

## **Parent Resources**

### **Good MUST Knows**

-Evictions orders are on hold through May 1st

-Effective March 19th all timed, meter, and night parking restrictions have been suspended

-The April 15th deadline for utility disconnections has been extended. Regulators have ordered that all gas, electric, and water utilities not be disconnected for residential or commercial businesses.

-Effective March 13, 2020 all federal student loans went to a 0% interest until the Department of Education issues further guidance. You can call your service provider, and ask to have your student loan payments forbearance for 60 days.

- [CornerStone: 1-800-663-1662](tel:1-800-663-1662)
- [FedLoan Servicing \(PHEAA\): 1-800-699-2908](tel:1-800-699-2908)
- [Granite State – GSMR: 1-888-556-0022](tel:1-888-556-0022)
- [Great Lakes Educational Loan Services, Inc.: 1-800-236-4300](tel:1-800-236-4300)
- [HESC/Edfinancial: 1-855-337-6884](tel:1-855-337-6884)
- [MOHELA: 1-888-866-4352](tel:1-888-866-4352)
- [Navient: 1-800-722-1300](tel:1-800-722-1300)
- [Nelnet: 1-888-486-4722](tel:1-888-486-4722)
- [OSLA Servicing: 1-866-264-9762](tel:1-866-264-9762)
- [ECSI: 1-866-313-3793](tel:1-866-313-3793)

### **Free Bus Transportation in Milwaukee**

Starting at 4:00 a.m. on Saturday, March 28, 2020, MCTS is suspending fare collection and informing riders that they must enter and exit the bus through the rear door only, unless they need assistance with a mobility device or other ADA accommodation. Suspending fare collection limits the interaction between passengers and bus drivers.

See route schedule here :<https://www.ridemcts.com/routes-schedules/system-map>

### **SPECTRUM: 2 Months free internet:**

Spectrum will offer two free months of internet and WiFi services to new customers in households with a Pre-K to 12 grade student or college student who needs it for school. The discount will be applied as a credit for your first two months of internet service and the company will waive all installation and pre-payment fees. For more information on the promotion, you can contact **Spectrum at 1-(866) 874-2389**.

### **Food resources:**

- [Here's a link](#) to locate pantries and other sites providing meals: or call 211
- MPS Lunch sites for families: <https://mps.milwaukee.k12.wi.us/News/MPS-offers-packaged-meals-for-students-during-school-closure.htm>
- The [Boys and Girls Clubs of Greater Milwaukee](#) are providing three meals a day for kids under age 18. Follow the link for a map of participating locations. (414) 267-8100
- [Friedens Community Ministries](#) has several food pantry locations in Milwaukee.
- Shipt is offering 4 weeks free delivery for groceries (Target, Meijer, CVS)

### **Unemployment**

To apply for unemployment here-<https://dwd.wisconsin.gov/uiben/>

### **Housing**

Community advocates

<https://communityadvocates.net/>

Access county resources(in general)

Call 211

<https://211wisconsin.communityos.org/>

Can text COVID19 to 211-211 for information and resources

### **Voting**

Spring Election In-Person Absentee Voting (Early Voting)

**Effective immediately, the City of Milwaukee will no longer be operating in-person absentee or “early” voting at the city’s three locations: Zablocki Library, the Zeidler Municipal Building or the Midtown Center. Due to increased COVID-19 exposure risk, the Election Commission can no longer maintain sufficient staffing levels to operate these sites in a manner that would ensure a safe or efficient public voting experience.**

### **Requesting an absentee ballot by mail**

- You must be registered to vote to request an absentee ballot.
- Voters should request an absentee ballot *as soon as possible* for April 7. The deadline is April 2, but do not wait!
- Request your absentee ballot online at [myvote.wi.gov](https://myvote.wi.gov) (voters will be required to upload a picture of their Photo ID if not already on file).
- Or send an email to [absenteeballot@milwaukee.gov](mailto:absenteeballot@milwaukee.gov) (Photo ID still applies). Be sure to tell us your name, address, and for which election you want the ballot.

### **Senior citizen/disability resources:**

- The Milwaukee County Department on Aging is offering home delivery and some meal pick up options.
- Milwaukee residents older than age 60 who meet certain income requirements can get a free box of healthy food from the Hunger Task Force. <https://www.hungertaskforce.org/what-we-do/mobile-market/> 414-777-0483

### **Mental Health Resources:**

**Optum Public Crisis Line** offers a toll-free emotional support helpline available to anyone. Caring professionals will connect you to resources. It's open 24 hours a day, seven days a week. **Call: 866-342-6802.**

**Parent Helpline: 414-671-0566** - talk to a live person for any parenting support needed

- Fri. 8:30 AM-3:00 PM
- IMPACT 2-1-1 responds after hours

### **Doctor on Demand**

Medical care and mental health care available with insurance. It's an app that can be downloaded to your phone.

**MindStar**

Are able to do telehealth sessions. 414-435-1115

**Family Healing and Wellness Center**

414-367-8793

**Mental Health America and COVID-19 Resource List:** <https://mhanational.org/covid19>

**SupportGroups:** [www.online.supportgroups.com](http://www.online.supportgroups.com): website featuring 200+ online support groups.

**For Like Minds:** [www.forlikeminds.com](http://www.forlikeminds.com): Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.

**18percent:** [www.18percent.org](http://www.18percent.org): Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.

**Psych Central:** [www.psychcentral.com](http://www.psychcentral.com): Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and online support communities.

**7 Cups:** [www.7cups.com](http://www.7cups.com): Free online text chat with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.

**Emotions Anonymous:** [www.emotionsanonymous.org](http://www.emotionsanonymous.org): An international fellowship of people who desire to have a better sense of emotional well-being. The EA is nonprofessional and can be a complement to therapy.

**MHA’s Inspire Community:** <https://www.inspire.com/groups/mental-health-america/>: An online community where people can connect with others. MHA hosts a dedicated mental health community, but there are communities related to a variety of topics.

**Lyf App:** download app at <https://www.lyfapp.com.au/>: Lyf is a social media app where users share highly personal aspects of themselves without the fear of judgment. It's the one app where you can be yourself or write anonymously and people won't degrade or bring you down.

**Warmlines:** <http://www.warmline.org/>: A warmline is a peer-run listening line staffed by people in recovery themselves.

**SAMHSA's National Helpline:** Call 1-800-662-4357: SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

**Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline:** Call 1-800-985-5990 or text TalkWithUs to 66746

**Disaster Distress Helpline,** Call 1-800-985-5990 or text TalkWithUs to 66746: The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

**Crisis Text Line,** text MHA to 741741: You'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7

**Online AA Meetings:**<http://aa-intergroup.org/directory.php>

[More Mental Health links for Families](#) - Click for a very comprehensive list

**Ways to keep active:**

<https://www.birkie.com/birkie-together/>

The American Birkebeiner Ski Foundation has compiled a list of COVID-19-safe outdoor and indoor activities to stay active, including over 350 virtual workouts, tips for social distancing with kids and online yoga classes.