

Free Resource Guide for Coping with COVID-19 in New Orleans

This guide provides links and information to some of the services and assistance that are available to the community during the COVID-19 pandemic. It does not include everything that is being offered to help the community. You can find more links online at [NOLA Ready](#) which has information on similar topics covered in this guide. You can also find data about the COVID-19 outbreak in Louisiana and additional information on the [Louisiana Department of Health](#) page.

Table of Contents

<u>Mental Health Crisis Resources</u>	Page 3
<u>Financial Assistance and Advice</u>	Page 5
<u>Family and Child Resources</u>	Page 6
<u>Wellness, Mindfulness, and Spirituality Resources for Adults</u>	Page 8
<u>Food Assistance and Grocery/Restaurant Info</u>	Page 10
<u>Healthcare Services and Information</u>	Page 11
<u>COVID-19 Community Testing</u>	Page 12
<u>Resources Addressing Racial Health Disparities</u>	Page 13
<u>Resources for Spanish Speakers</u>	Page 14
<u>American Sign Language Resources</u>	Page 16
<u>Emergency Preparedness Resources</u>	Page 17
<u>COVID-19 Webinar Series</u>	Page 18

Mental Health Crisis Resources

Crisis/Emergency Counseling by phone: 24 hours a day, 7 days/week

- **National Suicide Prevention Hotline:** Call 1-800-273-TALK (1-800-273-8255); Or online chat: <https://suicidepreventionlifeline.org/chat/>
- **National Suicide Hotline:** Call 1-800-SUICIDE (1-800-784-2433); Or online chat: <https://www.imalive.org/>
- **Nacional de Prevencion del Suicidio** (en espanol): 1-888-628-9454 (toll free)
- **Metropolitan Human Services Department Mobile Crisis Unit:** 504-826-2675
- **Alcohol Hotline Support & Information:** 1-800-331-2900
- **Louisiana Tobacco Quitline:** 1-800-784-8669
- **AL-ATEEN:** 1-800-352-9996 or 1-888-425-2666
- **Childhelp USA:** 1-800-422-4453
- **Cope Line by Via Link:** 504-269-2673 or 1-800-749-2673
- **NO/AIDS Task Force counseling hotline:** 504-309-2437
- **Youth America Hotline:** 1-877-968-8454
- **Youth Link:** 504-895-2550
- **National Sexual Assault Hotline** offers support, assistance, and advice to those experiencing assault or harrassment: 1-800-656-4673
- **National Domestic Violence Hotline** offers support, advice, and information on safe places to those experiencing domestic violence: 1-800-799-7233

Mental Health America:

- [Mental health screening tests](#)
- [MHA COVID-19 Resources](#)
- [Mental Health Month Toolkit \(May\)](#)

Kidline: 24/7, toll-free, judgment-free space for parents to receive emotional support, information, and referrals. Call 1-800-244-5373 or 1-800-CHILDREN. Text 225-424-1533.

For general questions, call 211 or visit www.211.org

Crisis Intervention: [Via Link](#) provides information, referrals, training, and crisis intervention to people, organizations, and communities

Research Findings to Help Deal With COVID-19 [from the APA](#)

Funeral Information from Louisiana Department of Health:

- [Guidance](#)

- [FAQs](#)

Local Mental Health Services:

- [Community Care Hospital](#)
- [Mercy Family Center](#)
- [Metropolitan Human Services District](#)
- [National Alliance on Mental Illness, New Orleans](#)
- [Thomas E. Chambers Counseling and Training Center](#)
- [True Love Movement](#)
- [Tulane Behavioral Health](#)
- [New Orleans Vet Center](#)
- [Volunteers of America Mental Health Services](#)

For Individuals in Recovery from Addiction:

Online meetings:

- [AA Meetings](#)
- [NA Meetings](#)
- [Al-Anon Meetings](#)
- [Smart Recovery](#)
- [Recovery Dharma \(Buddhism-based mutual support group\)](#)

Recovery Apps:

