

COVID-19 Community Resources:

Food:

- *Boys and Girls Clubs of Southern Illinois, 250 N. Springer Street, Carbondale:* Lunch is available for pick-up between 12:00-1:30. Dinner is available for pick-up between 3:30-5:30, Monday through Friday.
- *Carbondale Elementary School District #95: "Grab and Go" Breakfast and Lunch at Thomas Elementary School and Carbondale Middle School from 7:30am-1pm, Monday through Friday. School bus meal delivery at your child's bus stop from 9:00am-12:00pm, Monday through Friday.*
- *Carbondale Community High School: "Grab and Go" meals available 7:30am-1pm, Monday-Friday*
- *Victory Dream Center, 607 E. College Street, Carbondale: Food Pantry, Wednesdays, 10:30-12:00*

Shelter:

- *The Women's Center Domestic Violence and Rape Crisis Services, 610 S. Thompson Street, Carbondale: 24-Hour Hotline-1-800-334-2094, Offers shelter for those experiencing domestic violence*
- *Good Samaritan Ministries, 701 S. Marion Street, Carbondale: Call (618) 457-5794 for information about services currently available.*

COVID-19 Hotlines:

- Southern Illinois Healthcare COVID-19 Hotline: (844) 988-7800; Call 24/7 if you have the following symptoms: fever, cough, shortness of breath.
- Illinois Department of Public Health COVID-19 Hotline: Call- (800) 889-3931 or email dph.sick@illinois.gov. Both available 24/7.

Free/Low-Cost Internet:

- The National Digital Inclusion Alliance provides information about internet plans for \$20/month and under. Visit <https://www.digitalinclusion.org/free-low-cost-internet-plans/>.

Unemployment:

- The Illinois Department of Employment security has adopted emergency rules that may provide unemployment benefit eligibility for some people who have lost their employment due to COVID-19. Visit <https://www2.illinois.gov/ides/Pages/COVID-19-and-Unemployment-Benefits.aspx> for more information.

Mental Health:

- *Disaster Distress Hotline for COVID-19-Related Stress and Anxiety: 1-800-985-5990*
- *Substance Abuse and Mental Health Services Administration Helpline: 1-800-662-HELP(4357)*
- *National Domestic Violence Hotline: 1-800-799-7233*
- *Suicide Prevention Lifeline: 1-800-273-8255*

Child Care for Essential Workers:

- If you are an essential worker, call the local Child Care Resource and Referral at John A. Logan College at (618) 985-5980 for assistance locating day care services.

