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/

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

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](https://www.meals.org/) 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:
- **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
- **Headspace**: headspace.com
- **Insight Timer**: inshtittimer.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