- [Sober Grid](#): allows you to interact, support, and engage with other people in recovery using a platform similar to Facebook.
- [Sober Tool](#): An easy way to track your clean and sober days. App includes daily motivational messages and reminders to keep you on target.
- [WEconnect](#): Provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, meditate, etc.
- [AA Big Book](#): This app gives you access to the full text of the Big Book, along with a meeting finder, podcasts, prayers, and personal stories.
- [12 Step Meditation Daily Reflections for AA, NA, Al-Anon](#): This app features hundreds of easy-to-follow guided meditations, as well as soothing music, prayers, and 12-step recovery audio.

Financial Assistance and Advice

How to Budget After Job Loss: [Coronavirus Tips from Money.com](#)

Restaurant Employee Relief Fund: <https://www.rerf.us/> *enrollment paused while first 20,000 applications are processed

[Information from IRS on the government stimulus checks](#)

Louisiana Workforce Commission COVID-19 News and Unemployment Information:

- [PR Information](#)
- [Employee Information PDF](#)

[Assistance for self-employed/1099](#)

[Assistance for artists/creatives](#)

[Assistance for gig-workers](#)

Job1 Assistance w/ Unemployment Claims (open for phone calls): 504-658-4500

COVID-19 Small Business Guidance & Loan Resources from [US SBA](#)

Louisiana Department of Child and Family Services: How to get SNAP benefits, COVID-19 news regarding supplemental benefits, suspended work requirements, and extended deadlines:

- [Get SNAP](#)
- [COVID-19 FAQs](#)
- [Flyer: How to Apply for SNAP](#)

Child Support Enforcement Services from [DCFS collection services](#)

Online Resources on Financial Literacy:

- [Khan Academy](#)
- [Coursera](#)
- [edX](#)
- [Skillshare](#)

Family and Child Resources

Report child abuse and neglect:

- [LA Department of Child and Family Services](#) or
- Call **1-855-4LA-KIDS** (1-855-452-5437)

CDC guidance:

- Women who are [pregnant or breastfeeding](#)
- People caring for [a sick person at home](#)

How to Talk to Your Kids About Coronavirus:

- [CDC Guidance for Parents](#)
- [PBS Guidance](#)
- [CDC Guidance for Schools and Childcare Workers](#)
- [Article from Childmind.org](#)
- "[Caroline Conquers Her Corona Fears](#)", a coloring/story book from LSUHSC Allied Health Professions to help kids understand the COVID-19 pandemic

Childcare Services:

- [Care.com](#)
- [Sitter City](#) (50% off new membership)
- [Bambino Sitters](#) (booking fee currently waived)
- [Winnie](#)

Department of Child and Family Services [COVID-19 Guidance for Foster Parents](#)

Tips for working at home with kids:

- [Tips and Activities from an Early Childhood Teacher](#)
- [How to Stay Productive While Working from Home with Kids](#)
- [How to Navigate Google Classroom](#)

Online Lessons, Activities, and Virtual Visits:

- [Go Noodle \(games and exercises\)](#)
- [Cosmic Kids Yoga](#)
- [Lunch Doodles \(drawing lessons\)](#)
- [Virtual Field Trips](#)
- [Virtual School Activities](#)
- [Educational Resource Companies Offering Free Subscriptions During COVID-19 Outbreak](#)
- [Civics/Government Lessons and Games for Kids](#)
- [Highlights Kids](#)

- [Sesame Street](#)
- [PBS kids](#)
- [California Science Center's Stuck at Home Science](#)
- [Read-Alouds and Sing-Alongs](#)
- [Operation Storytime](#)

Mindfulness, Wellness, and Spirituality Resources for Adults

CDC Guidance for [Daily Life and Coping](#)

Free Meditation Resources:

