

## **FOOD ASSISTANCE**

### **Grocery Delivery**

#### **Shopping Angels**

##### Serves:

- Seniors 60+
- Adults 18+ with impaired immune systems
- Chronic Illness

##### Hours:

- M - F 10 a.m. - 7 p.m.

##### Website:

- <https://www.facebook.com/shoppingangelsinc/>
- <https://docs.google.com/forms/d/e/1FAIpQLSd5FbvXqx3GICZ1SIKOVs2LukraZr0VOyQWvbi5eRVPGSV1oA/viewform>

#### **Expensify**

##### Serves:

- Adults 18+
- Families with Children
- Benefit recipients
- Low-income

##### Website:

- <http://www.expensify.org/hunger>

#### **Mom's Meals**

##### Information:

- Provides home delivered meals to the elderly, disabled, and individuals in poor health, who are eligible for economic assistance through Medicaid Waiver or other government-funded nutrition programs

##### Serves:

- Adults 18+
- To qualify you must meet one of the conditions: Be 65 or older, disabled, require assistance with grocery shopping and/or preparing meals, or on Medicaid/Medicare or a member of a Health Insurance Plan that offers a paid meal benefit.

##### Hours:

- M - F 8 a.m. – 6 p.m.

##### Phone:

- 877-508-6667

##### Website:

- <http://www.momsmeals.com/our-programs/ltss-hcbs/>

### **Food Assistance**

#### **US Dept of Agriculture Emergency Food Assistance Program (TEFAP)**

##### Information:

- Free federal program that helps supplement the diets of low-income Americans at no cost

##### Serves:

- Anyone in need

##### Hours:

- M - F 7 a.m. – 4 p.m.

##### Website:

- <https://www.fns.usda.gov/tefap/emergency-food-assistance-program>

### **Food Pantry:**

#### **Lewis Central Community School District (Mobile)**

##### Serves:

- All ages, Anyone in need

##### Hours:

- Tuesday 4 - 5:30 pm \*Operates every 4<sup>th</sup> Tuesday

##### Website:

- <http://www.lewiscentral.org/foodpantry>

#### **Choice Pantry by Together**

##### Serves:

- Anyone in need, All Ages

##### Hours:

- M-F 12 p.m. – 2 p.m.

##### Website:

- <http://togetheromaha.org/i-need-help-2/services/>

## **Mental Health & Substance Abuse**

### **Methodist Emotional Support Line**

##### Information:

- Free, confidential counselors

##### Serves:

- Anyone in need; Spanish-speaking counselors available

##### Hours:

- Daily, 7a.m. – 7 p.m.

##### Phone:

- 402-815-TALK
- 402-815-8255

### **WeConnect Health Management Online Support Meetings**

##### Information:

- Offering free online support meetings that are open to anyone

##### Serves:

- Anyone in need: Eating disorder, All Mental Health, Substance Dependency

##### Hours:

- 7 days a week, 9 a.m. – 1 a.m.

##### Website:

- <https://www.weconnectrecovery.com/free-online-support-meetings>

### **Disaster Distress Helpline by Substance Abuse and Mental Health Services Administration (SAMHSA)**

##### Information:

- Provides counseling, system navigation and a help hotline

##### Serves:

- All ages, Anyone in need

##### Hours:

- M - F 7 a.m. – 4 p.m.

##### Phone:

- 800-985-5990

##### Website:

- <http://www.samhsa.gov/find-help/disaster-distress-helpline>

Iowa COVID-19 Community Resources – Updated 6.1.2020

**National Alliance of Mental Illness (NAMI)**

Information:

- Provides mental health services, system navigation and help hotlines

Serves:

- All ages, Anyone in need

Hours:

- M - F 9 a.m.- 5 p.m.

Phone:

- 800-950-6264

Website:

- <http://www.nami.org/Find-Support/NAMI-HelpLine>

**Alcoholics Anonymous (AA)**

Information:

- Provides addiction and recovery support services, 12-step program, support groups and virtual support

Serves:

- Adults 18+
- Persons with alcohol dependency

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <http://aa-intergroup.org/directory.php>

**Narcotics Anonymous**

Information:

- Provides addiction and recovery support services, 12-step program, support groups and virtual support

Serves:

- Adults 18+
- Persons with substance dependency

Hours:

- M - F: 10 a.m. – 7 p.m.

Website:

- [http://www.na.org/?ID=virtual\\_meetings](http://www.na.org/?ID=virtual_meetings)

**The National Domestic Violence Hotline**

Information:

- Provides lifesaving tools and immediate support to empower victims and survivors to find safety and live free of abuse. Also, provide support to friends and family members who are concerned about a loved one.

