

List of Resources

Oregon School District Families

Local Social Workers

- Joe Sullivan, Joining Forces for Families, 608-835-4188. Joe is a community social worker that has created the NINA Fund (Neighbors in Need of Assistance). He has a limited amount of money available for gas cards, rent and various other urgent situations and is also an excellent source for local resources.
- Teresa Nicholas, school social worker K-6, 608-909-0870 (call/text) or tmnicholas@oregonsd.net
- Amie Mitchell, school social worker 7-12, ammitchell@oregonsd.net

Hotlines

- Journey Mental Health Emergency Services Unit 608-280-2700
- Briarpatch 24 Hour Line for Youth 608-251-1126
- Rape Crisis Center 608-251-7273
- Domestic Abuse Intervention Services 1-800-747-4045 or 608-251-4445
- Parental Stress Line 608-241-2221
- Oregon Police Department 608-835-3111

Suicide Crisis Response Resources

- Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Text "HOPELINE" to 741741
- Trevor Project Lifeline: 1-866-488-7386

Other Information/Sources for Support

- UW-Health COVID information hotline: 608-720-5300. Available to anyone regardless of insurance coverage, Monday-Sunday 8 am - 11 pm.
- [Madison365](#) and [The CapTimes](#) are local news sources with Coronavirus updates
- Greater Madison Resource Center (GMRC) provides referrals and general resources: 608- 770-1174 or [email](#). [Here](#) is a form for you to complete to ask for assistance.

Eviction Prevention/Housing Resources

- Evictions are prevented at least through May 26, 2020 ([link to article here](#)).
- The Tenant Resource Center is available for families with rental questions or to prevent evictions. Call 608-257-0006 x 7 and leave a message.
- Dane County Housing Resource Line 1-855-510-2323
- Community Action Coalition has limited funds available to prevent eviction (not related to Covid 19). Several criteria must be met, including having an eviction notice, before they can help. Call their Housing Crisis Hotline at 855-510-2323 from 8:00-4:30 Monday through Friday to complete a Housing Intake.
- The Salvation Army has assistance (rent, gas, grocery cards, utility payments) for families who are currently doubled up. 608-250-2298 or 608-250-2203.
- Housing Navigation Services is still operating. 608-826-8093 or [email](#)
- The Beacon - assistance for homeless individuals/families, call 608-826-8019. Leave a message and receive a call back within 24 hours

- The MadCity Homeless Resource guide is a comprehensive listing of community resources that are non-specific to the Coronavirus. This includes shelter, bus passes, day centers, laundry, housing referrals, phones, narcans and needle exchange, and survival gear. [Linked here](#)

Emergency Financial Resources

- For local financial aid resources, dial 211 or text your zip code to 898-211. You can also use [this web address](#) to find resources by zip code and keyword. Another option is to call 1-866-211-9966 and provide your zip code to get referred to local agencies.
- Dane County Human Services has a landing page for [Emergency Assistance Grants, W2, FSET, and Unemployment](#) with instructions on how to apply for each.
- UW Credit Union is offering \$2,500 emergency loans to members. You need to have been a member as of March 1st. No repayment or interest for the first 90 days, then a fixed rate of 1.90% APR for the first 3 years. [Click here for information.](#)
- Summit Credit Union is offering lines up credit up to \$5,000 for checking account holders and \$2500 for non-holders. No payments for 90 days, interest will accrue during that time. 5% APR for all credit scores. Call 800-236-5560 and ask for “Get-Me-Through Line of Credit.”
- WI Unemployment Information [link to apply](#)

Utility Resources

- The Public Service Commission of Wisconsin (PSCW) directed water, electric, and natural gas utilities to cease disconnecting residential service for nonpayment until the state public health emergency has been lifted ([link](#)).
- The [PSCW homepage](#) has information about free/reduced utility services across WI.
- Households making less than 60% of the state median income in the last month (e.g., \$3,859.83 for a family of 3) are eligible for utility payment assistance through WHEAP ([Wisconsin Home Energy Assistance Program](#)). 1-866-HEATWIS (432-8947).
- All late fees for utilities are now suspended ([source](#))

SNAP (FoodShare) and WIC

- The Supplemental Nutrition Assistance Program (SNAP, known as FoodShare in Wisconsin) benefits can be applied for [here](#)
- Women, Infants, and Children (WIC) benefits for pregnant or postpartum women and children under age 5 can be applied for at [here](#)
- There are additional funds available through SNAP for families currently receiving FoodShare and for those whose children receive free/reduced meals at school. [Link here](#)