- [Headspace](#) (currently free for healthcare professionals with NPI#)
- **Ten Percent Happier** App (currently free for healthcare professionals):
 - o <https://redeem.tenpercent.com/> to claim your complimentary subscription you'll redeem the gift code (HEALTHCARE) on our website. Then log into the mobile app on your Apple or Android device using the same Ten Percent Happier account and all the subscription contents of the app will be unlocked.
 - o Coronavirus Sanity Guide has relevant and free content without creating an account: <https://www.tenpercent.com/coronavirussanityguide>
- **Calm.com** (currently offering free resources)
 - o Download the Calm app from Apple store or Google Play store
 - o [Website](#)
- [Insight Timer](#) Meditation App (free)
- [Stop Breathe & Think](#) App
- [Healthy Minds](#) App (currently available free)
- [Balance](#) Meditation App
 - o Free 1-year subscription, inquire via email: access@balanceapp.com
- [UCLA Mindfulness App](#)

Online Religious Services:

- [Episcopal Diocese of Louisiana](#) Prayers
 - o [St. Anna's in New Orleans, Facebook Live](#): Daily Prayer 8am, noon and 9pm Mon-Fri and Sunday Mass at 10:30am
- **Islamic Association of Arabi** [website](#) with online radio, uploaded lectures, local prayer times, and other resources for the state of Louisiana
- [Sinai Temple](#)
- **Archdiocese of New Orleans'** [list of local Catholic masses online](#)
- **Franklin Avenue Baptist Church**: [livestream mass Sundays at 9 am](#)
- **Jewish Federation of Greater New Orleans'** [COVID updates](#)

Free Online Exercise Resources:

- [Les Mills](#) on-demand exercise classes (currently available free)
- **Peloton** (no Peloton equipment required): [free 90-day subscription](#)
- **Whole Life Challenge**: [free pop-up challenge for individuals or teams](#)
- [Down Dog](#) App (Yoga, HIIT, Barre, 7-min exercise—currently free with .edu email address)

Free Online Cultural Experiences:

- **Virtua NOLA** [New Orleans Attractions](#)

- **Metropolitan Opera** [free online broadcasts](#)
- **Live Virtual Concerts** [list from NPR](#)
- **Museum:** [museums that offer virtual tours](#) and [online collections](#)
- **Broadway Direct Guide** to [Online-Streaming Broadway Shows](#) (most free with Amazon Prime)

Free Online Classes:

- [Khan Academy](#)
- [Coursera](#)
- [Lynda.com](#)
- [The Great Courses](#) free lectures
- [Free virtual courses from Ivy League universities](#)

Volunteering & Giving Opportunities:

- [SewDat](#): donate or purchase cloth face masks

Food Pantries and Delivery/Pick-up Services

Free Sources of Food:

- **Carmo** is offering totally free meals to those in need, requesting sliding scale donations. Visit their [website](#) to request/schedule assistance
- **Foodpantries.org** locates [nearby food pantries and subsidized groceries](#)
- **Second Harvest Food Bank** has various assistance program and a weekly food pantry @ Notre Dame Seminary, check their website or call for details
 - o [Social Services Benefits Helpline](#)
 - o Or call 1-855-392-9338 toll-free Monday-Friday 8am-7pm for food assistance.
- **Orleans Parish Public Schools'** [School Lunch Assistance Program](#)
- [Women, Infants, and Children](#) Nutritional Program
- [ISKCON NOLA \(Hare Krishna house\)](#) Sunday Love Feast at 6:30 pm, and other free meals as announced

Grocery Delivery Services: (Please note: Demand is higher than normal right now, so delivery times may be limited and some items may be out of stock.)

- [Instacart](#)
- [Shipt](#)
- [Yummy](#)
- [Pink Dot](#)

Grocery Curbside Pick-up/Delivery (Online Ordering) Services: (Please note: Demand is higher than normal right now, so delivery times may be limited and some items may be out of stock.)