Serves:

- Anyone in need

Hours:

- Open 24 hours

Phone:

- 800-799-7233

Website:

- <http://www.thehotline.org/>

**Optum Public Crisis Line**

Information:

- Providing free emotional support to anyone

Serves:

- Anyone in need

Hours:

- 24/7

Phone:

- 866-342-6892

Website:

- <https://www.liveandworkwell.com/content/en/public.html>

**Shine**

Information:

- Mental Health Support Services

Serves:

- Anyone in need

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <https://www.virusanxiety.com/>

**Sanvello Health, Inc.**

Information:

- Free premium access to our digital care delivery platform to anyone impacted by COVID-19 for the duration of the crisis, offering on-demand mindfulness and cognitive behavioral therapy-based self-care strategies

Serves:

- Adults 18+, depression and anxiety

Hours:

- M - F 8 a.m. – 5 p.m.

Website:

- <https://www.sanvello.com/coronavirus-anxiety-support/>

**Depression and Bipolar Support Alliance (DBSA)**

Information:

- DBSA Free Online support Groups give people living with depression and bipolar disorder a safe, welcoming place to share experiences, discuss coping skills and offer each other hope

Serves:

- Ages 17+ with a mood disorder

Hours:

- M-F 8 a.m. – 5 p.m.

Website:

- <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

## Medication Assistance

### CVS prescription delivery

Serves:

- Anyone in need

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <https://www.cvs.com/content/delivery>

### Walgreens

Information:

- Waiving delivery fees for all eligible prescriptions
- Drive thru pharmacy access

Serves:

- Anyone in need

Hours: May vary by location, please check store locator

- 9 a.m. -9 p.m. 7 days a week

Website:

- [https://www.walgreens.com/topic/findcare/coronavirus.jsp?ban=covid\\_vanity](https://www.walgreens.com/topic/findcare/coronavirus.jsp?ban=covid_vanity)

### HealthWell Foundation

Website:

- <http://www.healthwellfoundation.org/fund/covid-19-fund/>

### The Assistance Fund:

Website:

- <http://tafcares.org/program-listing/>

### Patient Services, Inc.:

Website:

- <http://www.patientservicesinc.org/patients/types-of-assistance>

### Patient Advocate Foundation:

Website:

- <http://copays.org/providers/>

### Novo Nordisk Diabetes Patient Assistance Program

Information:

- People with diabetes using Novo Nordisk Inc. insulin who have lost health insurance coverage because of a change in job status due to the COVID-19 pandemic may now be eligible for enrollment in our Diabetes Patient Assistance Program (PAP) and receive insulin free of charge for 90 days. Effective April 1, 2020, Medicare patients were no longer required to pay \$1,000 for medicines before being eligible for the Novo Nordisk PAP.

Serves:

- All ages, Low-income, Diabetes, uninsured

Hours:

- M - F 7 a.m. – 4 p.m.

Phone:

- 866-310-7549

Website:

- <https://www.novocare.com/psp/PAP.html>

### Lilly Insulin Value Program

Information:

- In response to the crisis caused by COVID-19, Eli Lilly and Company is introducing the Lilly Insulin Value Program, allowing anyone with commercial insurance and those without insurance at all to fill their monthly prescription of Lilly insulin for \$35.

Serves:

- All Ages, Diabetes, Low -Income (Due to federal guidelines, seniors in Medicare Part D plans are not eligible for a savings card but can call the Solution Center to see if they're eligible for other options.)

Hours:

- M – F 10 a.m. – 10 p.m.

Phone:

- 833-808-1234

Website:

- <https://www.lilly.com/news/stories/covid19-crisis-lilly-introduces-35-dollar-copay-insulin>

## Transportation

### Frontier Airlines

Information:

- Financial assistance for flights for students

Serves:

- Adults 18+

Phone:

- 801-401-9000

Website:

- <http://www.flyfrontier.com/students-fly-free/?mobile=true>

### U-Haul

Information:

- Financial assistance for students for storage and school

Serves:

- Adults & Students

Phone:

- 800-468-4285

Website:

- <http://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/>

### Enterprise Rental

Information:

- Financial assistance for student's transit and transportation

Serves:

- Adults 18+, Students

Phone:

- 855-266-9289

Website:

- <http://www.enterprise.com/en/car-rental/deals/young-driver.html>

## Legal Aid

### COVID-19 Legal Advice Hotline by Iowa Legal Aid

Information:

- The COVID-19 Legal Advice Hotline is here to help lowans with free legal advice regarding their legal problems related to the COVID-19/coronavirus crisis.

Serves:

- Adults 18+, families, individuals/COVID-19

Hours:

- M-Tu-W-F 9 a.m. – 3:30 p.m.
- Th 9 a.m. – 11 a.m.

Website:

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

## Financial Assistance

### Iowa Work Force Development

Serves:

- All ages, Anyone in need

Hours:

- M-Tu-Th-F: 8:30 a.m. – 4:30 p.m.
- W: 9 a.m. - 4:30 p.m.

