

COVID-19 Resource Guide



Food Information

Greater Cleveland Food Bank –
216-738-2067 or toll-free at **855-738-2067**

- **Hours:** Monday through Friday 7 a.m. - 6 p.m.
- **Service Area:** Ashland, Ashtabula, Cuyahoga, Geauga, Lake and Richland Counties
- Offers service to locate food immediately, apply for benefits including food stamps (SNAP).
- **Website:** Findfoodbank.org/find-food

Hunger Network of Greater Cleveland –
216-619-8155

- hungernetwork.org

Cleveland Metropolitan School District –
216-838-0000

- Provides meals at 22 locations
- **Website:** clevelandmetroschools.org/Page/15493

Akron Canton Food Bank – call 2-1-1

- **Service Area:** Medina, Summit and Portage Counties

Second Harvest – 440-960-2265

- **Service Area:** Crawford, Erie, Huron, Lorain Counties
- Mobile Food Pantry offering grocery delivery services
- **Website:** 2-Harvest.org

Boys and Girls Club of Lorain County –
440-444-1279

- Provides meals Mon-Wed-Fri
- 12:00 p.m. - 2:00 p.m.
- 4111 Pearl Ave, Lorain, OH 44055
- **Website:** loraincountybgc.com

Are you a parent or guardian looking for SFSP sites near you? Find a summer site in your community with our [Summer Meal Site Finder](#) mapping tool. You can also text **“Summer Meals”** to **97779** or call **866-348-6479** to find a site near you.



Mental/Emotional Health

National Suicide Hotline: 800-273-8255

Lifeline Chat:

suicidepreventionlifeline.org/chat

General Information Mental Health Resources – ONLINE ONLY:

- **Ohio Department of Health:** bit.ly/2zsg4WJ
- **Cuyahoga Community College:** bit.ly/3bqupjN
- **National Alliance on Mental Health:** bit.ly/2yTCiRo
- **Child Mind Institute:** bit.ly/3cteHWe

Mindfulness and Meditation Websites and Apps – ONLINE ONLY:

- **Stop Breathe Think:** stopbreathethink.org
- **Headspace:** headspace.com
- **Insight Timer:** insighttimer.com
- **Calm:** calm.com
- **Buddhify:** buddhify.com
- **Centered:** centeredapp.com
- **Mind Yeti:** mindyeti.com
- **Chopra Meditation Center:** chopra.com/articles/guided-meditations

COVID-19 Resource Guide, *continued*



Coronavirus and Your Health

Accurate information in English and Spanish on Coronavirus

- **Centers for Disease Control and Prevention:** bit.ly/2WsYg74

Accurate information in English

- **Cleveland Clinic:** cle.clinic/2WqUMLx
- **University Hospitals:** uhhospitals.org/coronavirus

Ohio Department of Health:

General questions, call ODH hotline
833-4 ASK ODH (833-447-5634)

Cleveland Department of Public Health:
216-664-2324

Cuyahoga County Board of Health:
General number **216-201-2000**

Mask Information: contact your local Community Development Corporation (CDC) or local Council Leader

- clevelandnp.org/cleveland-cdcs
- clevelandcitycouncil.org