

**Disclaimer:** Please note that this is a rapidly evolving situation. Resources may change hour by hour. Please contact the resource directly to verify that they are still providing the resource. If you are seeking additional services, please call 2-1-1 as they will be updating information regularly.

## General Website Links for Facts on COVID-19

[COVID-19 information from Spectrum Health](#)

[Spectrum Health has opened drive-thru COVID-19 testing by appointment](#)

[Spectrum Health symptoms and prevention flier](#)

[Use this link to sign up to get COVID-19 updates from Kent County Health Department](#)

[COVID-19 information from the CDC](#)

[COVID-19 information for Michigan](#)

[COVID-19 MDHHS Fact Sheet](#)

[COVID-19 information for Montcalm County](#)

[COVID-19 effects on the processes of the criminal legal system in Kent County](#)

[Closings, delays, and cancellations in West Michigan](#)

[Montcalm County Food Pantry Directory](#)

[USCIS Public Charge](#)

[COVID-19 & Pregnancy Information](#)

[CDC Information on Pregnancy & Breastfeeding](#)

[Proper Hand Hygiene/Washing Video](#)



## Financial/Economic Security Resources

### **True North**

(Bills and Budgeting) are available via phone.

[True North Services](#)

### **Montcalm WIC Office**

Currently for our WIC clinics we have 1 clerk in each building daily and are running clinics mostly remotely with Doxy.me. It is HIPPA compliant and clients do not have to download an app to use it. If we do have someone come to our buildings our doors are locked and prior to entering the building they must call the phone # posted on the door and answer screening questions. We have this information posted on our website and social media, as well as automated text/calls were sent on 03/23/2020 to our clients.

### **Alpha Family Services**

If you are a client, you can call and leave a message letting them know what emergent items you need (formula/ diapers and wipes) they do need a few days for pick up and they will call back to coordinate

### **Michigan Bridge**

Michigan Bridge [has released a list of resources](#) where families can get food, cash, and internet during the COVID-19 pandemic

### **Dial 2-1-1**

It can connect with resources for food, housing, and other important resources; Spanish is available on this line.

*See food and nutrition resources on the next page.*



## Food/Nutrition Resources

### MAISD

[School Food Programs/Student Learning Opportunities/Community Resources](#)

### Meet Up / Eat Up - [school nutrition](#)

Program has been extended during this time. Check local schools for details.

Cedar Crest – Greenville, MI	Ph# - 616.754.3641
Lincoln Heights – Greenville, MI	Ph# - 616.754.9167
Carson City Schools – Carson City, MI	Ph# - 989.584.3138
Crystal Park – Crystal, MI	Ph# - 989.235.4800
Central Montcalm – Stanton, MI	Ph# - 989.831.2001
Vestaburg Schools – Vestaburg, MI	Ph# - 989.268.5343
Montabella Mobile Route – Blanchard, MI	Ph# - 989.427.5148
Lakeview Middle School – Lakeview, MI	Ph# - 989.352.7221
MacNaughton Elementary – Howard City, MI	Ph# - 231.937.4380
Tri-County High School – Howard City, MI	Ph# - 231-937-4338

## Health Care/Hygiene

### Spectrum Health COVID-19 Hotline

Spectrum Health has a hotline 616.391.2380, call this if you are experiencing symptoms. Call 9-1-1 if symptoms are life threatening