- [Rouses](#)
- [Robert Fresh Market](#)
- [Target](#)
- [Walmart](#)

Meal Delivery Services (most have introductory discount offers):

- [Blue Apron](#)
- [Green Chef](#)
- [HelloFresh](#)
- [Home Chef](#) (discount code DINNER30)
- [Splendid Spoon](#)

Restaurant Delivery Services:

- [Door Dash](#) (delivery fee currently waived)
- [GrubHub](#)
- [Uber Eats](#) (delivery fee currently waived)
- [Eat Street](#)
- [Seamless](#)
- Nola.com's guide to [local restaurants open for take-out and delivery](#)
- NewOrleans.com's [local food updates](#)

Healthcare Services and Information

Online COVID-19 Symptom Checker: [COVID-19 Screening Tool from Apple](#)

Healthy Habits: [How to stop habitual face-touching](#)

Local primary care clinics:

- [Common Ground Health Clinic](#)
- [Crescent Care](#) (offering walk-in COVID-19 testing at Elysian Fields location)
- [DePaul Community Health Centers](#) (formerly Daughters of Charity)
- [Tulane Drop-In Clinic at Covenant House](#) (for children and teens)
- [Excelth Family Health Clinics](#)
- [Healthcare for the Homeless](#)
- [Luke's House Clinic](#)
- [LSU Healthcare Network](#)
- [NOELA Community Health Center](#)
- [New Orleans Musicians' Clinic](#)
- [Odyssey House Louisiana](#)
- [University Medical Center](#)
- [South Broad Community Health Center](#)
- [Southeast Louisiana Veterans' Healthcare System](#)

Blood Donation:

*Blood donation is down during the COVID-19 pandemic, please use the links below to find out where to donate blood and if you are eligible to donate.

- [The Blood Center Locations](#) (find out which locations are open here as well)
- [Can I Donate? \(Eligibility\)](#)
- [Ochsner Blood Bank](#)

Plasma Donation by Recovered COVID-19 Patients:

- [Donate plasma if you had COVID-19 and have recovered](#)

COVID-19 Community Testing Information

A person must be 18 years of age, have been exposed to COVID-19, or think he or she may have had or has symptoms.

Testing Times: 8 a.m. 4 p.m. each day, or until the allotted 250 tests have been taken. Times are subject to change due to weather conditions.

Schedule:

May 4-6: First Grace United Methodist Church at Comisky Park (3401 Canal St.), Mid-City

May 7-9: Franklin Avenue Baptist Church (8282 I-10 Service Road), New Orleans East

May 11-13: Orleans and Claiborne avenues, Mid-City

May 14-16: Algiers, location TBD

May 18-20: Martin Luther King Elementary School (1617 Caffin Ave.), Lower 9th Ward

May 21-23: Original Morning Star FGBC (1462 Marais St.), Desire

May 26-29: New Orleans East, location TBD

June 1-3: Woodmere Elementary School (3191 Alex Kornman Blvd, Harvey), Westbank

Text COVIDNOLA to 888777 to sign up for text message updates on COVID-19 including changes in testing sites or schedule. You can also follow @nolaready on Twitter or Instagram for updates.

Resources & News Addressing Racial Health Disparities

American Medical Association's [Health Equity page](#)

National Public Radio coverage of [COVID-19 disparities](#)

Urban League of Louisiana [updates](#)

The Data Center's [demographic reporting of COVID cases](#)

Governor John Bel Edwards' announcement of the creation of a COVID [health equity task force in Louisiana](#)

PolicyLink's [commentary](#) on racial disparities, plus curated web content and ways to get involved

The [National Collaborative on Health Equity](#)

Dillard University's [Minority Health and Health Disparities Research Center](#)

National Nurses United [initiatives to address racial disparities](#)

The Brookings blog: [mapping racial inequity](#)

Resources in Spanish and Vietnamese

Panamerican Health Organization: [Informacion de COVID-19](#)

Prueba de Depresión & Ansiedad:

- [Depresión](#)
- [Ansiedad](#)

Apps en Español:

