

Chester County, PA

COVID-19 Resources

Updated 1st week of April 2020

Mental Wellness Resources

Help lines and warm lines: <https://namimainlinepa.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>

Crisis Phone Numbers: <https://namimainlinepa.org/crisis-numbers/>

National Suicide Prevention Lifeline "Online Chat": <https://suicidepreventionlifeline.org/chat/>

National Crisis Text Line: <https://www.crisistextline.org/>

Accessing Mental Health Services in Chester County: <https://chesco.org/617/Mental-Health>

Managing Stress during the COVID-19 Outbreak:

https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

Center for Disease Control and Prevention (CDC) Tips for Coping with Stress during COVID-19:

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Stress and Coping: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Coping with Stress during Infectious Disease Outbreaks:

<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>

Trauma Informed Response During Uncertain Times: <https://www.acesconnection.com/blog/trauma-informed-response-during-uncertain-times>

Addiction Recovery Resources

Pennsylvania Recovery Organization Alliance (PRO-A) Online and Virtual Recovery Support List:

<http://pro-a.org/wp-content/uploads/2020/04/01-PROA-Online-Recovery-Support-Resource-list-4120-1.pdf>

Pennsylvania Department of Drug and Alcohol Programs (DDAP) COVID-19 Resource Page:

<https://www.ddap.pa.gov/Get%20Help%20Now/Pages/Coronavirus.aspx>

Pennsylvania Department of Drug and Alcohol Programs (DDAP) Online Support groups and podcasts:

<https://www.ddap.pa.gov/Get%20Help%20Now/Documents/COVID-Individuals.pdf>

Podcasts Supporting Recovery: <https://conversation.zone/podcasts/>

"Whatever it Takes" Virtual AA Meeting: <https://files.constantcontact.com/b67ca7a6601/b2f86612-5d0a-4735-bce4-2c5eed642653.pdf>

Addiction Policy Forum Smartphone App: <https://www.addictionpolicy.org/connections-app>

Herren Project Online Support Groups and Virtual Meetings: https://herrenproject.org/online-support-groups/?fbclid=IwAR1-c9IGnTmlG3RhpwtBTHzXj9Eok_Qb1Hn5VtrNWwJit-hnNTsIfo3JD00

Substance Use Disorder Resources

PA Get Help Now: <https://www.ddap.pa.gov/Get%20Help%20Now/Pages/COVID-19-Information-for-Individuals.aspx>

PA Get Help Now Chat: <https://m2.icarol.com/ConsumerRegistration.aspx?org=72331&pid=125&cc=en-US>

Accessing Treatment Services in Chester County:

<https://www.chesco.org/DocumentCenter/View/18451/Accessing-Services?bidId=>

Chester County Family Help Book: <https://chesco.org/DocumentCenter/View/52302/Family-Help-Book>

Resources for Parents

Talking with children about Coronavirus Disease 2019: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html

Children and COVID-19: Tips to keep children healthy while school's out:

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html?deliveryName=USCDC_2067-DM23953

Helping Children Cope with Changes Resulting from COVID-19: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Care for Caregivers: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>

8 Tips for Working from Home with Kids during COVID-19: <https://www.yalemedicine.org/stories/8-tips-work-at-home-with-kids-covid-19/>

Supporting Kids during COVID-19: <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

Food Resources

PA Food Resource Finder: <https://panen.org/covid-19-food-resources>

Chester County Food Bank COVID-19 Update: <https://chestercountyfoodbank.org/community-partners/member-agencies/>

Food Assistance during COVID-19:

<https://www.agriculture.pa.gov/FoodForThought/Pages/Article.aspx?post=71>

School Guidance from PA Dept. of Education during COVID-19:

<https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/Pages/AnswersToFAQs.aspx>

Emergency Food Assistance During COVID-19 Mitigation:

https://www.media.pa.gov/pages/Agriculture_details.aspx?newsid=900

Phoenixville Area Community Services (PACS) COVID-19 Message: <https://www.pacsphx.org/our-message-about-covid19>