Access to food, including farmers markets and CSAs

- Oregon Food Pantry: 107 N Alpine Parkway (adjacent to People's United Methodist Church). Pantry guests will be instructed to remain in line in their cars until they reach the front of the line, and we will register the guests without having them in the building. PLEASE BRING YOUR ID'S with you.
- [List of Food Pantries in our area](#). Some may be closed or limited due to COVID-19.
- [Here is a list explaining how to buy from local farmers during this time](#): these farmers would have been at the Winter Farmers' Market and/or selling to local restaurants.
- FairShare CSA Coalition offers 50%, up to \$300, towards fresh produce through their [Partner Shares Program](#). Recipients can use multiple payment methods (SNAP, checks, credit) and will receive flexible payment plans. They can choose from over 40 local farms that deliver near them (some farms also offer home delivery.)

- The owners of [Liliana's in Fitchburg](#) are hosting regular “pay what you can” soup days. People can buy soup for themselves or “pay it forward” and buy servings for others. Then, the restaurant offers soup from \$0-\$5 for people in need to take home. Leftover funds are donated to local organizations. The owner has been posting updates about this [on his personal facebook page](#). The number for the restaurant is (608) 442-4444; ask if they're having a Pay What You Can soup event today. Multiple kinds of soups including gluten free options for those with Celiacs Disease are often available!

Diapers and Baby Supplies

- [WIC has closed its office](#). Services are still available via phone. New enrollments are being taken. Existing members and interested new participants can call 608-267-1111.
- Dane County Diaper Drive is collecting diapers and will provide them at no cost to disadvantaged families: <https://danediapers.org>.
- Reach Dane is enrolling children ages 0-5 years in Early Head Start and Head Start. Enrolled families get immediate access to diapers, formula, and meals distributed weekly. They can provide families with early childhood education, mental health, and family supports virtually. www.reachdane.org or 608-577-6934

Telehealth/Online Mental Health Services (Therapy)

- Mental health counseling via phone call or video meeting is available at local mental health clinics. If you have a relationship with a clinic, you may call them to inquire about their process. If you'd like to start counseling, please contact the customer service number on your insurance card to find out about clinics/clinicians available.
- Journey Mental Health and Rogers Behavioral Health are still offering in-person services for psychiatric emergencies, inpatient treatment, and possibly certain outpatient programs.
- Crisis Text Line is helpful for panic attacks and other emotionally intense moments. Text HOME to 741741; a bot will provide you with their terms of service and put you on a waitlist to text with a real person. Wait times may be long due to current anxiety/panic about COVID-19. Regular messaging rates apply (the service itself is free).
- [SAMHSA Disaster Distress Hotline](#): Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. Dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.
- [The Child Mind Institute](#) is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. The Child Mind Institute is open and available for you and your child during this crisis. [Click here to learn about their telehealth evaluations](#) and treatment for ADHD, mood disorders, anxiety disorders, autism spectrum disorders and learning disorders. [Click here to read their COVID-19 Child and Adolescent Mental Health Tipsheet](#).

Their supportive resources include:

- [#WeThriveInside, a social campaign helping kids through COVID-19 and beyond](#)
- [Facebook Live video chats with expert clinicians \(4.30pm M-F\)](#)
- [Remote evaluations, telehealth and flat-fee phone consultations for parenting questions](#)
- [Daily tips for parenting during the crisis, via email](#)
- [CrisisLogger, a community research initiative collecting messages from parents, educators and frontline professionals.](#)

Services for Alcohol/Drug concerns

- Free Online, Video, and Phone AA meetings with local Madison community members. [List of local AA meetings](#)
- Recovery Dane 608-237-1661

- DrugFree.org (nationwide helpline) 1-855-378-4373

General Wellness Information

- The Wisconsin Department of Health Services (DHS) has created a website called [Resilient Wisconsin](#). It has many resources on addressing toxic stress and trauma and specific resources relating to coping during COVID-19.
- The Wellness Society has published a free full [PDF workbook for anxiety during COVID-19](#).
- GoZen has created a Compassion Journal workbook [Compassion Journal workbook](#)
- [Virus Anxiety](#) is a toolkit for managing anxiety about the virus and the uncertainty we are all facing.
- The Compassion and Resilience Toolkit has released a series of videos for [staying Resilient During COVID-19](#).
- Sesame Street has developed wellness videos and activities for the whole family. Visit [Sesame Street](#) for many resources.
- [Lived Wisdom on Panic, Worry, and Isolation](#): A document about the impacts of experiencing panic, worry, and isolation, and how people with mental health struggles have experienced and lived through these feelings.
- [7 Cups](#) offers free self-help modules that you can complete at your own pace, free 24/7 online chat, and lower cost telehealth therapy options.
- [5 Ways to Self Care During Coronavirus](#)
- Healthy Minds Innovations is offering the [Healthy Minds Program App](#) for free to individuals. There is no subscription fee, and no requirements. [Try an audio practice on exploring change](#) or [try the full program](#).

