

# 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:** [greaterclevelandfoodbank.org/](http://greaterclevelandfoodbank.org/)

**Hunger Network of Greater Cleveland –**  
**216-619-8155**

- [hungernetwork.org](http://hungernetwork.org)

**Cleveland Metropolitan School District –**  
**216-838-0000**

- Provides meals at 22 locations
- **Website:** [clevelandmetroschools.org/Page/15493](http://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](http://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](http://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](http://suicidepreventionlifeline.org/chat)

**General Information Mental Health Resources – ONLINE ONLY:**

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

**Mindfulness and Meditation Websites and Apps – ONLINE ONLY:**

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

# COVID-19 Resource Guide, *continued*

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## Coronavirus and Your Health

Accurate information in English and Spanish on Coronavirus

- **Centers for Disease Control and Prevention:** [bit.ly/2WsYg74](https://bit.ly/2WsYg74)

Accurate information in English

- **Cleveland Clinic:** [cle.clinic/2WqUMLx](https://cle.clinic/2WqUMLx)
- **University Hospitals:** [uhhospitals.org/coronavirus](https://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](https://clevelandnp.org/cleveland-cdcs)
- [clevelandcitycouncil.org](https://clevelandcitycouncil.org)