**Community Resources**

For updated information about COVID-19 in Tennessee, [**click here**](https://www.tn.gov/health/cedep/ncov.html).

**Social/ Emotional Crisis:**

* CGLA School Counselor, Miss Ismahen Kadrie, contact (423) 505-9007
* Mobile Crisis, contact 1(866) 791-9225
* Other mental health support providers:
* Crisis Text Line:  Text HOME to 741741,  [**Click here**](https://www.crisistextline.org/?gclid=CjwKCAjwsMzzBRACEiwAx4lLGy7UDkkODrOmncpKBkCzGDgXM_vsWrHS5Q25NeLudo8VMbRcuDOOZRoCjyEQAvD_BwE)for more information.
* [Care for Your Coronavirus Anxiety](https://www.virusanxiety.com/),  [**Click here**](https://www.virusanxiety.com/) for more information.

**Individual and Family Resources:**

* Individuals or families looking for resources and information on emergency shelter, food, clothing, or financial assistance can contact 211, United Way’s resource and referral line through the methods below:
	+ Dial 2-1-1, 423-265-8000, or toll free at 1-866-921-3035
	+ Text your zip code to 898-211 to start a text chat,
	+ Email United Way of Greater Chattanooga  at 211staff@uwchatt.org
	+ [**Click here**](https://unitedwaycha.org/covid19/get-help/) for more information about available resources.
* **Student Meals:** Please contact Tiawana Berry for assistance on virtual weekly meals, daily meals/take home meals for hybrid students and food pantry for ALL students and families: tiawanaberry@cglaonline.com and/or (423)498-5878.
* **Transportation**: Bus Stop support and assistance please contact Tiawana Berry: tiawanaberry@cglaonline.com and/or (423)498-5878.

 [**Click Here**](https://www.infofinderi.com/ifi/?cid=HCS5ANEJIFL3) to find bus stop locations.

* Baby University: Connects families to community resources; may be able to assist in finding help with diapers and formula. [**Click here**](https://babyuchattanooga.org/contact-us)  for a list of specialists that can assist you.

**Household Support**

**Utilities and Rent:**

* Metropolitan Ministries (**reserved for seniors 62 years or older)** If you need assistance, please call 423-624-9650 or 423-624-9654.
* Northside Neighborhood House provides assistance to residents north of the river with utility disconnections and prescriptions. