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

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

Hunger Network of Greater Cleveland – 216-619-8155
• hungernetwork.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

Cleveland Metropolitan School District – 216-838-0000
• Provides meals at 22 locations
• Website: clevelandmetroschools.org/Page/15493

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
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