

# NORTH NICHOLAS HIGH SCHOOL

## HELPFUL COVID-19 RESOURCES



Resources: To help cope with the impact of Corona-19

### FOOD/HOUSEHOLD RESOURCES

#### Lee County Food Banks/Financial Assistance

[https://www.needhelpayingbills.com/html/lee\\_county\\_food\\_pantries.html](https://www.needhelpayingbills.com/html/lee_county_food_pantries.html)

#### Catholic Charities Diocese of Venice, Inc.

Lee County: (844) 385-2423

Food, Financial Assistance, and Mental Health Services

#### Community Cooperative Mobile Food Pantries

**\*\*See website for the 11 Lee County Locations\*\***

Fort Myers, N. Fort Myers, Cape Coral, Bokeelia, Lehigh Acres, Estero

**Mon** (2-4pm) **Tue** (3-5pm) **Wed** (3-5pm) **Thurs** (10/10:30am-12pm, 3-5pm) **Fri** (10:30am-12pm)

**Sat** (8-10am)

<https://communitycooperative.com/what-we-do/mobile-food-pantries/>

#### Lee County School District (Public Schools) Free “Grab & Go” Meals:

[https://www.leeschools.net/parent\\_portal/covid-19/meal\\_pick\\_up\\_sites](https://www.leeschools.net/parent_portal/covid-19/meal_pick_up_sites)

## Financial Resources

❖ Get financial help, free items or services, and other support in Lee County. Churches, charities, and government agencies help low income families, the working poor, seniors, and disabled. Find help for rent or mortgages, free medical care (including dental and prescriptions), free food from pantries, money for security deposits and other aid in the Cape Coral region and county. There are also loans for paying bills, free clothes, case management and more.

[https://www.needhelpayingbills.com/html/lee\\_county\\_assistance\\_programs.html](https://www.needhelpayingbills.com/html/lee_county_assistance_programs.html)

❖ Residents whose employment has been negatively impacted as a result of COVID-19 can apply for [reemployment assistance benefits](#) (formerly known as unemployment compensation) through the Florida Department of Economic Opportunity (<https://www.leegov.com/covid-19/resident>)

❖ [UnitedWayLee.org](#) 2-1-1 is a United Way program that provides free information and referral to human/social service agencies within Lee, Hendry, Glades and Okeechobee Counties. Clients can call and receive information and referrals appropriate to their needs

❖ Spectrum COVID-19 Remote Education Credit/educational internet offer: **Free** access to internet and Wi-Fi for **60-days** for new Pre-K to 12, college student and teacher households who don't currently have internet or WiFi service and at any service level up to 100Mbps. **Contact: (855) 243-8892**

<https://www.spectrum.net/support/internet/coronavirus-covid-19-educational-internet-offer>

❖ Internet Essentials from Comcast: <https://www.internetessentials.com/>



# Medical Resources



Florida Department of Health Mon-Fri 8am-5pm (239) 332-9501 <http://lee.floridahealth.gov/>  
**COVID-19 Call Center Available 24/7 | 1(866) 779-6121 or Email [COVID-19@flhealth.gov](mailto:COVID-19@flhealth.gov)**  
Families First Coronavirus Response Act <https://www.dol.gov/agencies/whd/ffcra>  
Coronavirus Aid, Relief and Economic Safety (CARES) Act <https://home.treasury.gov/policy-issues/cares>

**If you think you or someone in your family might have COVID-19 and are exhibiting respiratory illness symptoms, you should call a healthcare provider. Your healthcare provider will work directly with the Florida Department of Health in Lee County to determine if you need to be tested for COVID-19.**

**You can call United Way 211 for information and referrals by dialing 2-1-1 or 239-433-3900**

## MENTAL HEALTH RESOURCES

❖ [Elite DNA Therapy Services](https://elitedna.us/) provides mental health and therapeutic Virtual Walk-in & Scheduled appointments Monday – Friday from 8am – 4:30pm for new and existing patients with special consideration to the emotional impact of COVID-19. (239)223-2751 | <https://elitedna.us/>

❖ [Center for Progress and Excellence](https://progressandexcellence.com/mobile-crisis) provides telehealth and mobile crisis intervention serving Circuit 20 (Lee, Hendry, Glades, Collier & Charlotte counties). **Services are at no cost.** Crisis response time is within 60 minutes. Mental health follow up services are available within 48 hours.

[The Mobile Crisis Line \(844\) 395-4432](https://progressandexcellence.com/mobile-crisis) is answered 24 hours a day, 7 days a week  
<https://progressandexcellence.com/mobile-crisis>

❖ [Valerie's House](https://www.valerieshouseswfl.org/grieve-love-heal) – Valerie's House is still enrolling families in need of grief support amid the COVID-19 crisis. Please contact Amy Strom by calling 239-841-9186 or emailing [amy@valerieshouseswfl.org](mailto:amy@valerieshouseswfl.org)  
Grief Love Heal Podcast: <https://www.valerieshouseswfl.org/grieve-love-heal>

❖ [The Boris Lawrence Henson Foundation](https://borislhensonfoundation.org/) (BLHF) provides COVID-19 Free Virtual Therapy recognizing that during this difficult time, affording the cost of mental health services can be a barrier in the African-American community. Text: **NOSTIGMA** to 707070 to speak with a licensed, culturally competent Mental Health Professional. <https://borislhensonfoundation.org/>

❖ Crisis Text Line: Text **HOME** to 741741

❖ National Suicide Prevention Lifeline: 1-800-273-8255

## Parent Corner

❖ To keep your children active but safe - *Local Virtual Physical Activity Events while Social Distancing:* [www.active.com](http://www.active.com)

❖ Resources & Tips to assist you with your child's Remote Learning “**COVID-19 Resilient Educator Toolkit**”  
<https://resilienteducator.com/>

❖ A One-stop Shop Resource for Parents – <https://www.parenttoolkit.com>

For more information, contact your Family Support Specialist:  
Nzingha Gaines, MSW | 239.896.5792 | [Nzingha.Gaines@als-education.com](mailto:Nzingha.Gaines@als-education.com)