Avon Grove School District Food Assistance:

<https://www.avongrove.org/district/administration/director-of-pupil-services/covid-19-communications>

Coatesville Area School District Food Assistance:

<https://www.casdschools.org/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=20&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=9662&PageID=1>

Downingtown Area School District Food Assistance: <https://www.dasd.org/Page/9207>

Great Valley School District Food Assistance: <https://www.gvsd.org/Page/17808>

Kennett Consolidated School District Food Assistance: <https://www.kcsd.org/news/2020/03/16/food-distribution-plan/>

Octorara School District Food Assistance:

<https://www.octorara.k12.pa.us/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=13&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=3699&PageID=1>

Owen J. Roberts School District Food Assistance:

<https://www.ojrsd.com/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=15&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=32977&PageID=1>

Oxford Area School District Food Assistance:

<https://www.oxfordasd.org/cms/lib/PA02218845/Centricity/Domain/4/Covid/Food%20Letter%203-30-2020rev2.pdf>

Phoenixville Area School District Food Assistance:

https://www.pasd.com/our_district/coronavirus_developments

Tredyffrin Easttown School District Food Assistance: <https://www.tesd.net/coronavirus>

West Chester Area School District Food Assistance: <https://www.wcasd.net/Page/12726>

Unionville Chadds Ford School District Food Assistance: <https://www.ucfsd.org/covid19/resources/faqs>

Employment Resources

PA Careerlink Job Seeker Resources: <http://www.pacareerlinkchesco.org/job-seekers/downloads/>

PA Careerlink “Hot Jobs” during COVID-19: <http://www.pacareerlinkchesco.org/wp-content/uploads/2020/03/Covid-19-Hot-Jobs-3-26-20.pdf>

Information for Workers Impacted by COVID-19: <https://www.uc.pa.gov/Pages/default.aspx>

Information on CARES Act for Small Business: <https://www.youtube.com/watch?v=Geu-RbGGfCQ&feature=youtu.be>

COVID-19 Resources for Businesses, Communities and Local Governments:

<https://dced.pa.gov/resources/>

Federal Student Loans: <https://www.ed.gov/coronavirus>

Transportation

Rover Schedule: http://1loxz73lopdw2z0qdd2rrul6-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/ROVER-Expanded-Grocery_R2.pdf

Septa Regional Rail Service Plan: <http://septa.org/service/rail/midday-schedule.html>

Financial Resources

Information for Workers Impacted by COVID-19: <https://www.uc.pa.gov/Pages/default.aspx>

Information on CARES Act for Small Business: <https://www.youtube.com/watch?v=Geu-RbGGfCQ&feature=youtu.be>

Phoenixville Community Health Foundation: <http://www.pchf1.org/available-grants/mini-grants/>

Chester County Community Foundation: <https://chescofcf.org/wp-content/uploads/2020/03/2020-03-CCCF-COVID19-RR-Grant-App.pdf>

United Way of Chester County: <https://www.unitedwaychestercounty.org/covid-19-response-fund>

Brandywine Health Foundation: <https://brandywinefoundation.org/apply-for-a-grant-scholarship/>

Delaware County: <https://delcofoundation.org/apply-for-covid-19-funding/>

Montgomery County: <http://www.mcfoundationinc.org/> (should be open by end of the week)

Regional PHL COVID Fund: <https://app.smarterselect.com/programs/65561--Philadelphia-Foundation>

Utilities

PECO: <https://www.peco.com/SafetyCommunity/Safety/Pages/coronavirus.aspx>

AT&T: <https://about.att.com/pages/COVID-19.html>

Comcast: <https://www.internetessentials.com/covid19>

Xfinity Hotspots: <http://wifi.xfinity.com/>

Sprint: <https://www.sprint.com/en/landings/covid-19.html>

T-Mobile: <https://www.t-mobile.com/brand/ongoing-updates-covid-19#customers>

Verizon: <https://www.verizon.com/about/news/our-response-coronavirus>

Mint Mobile: <https://www.mintmobile.com/unlimited/>