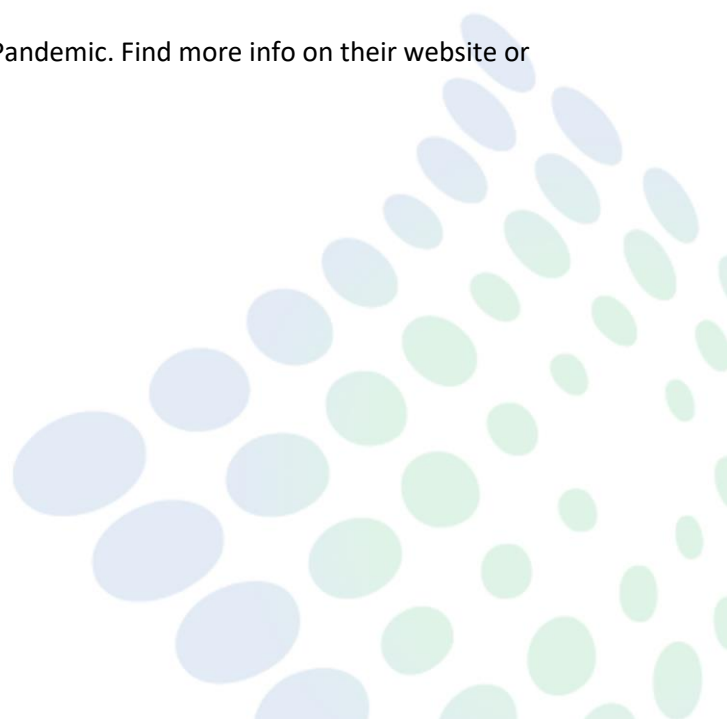
### Oasis of Hope

*Contact info: Call 616-451-8868 to schedule*

## Pharmacy/Medication Delivery

Many pharmacies are offering free delivering during the COVID-19 Pandemic. Find more info on their website or calling the pharmacy directly.

*See fitness and wellness information on the next page.*



## Fitness/Wellness

### **Free Yoga App through Down Dog**

[Free for all until May](#), free for students and teachers until July

### **Planet Fitness**

Planet Fitness is offering available for ALL free FB and YouTube classes [streamed live FB classes](#)

[Planet Fitness YouTube](#)

## Educational Resources

### **Home School Resources**

[Resources](#)

**ECIC 4 Kids** [released resources for early childhood.](#)

[Giant list of ideas for being home with kids](#)

### **Free Educational Sites**

A Google Document of [free educational sites.](#)

### **Cincinnati Zoo**

Cincinnati Zoo is doing [a Home Safari on Facebook Live](#) every weekday at 3pm where they will highlight one animal and include an activity you can do from home. If people do not have access to Facebook, it is also on YouTube and activities on their website

### **FitKids360 Verbal info**

[COVID-19 Verbal Info](#) in Spanish for Kids/Parents from FitKids 360

### **Scholastic**

Scholastic [has a free website](#) with educational resources for students.

### **Grand Rapids Kids**

[21-day Home for the Day Challenge](#): 15-20 minute activities for kids streamed on FB Live

## Emotional/Mental Health Support

### **Montcalm Care Network**

<http://montcalmcare.net/>

### **The Anxiety and Depression Association of America**

Has some helpful tips and strategies from mental health professionals to help you or a loved one struggling with anxiety around the coronavirus or with general health anxiety concerns. The ADAA blog posts and videos contain information about the virus and helpful tips about how to mitigate against increased anxiety. [coronavirus-anxiety-helpful-resources](#)

## **SAMHSA's Disaster Distress Helpline**

Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to a disaster, call 1-800-985-5990. [Disaster-Distress-Helpline](#)

## **Pine Rest**

[Pine Rest has many resources](#) for individuals, professionals, and organizations for coping mentally with the coronavirus pandemic.

## **Safe Haven Ministries**

Safe Haven's offices are closed, but services still available for people experiencing abuse.  
Hotline: (616-452-6664)

## **Jewish Coalition Against Domestic Abuse (JCADA)**

Contact info: 877-88-JCADA

The Jewish Coalition Against Domestic Abuse (JCADA) is safety planning with people who may be quarantined with their abuser. Their helpline is available during business hours for just this purpose. Available for non-Jews too!

## **YWCA Helpline**

YWCA confidential helpline is still available 24/7 for people experiencing abuse  
Helpline: 616.454.9922

## **Online AA Meetings during COVID-19**

A list of [online Alcoholics Anonymous meetings](#) during COVID-19.

## **Taking Care of Your Mental Health in the Face of Uncertainty**

[Resources](#) on taking care of your mental health.

## **The Crisis Text Line**

Text TALK to 741-741

## **Disaster Distress Helpline (Substance Abuse and Mental Health Services Administration).**

Contact info: 1-800-985-5990 Para español, presione 2.

## **COVID-19 Screening Hotline**

- A menu has been added to the COVID-19 screening hotline (833.559.0659) with the following options:
  - If you are calling to schedule a COVID-19 screening, press 1.
  - If you are experiencing increased anxiety or depression related to COVID-19, press 2.
- This menu will be active from 7 a.m. to 11 p.m. Between 11 p.m. and 7 a.m. the screening hotline will default to the previous set up without this menu.

