education**

### **Desktop Computers for Washoe County School District Students:**

- Call 775-322-8000, a law office, but let them know you want to be placed on the computer list.

### **Spectrum Internet:**

- Spectrum will offer broadband and Wi-Fi access for 60 days, beginning March 16, 2020, 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. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.

### **Distance Learning Family Wellness:**

- Provided by the Washoe County School District:
- <https://www.washoeschools.net/site/Default.aspx?PageID=14383>
- <https://www.youtube.com/channel/UCDph8qjiUg8i4HL40amTVVA>

### **Support for Children with ADHD:**

- [https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm\\_campaign=Weekly-04-08-20](https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-04-08-20)

### **Khan Academy:**

- <https://www.khanacademy.org>

### **FunBrain:**

- Free online educational games, videos, and books
- <https://www.funbrain.com>

### **National Geographic Kids:**

- <https://kids.nationalgeographic.com/#/1168979011726>

### **Story Time from Space:**

- Astronauts reading stories from space
- <https://storytimefromspace.com>

### **Washoe County Library:**

- Virtual library cards: <https://www.washoecountylibrary.us/services/library-card.php>

## **Support Finding Childcare**

### **The Children's Cabinet:**

- Steps to finding childcare: <https://www.childrenscabinet.org/child-care-resources/for-parents/steps-to-finding-child-care/>
- Backup Child Care Planner (English): <https://www.childrenscabinet.org/wp-content/uploads/2013/04/BackupPlan.pdf>
- Backup Child Care Planner (Spanish): <https://www.childrenscabinet.org/wp-content/uploads/2013/04/BackupPlan-Spanish.pdf>

### **Las Vegas Urban League:**

- Child Care Options: <http://www.childcarelv.org/en/child-care-options>

## **College Student Specific Resources:**

### **Financial Assistance (Student Loans)**

Starting March 13, 2020, federal student loan interest rates will temporarily be set to 0%. This only applies to federal student loans, not private loans. Your student loan servicer will change your interest rate to 0% automatically. This means that you won't owe any interest on your federal student loans during this 60-day period. However, a "forbearance" is not automatic and must be requested from your servicer. A forbearance means that you do not have to pay your student loan bill for 60 days without incurring any penalties. Remember that you don't have to pause student loan repayment for 60 days; it's optional. To apply for a forbearance, contact your servicer directly. Below is a list of student loan servicers for federal students loans:

- CornerStone: 1-800-663-1662
- ECSI: 1-866-313-3793

- FedLoan Servicing (PHEAA): 1-800-699-2908
- Granite State GSMR: 1-888-556-0022
- Great Lakes Educational Loan Services, Inc.: 1-800-236-4300
- HESC/Edfinancial: 1-855-337-6884
- MOHELA: 1-888-866-4352
- Navient: 1-800-722-1300
- Nelnet: 1-888-486-4722
- OSLA Servicing: 1-866-264-9762
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