

National Alliance on Mental Illness: COVID-19 Resource and Information Guide

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

- Online support communities
- Website search engines to find federally funded health centers that provide care regardless of insurance coverage or income
 - Find a federally funded health center near you at <https://findahealthcenter.hrsa.gov/>.
 - National Association of Free & Charitable Clinics at <https://www.nafcclinics.org/> offers a Find A Clinic function on its website.
 - Free Clinic Directory at <https://freeclinicdirectory.org/> offers a free clinic treatment locator by zip code.
 - Helpwhenyouneedit.org and www.211.org is a zip-code-based search for local resources including: affordable medical/ mental health clinics, housing, food, heating assistance, etc.
- Financial assistance programs

Online Support Communities

- NAMI hosts online communities where people exchange support and encouragement.
 - To join these discussion groups: www.nami.org.
- 7Cups www.7cups.com
 - Free **online text chat** with a trained listener for emotional support/ counseling. Also offers fee-for-service online therapy with a licensed mental health professional. Also offered in Spanish.
- EmotionsAnonymous:www.emotionsanonymous.org
 - EA members have **in person** and **online weekly meetings** available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.
- Support Group Central: www.supportgroupscentral.com
 - Offers **virtual support groups** on numerous mental health conditions - free or low-cost. Also offered in Spanish.
- SupportGroups.com: <https://www.supportgroups.com/online>
 - Website featuring 200+ **online support groups**.
- ForLikeMinds:www.forlikeminds.com
 - **Online mental health support network** for individuals to connect with others living with/ supporting someone with mental health conditions, substance use disorders, and stressful life events.
- 18percent: www.18percent.org
 - Offers a free, peer-to-peer **online support community** for those struggling with a wide range of mental health issues.
- PsychCentral:www.psychcentral.com
 - Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and **online support communities**.
- Contact the SAMHSA Disaster Distress Helpline (800) 985- 5990 that provides 24/7, 365-day-a- year crisis counseling/ support to people experiencing emotional distress related to natural or human-caused disasters.

Local COVID-19 Testing Centers

Cajundome	444 Cajundome Blvd, Lafayette	8:30am-10:30am	Pre-screening phone #: 311 or 534-TEST. Please bring picture ID and insurance card.
North Lewis Elementary	604 N. Lewis St, New Iberia	9:00am-12:00pm	Pre-screening patients at these two #s: 337-374-7421 and 337-374-7420. Please bring picture ID and insurance card.
Delcambre Erath Rural Health Clinic	220 North Road, Erath	10am-12pm	Pre-screening phone #: 337-892-6999. Please bring picture ID and insurance card.
Opelousas General Health System	Information regarding test location will be released to patient once they have been screened.	By appointment	Pre-screening phone #: 337-678-4705. Please bring picture ID and insurance card.

Resources from Louisiana Department of Health and Human Services

- For the Deaf or Hearing Impaired:
 - http://ldh.la.gov/assets/oph/Coronavirus/resources/LDH_COVID-19_DeafAssistance.pdf
- Information about Businesses:
 - http://ldh.la.gov/assets/oph/Coronavirus/resources/COVID-19_Business_Guidance.pdf
- Family Preparedness for Families:
 - http://ldh.la.gov/assets/oph/Coronavirus/resources/Family_Preparedness.pdf
- Questions about Funerals:
 - http://ldh.la.gov/assets/oph/Coronavirus/resources/COVID-19_FuneralGuidanceFAQ.pdf
- Main Page for Full List of Resources: <http://ldh.la.gov/index.cfm/page/3878>

CDC Resources

- CDC Information: If You Are Sick
 - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- CDC Information: How to Protect Yourself
 - https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fprevention.html
- Resources for those experiencing Homelessness
 - https://www.http://ldh.la.gov/assets/oph/Coronavirus/resources/COVID-19_FuneralGuidanceFAQ.pdfcdc.gov/coronavirus/2019-ncov/community/homeless-shelters/index.html
- Information on Travel: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Guidance for Mass Gatherings or Large Events:

- https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fmass-gatherings-ready-for-covid-19.html
- **Resources about Coronavirus and Pregnancy/ Breastfeeding:**
 - https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html
- **Resources regarding Coronavirus and Children:**
 - https://www.cdc.gov/coronavirus/2019-ncov/faq.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren-faq.html
- **Resources regarding Animals/ Pets:**
 - https://www.cdc.gov/coronavirus/2019-ncov/faq.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren-faq.html#COVID19animals