Phone:

- 866-239-0843

Website:

- <http://bit.ly/2xt41Y0>

### HealthWell Foundation

Information:

- Provides financial assistance for food, health care and prescription assistance

Serves:

- All ages, Chronic Illness, Low-Income, In crisis

Hours:

- M - F 8 a.m. – 4 p.m.

Phone:

- 800-675-8416

Website:

- [http://www.healthwellfoundation.org/fund/covid-19-fund/?utm\\_medium=social&utm\\_source=MHA&utm\\_campaign=COVID-19\\_story](http://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story)

### Humanity Forward

Information:

- Emergency Coronavirus relief fund

Serves:

- Low-Income, Adults 18+

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <https://movehumanityforward.com/covid-relief/>

### Timberlake Outreach Center by Open Door Mission

Information:

- The Timberlake Outreach Center provides preventative measures to empower families to remain in their own homes by supplementing their income through monthly assistance with food, clothing, household goods, furniture and appliances.

Serves:

- Low- Income, All ages

Hours:

- Tuesdays 9 a.m. - 3 p.m.

Phone:

- 402-829-1510

Website:

- <http://www.opendoormission.org/>

### Gary Sinise Foundation Emergency COVID-19 Combat Service

Information:

- Provides grants to first responders in need of PPE when answering COVID-19 services calls. Financial assistance is also available to healthcare professions, service members, veterans, first responders and their families who have been impacted.

Serves:

- Veterans, Healthcare Professionals, and first responders

Hours:

- M - F 8 a.m. – 5 p.m.

Phone:

- 888-708-7757

Website:

- <https://www.garysinisefoundation.org/emergency-covid-19-combat-service/>

## Housing

### Heartland Family Service Permanent Supportive Scattered-Site Housing

Information:

- Provides assistance in obtaining and maintaining permanent housing for individuals and families who are literally homeless and have at least one person with a disabling condition. Financial assistance and case management are provided in order to remove significant barriers to stable housing.

Serves:

- Young adults 18-23 who are former wards of the state. Homeless.

Hours:

- M – F 8:30 a.m. – 5 p.m.

Website:

- <http://heartlandfamilyservice.org/housing-financial-stability/permanent-supportive-scattered-site-housing/>

Iowa COVID-19 Community Resources – Updated 6.1.2020

**United Way of the Midlands**

Serves:

- All ages
- Home owners/Renters

Hours:

- Open 24 hours

Website:

- <http://bit.ly/2WEDAcB>

**COVID – 19 Rent Relief Loans by Esusu**

Information:

- Esusu is providing interest-free loans to individuals who have been impacted by a loss of income due to COVID-19. This fund is designed to safeguard renters while supporting tenants and landlords as we collectively navigate this crisis.

Serves:

- Age 17+ and adversely affected by COVID-19

Hours:

- M – F 7 a.m. – 4 p.m. CST

Website:

- <https://www.esusurentrelief.com/>

**Utility Assistance**

**Black Hills Energy**

Information:

- Temporarily suspending non-payment disconnections

Serves:

- All ages, Anyone in need

Phone:

- 888-890-5554

Website:

- <http://www.blackhillsenergy.com/safety/response-covid-19-your-safety-our-top-priority>

**Internet & Phone**

Information:

- Financial assistance for internet or phone services

**AT&T**

Serves:

- Adults 18+

Phone:

- 800-288-2020

Website:

- <http://about.att.com/pages/COVID-19.html>

**Cox Communications**

Serves:

- All ages

Phone:

- 402-933-3000

Website:

- <https://bit.ly/2VdQb4f>

**Sprint**

Serves:

- Adults 18+

Phone:

- 888-211-4727

Website:

- <http://www.sprint.com/en/landings/covid-19.html?INTCID=HPB:ALL:ALL:COVID19:LP>

**T-Mobile**

Serves:

- Adults 18+

Website:

- <http://www.t-mobile.com/brand/ongoing-updates-covid-19>

**U.S. Cellular**

Serves:

- Adults 18+

Phone:

- 800-944-9400

Website:

- <http://www.uscellular.com/covid-19>

**Verizon**

Serves:

- Adults 18+

Phone:

- 800-922-0204

Website:

- <http://www.verizon.com/about/news/update-verizon-serve-customers-covid-19>

**Stand Up Wireless**

Serves:

- Adults 18+, low-income

Hours:

- Su: 8am -5pm
- M - Sa 7 a.m. – 9 p.m.

Website:

- <https://standupwireless.com/>

**Assurance Wireless**

Serves:

- Adults 18+, low-income

Hours:

- M - F 7 a.m. – 4 p.m.

Phone:

- 888-321-5880

Website:

- <http://www.assurancewireless.com/>

**EveryoneOn**

Information:

- Offers Internet/Computer resource tool to help families find an internet provider that meets their financial needs. Help finding internet. Help finding computers.

Serves:

- All ages, Anyone in need

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <https://www.everyoneon.org/find-offers>