- [UCLA Mindfulness App](#)
- [7 Cups of Tea](#), Un sitio y aplicación para ayudarle con su bienestar emocional. Servicios gratis que incluye conectar con un “oyente” que lee tu mensaje en un chat privado y responde. Ofrece un chat de texto anónimo disponible a las 24 horas para compartir mensajes escritos con otros o si desee, puede pagar \$150 por mes para hablar con una terapeuta licenciada en vez de un oyente
- [Happify](#), Una aplicación gratis que contiene actividades divertidos para fortalecer su felicidad. Ayuda a cambiar sus pensamientos negativos. Enlaces a artículos en español en cómo ayudarle a sentirse más contenta
- [Sanvello](#), Una aplicación gratis en español que introduce atención plena para ayudar con sentimientos de estrés, ansiedad, o depresión. Le ayuda a sentirse mejor a través de reflexiones y medicación. NOTA: lo que contiene el web está en español, pero los videos no son.
- **Direcciones en su smartphone:** Abre la aplicación y haga una cuenta. Cuando ya está ingresada, haga clic en las tres líneas (menú localizado en la esquina izquierda). Si quiere chatear con un oyente, haga clic en los títulos siguientes: “Oyentes”; “Buscar un oyente”, “búsqueda avanzada”; “idioma”; “Español”; “verified listeners”; “Búscame un oyente.” Después, usa la flecha abajo para navegar oyentes. Elige un oyente y comienza a escribir su mensaje.
- **Direcciones en su computadora:** Haga una cuenta e ingresa. Haga clic en la esquina derecha, arriba de la página donde esta sus iniciales y ve a “my settings”; busca “Language” para elegir “Spanish” y haga clic abajo en “Save Changes”. Luego haga clic en la figura de una taza arriba en la esquina para ir a la página de inicio. Haga clic en “Buscar oyentes”; “mas filtros”; “idioma”; “español”; “buscar”. Navega oyentes disponibles, elige uno, y comienza a escribir tu mensaje.

Para Mujeres Embarazadas o en Postparto:

- **Localizar Servicios Salud Mental Para [Maternidad](#)** (pone su código postal para buscar una lista de centros de salud mental que ayudan a mujeres embarazadas/postparto)

- **Apoyo [PostParto Internacional](#)** (Ve al sitio para obtener recursos, apoyo e información gratuita. También puede tener acceso a un código para conectarse a un grupo de apoyo que se reúne cada miércoles por teléfono gratis. Puedes escuchar las experiencias de otros padres, hablar sobre sus experiencias, y aprender cómo mejorar su depresión o ansiedad durante el embarazo o postparto)

Louisiana Dept. of Health Latinx PSA and Infographics: [Google Drive](#)

[Luke's House Clinic](#)

Volantes informativos [en español](#)

We Are One America [resources for immigrants](#)

Vietnamese Resources:

- **Resources from [VAYLA](#)**, an Asian American and Pacific Islander non-profit
- **NOLA Ready Vietnamese [COVID-19 Flyer](#)**

Resources for Deaf and Hard of Hearing Individuals

CDC Youtube channel ASL: [COVID-19 guidance in American Sign Language](#)

Louisiana Department of Health [COVID communication card](#) for the hearing impaired

CSD COVID homepage: [COVID-19 resources](#)

Emergency Preparedness Resources

Louisiana Department of Health [Family Preparedness information](#)

NOLA Ready [homepage](#) for information on upcoming hurricane season and other emergencies, and to sign up for live updates via text or phone call

Evacuteer [homepage](#) from the non-profit that coordinates a local evacuation effort and offers possible solutions to individuals and families struggling to leave the city

Lower 9th Ward [Center for Sustainable Engagement and Development](#) offers free labor and building materials for those in need

COVID-RELATED WEBINAR SERIES

American Public Health Assoc. & National Academy of Medicine: [COVID-19 Conversations](#)

Louisiana Public Health Institute Regional Tele-Town Hall Series: [COVID-19: Preparing for the Next Phase](#)

Substance Abuse & Mental Health Services Administration: [Mental Health Trainings](#)