

**General Needs**

<http://211.org/>

<http://211.org/services/essential-needs>

**Stress Management**

[https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

<https://www.nami.org/covid-19-guide>

**Food Resources**

<https://www.foodpantries.org/>

<https://www.feedingamerica.org/find-your-local-foodbank>

**Domestic Issues**

<https://www.thehotline.org/help/>

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

<https://www.thehotline.org/help/path-to-safety/>

<https://www.end-violence.org/protecting-children-during-covid-19-outbreak>

**Small Business Resources**

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

<https://www.mainstreet.org/howwecanhelp/resourcecenter/covid19resources>

We also recommend checking your state's health department website and county or city's main website for state and local responses to COVID-19 for the most accurate information for your community. Local newspaper and TV new stations (local ABC, NBC, CBS and FOX affiliates) will often have up to date information about your community as well.