Office of the Governor: COVID-19 Resources for Louisiana

- <https://gov.louisiana.gov/index.cfm/page/92>
- “Keep Calm through COVID” Hotline: 1-866-310-7977
 - TRAINED COUNSELORS available 24/7| All calls confidential
- Louisiana 211 Network (dial 211 OR text the keyword LACOV1D to 898-211)
 - For most current information about the outbreak as it becomes available
- **Volunteer Resources**
 - To volunteer visit <https://covid-19lavalunteers.org>
 - Because of our critical need for healthcare workers, we have created a medical volunteer website in order to mobilize healthcare students and graduates from Louisiana universities and colleges to support the existing healthcare workforce that is quickly getting stretched thin.
 - The website is available to active members or retirees of Louisiana’s healthcare workforce who are willing and able to assist.
- **Unemployment Resources**
 - To file a claim, go to www.louisianaworks.net/hire or call 866-783-5567
 - If your workplace has temporarily closed or you have been told to take unpaid time off, you may be eligible for unemployment benefits through the Louisiana Workforce Commission.
- **Business and Homeowner Resources**
 - Small Business Administration low interest disaster loans - help business and homeowners recover from declared disasters
 - <https://www.sba.gov/funding-programs/disaster-assistance>
 - Louisiana Economic Development offering ‘COVID-19: Business Resources’, an online guide to assistance available for impacted businesses.
 - <https://www.opportunitylouisiana.com/covid19>
 - Federal Housing Finance Agency
 - <https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx>
 - Assistance for homeowners and renters impacted by Coronavirus

Resources for Parents

Find a Child Care Provider, Find a School Meal Site, LPB Learning at Home Resources

<https://www.louisianabelieves.com/resources/covid-19>

General Financial Assistance

- **Need Help Paying Bills:** www.needhelppayingbills.com
 - Provides information on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief (financial, rent and government assistance).
- **Aunt Bertha:** www.auntbertha.com
 - Connects users to free/ reduced cost local resources such as medical care, food, housing, transportation and much more. Website also offered in Spanish.
- **211 /** www.211.org
 - Dial 211 or visit www.211.org to search for contact information by zip code; service refers callers to agencies/community organizations that offer emergency financial assistance; available in most areas. Offered in Spanish.
- **HelpWhenYouNeedIt:** www.helpwhenyouneedit.org
 - An online service that connects users to over 350,000 listings nationwide of private/ public resources for food pantries, stores that accept food stamps, assisted living facilities, domestic violence & homeless shelters, mental health & substance use treatment, free clinics, legal and financial assistance.
- **Help with Bills:** www.usa.gov/help-with-bills
 - Provides information about government programs that help with bill payment, temporary assistance, jobs/unemployment, credit, etc. Offered in Spanish.

Medical Care/Hospital Bill Assistance

- **The Assistance Fund:** www.tafcares.org
 - For those who qualify for financial support, service provides advocates to assist in securing financial assistance for co-payments, prescriptions, deductibles, premiums & medical expenses. Available in Spanish.
- **Rise Above the Disorder:** www.youarerad.org
 - Resource for finding a therapist, answering mental health questions and applying for grants to cover the cost of therapy.
- **Patient Access Network Foundation (PAN):** www.panfoundation.org
 - Provides underinsured patients with financial assistance through disease-specific funds. Provide access to progressive therapies. Available in Spanish
- **Patient Advocate Foundation:** www.patientadvocate.org
 - Helps federally and commercially insured people living with life-threatening, chronic, and rare diseases. Offers co-pay relief program to provide direct financial assistance to insured patients who meet certain qualifications to help them pay for needed prescriptions and/or treatment. Available in Spanish.
- **HealthWell Foundation:** www.healthwellfoundation.org
 - Financial assistance for those underinsured to afford critical medical treatments through "Disease Funds" (note, typically for chronic physical diseases). Available in Spanish.
- **Medicare Information Regarding COVID-19**
 - <https://www.medicare.gov/medicare-coronavirus>

Prescription Medication Assistance

- NAMI-Help Paying for Medications page: <https://www.nami.org/find-support/living-with-a-mental-health-condition/getting-help-paying-for-medications>
- PhRMA's Medicine Assistance Tool: www.medicineassistancetool.org
 - *A search engine for patient assistance resources that the pharmaceutical industry offers.*
- Needy Meds: (800) 503-6897 / www.needymeds.org
 - *A HelpLine/ website information on financial assistance programs to help defray the cost of medication. Available in Spanish*
- RX Assist: www.rxassist.org
 - *Provides up-to-date directory of free and low-cost medicine programs and other ways to manage medication costs.*
- RX Hope: www.rxhope.com
 - *A free patient assistance program- Helps obtain critical medications*
- USARX: www.usarx.com
 - *Provides coupons online for downloading/printing and can be brought to the pharmacy to see if it will give consumers a lower price.*
- Blinkhealth Prescription Assistance: www.blinkhealth.com
 - *Individuals (with or without insurance) pay upfront for medication online and then take a voucher to their pharmacy. Accepts calls 8 a.m.-10 p.m. M-F, 9 a.m.-7p.m. weekends (EST); Available in Spanish.*