Activities for School Age Children Staying at Home

- [Madison Public Library has many free resources](#) available online. Use your library card to access them. Don't have a library card? [Apply for a virtual library card here!](#)
- UW Extension 4-H has created [a list of fun, hands-on learning projects to do at home](#) for kids. Activities are listed by grade levels.
- [Big List of Children's Authors Doing Online Read Alouds and Activities](#)
- [Milwaukee Brewers Summer Sluggers Reading Program](#) - open early! Free to sign up! Summer Slugger is a continuous and engaging learning experience that uses the game of baseball to prepare students of all backgrounds to enter the next school year on track.
- [Sample Daily Schedule for Learning At Home](#)
- [K-12 Teaching Possibilities in Pandemic Times](#): Facebook group with a community of people ready to problem solve at home learning issues who share many educational resources.
- [Preschool Homeschooling Schedule and Resources](#)
- [Anti-Oppressive and Anti-Racist Home School Options During Quarantine](#)
- [Break Packets for K-5 Students](#): Includes a variety of subjects for elementary ages children.
- [Scholastic Learn from Home](#) - FREE pre-k-12 online resources to keep kids learning at home while schools are closed.
- [Audible.com](#) is offering FREE streaming of books in multiple languages online for as long as schools are closed.
- [First Book Marketplace](#) is a great place to order deeply discounted books for kids. Free shipping for orders over \$25. Use promo code BOOKBANK15 for an additional 15% off orders.
- [Learn Online with Technology](#) - List of online websites for home-based learning.
- [List of digital author resources](#) - This is a website collecting events with read-alouds, face times, and other interactive online reading opportunities for families.
- [Home-based learning resources](#) - Lots of ideas for how to engage kids with learning while at home. Also includes link to online museum tours of different museums across the world.
- [Giant List of Ideas for Things to Do While Home with Kids](#) - Big list of easy to do activities while still keeping social distance from others.
- [16 Card Games that will Turn Your Children into Math Aces](#)

- [Interview a Family Member](#) - resource from TeachingTolerance.Org
- [List of at-home “science experiments”](#) for kids with mostly common household items (each item on the list links to a page with more details).
- [Over 30 Virtual Field Trips](#) - includes links to virtual tours to many places, like zoos, national parks, farms, outer space, and museums around the world (and universe!)
- [Help with Homework](#) - Facebook group with a community of parents and educators who are ready to help if you need help understanding your child’s school work or school-district issued enrichment packets.
- [Oceans Initiative Free Marine Biology Camp](#): Free videos uploaded every week. ([Article with more info](#))
- [NASA STEM Engagement](#): for grades K-4. Lots of resources and real-time videos!
- [Outdoor Learning Ideas](#) (compiled by educators at Lake View Community School in Madison)
- [Beat the COVID-19 Blues With These Wildlife and Nature Livecams](#) and [Wild Bird Unlimited Barred Owl Cam](#)
- [Henry Vilas Zoo Instagram Party](#): Henry Vilas Zoo is hosting a Virtual Party for the Planet now through the summer on Instagram. For the month of April, get in the spirit by completing our at-home challenges! Do the activities, take a picture, post it on [Instagram](#), and tag us to be entered to win great prizes! The more challenges you participate in, the more chances you have to win!
- The Healthy Kids Collaborative has developed a [Safe Outdoors 30 Day Challenge](#) with activity ideas for being outside and staying active during COVID-19. [Here is a video from the coordinator](#) that demonstrates outdoor safety.

Kid-Friendly Activities About COVID-19

- A Comic Written for children about COVID-19: [link here](#)
- Interactive website with activities for kids to learn about COVID-19: [link here](#)
- [School’s Closing, Now What?](#) - provides tips for how to support children and families while schools are closed and includes links to resources.
- [Social Story for Kids to Understand Why School is Closed](#) - translated into seven languages. Includes directions for use. [Audio book](#) available on YouTube.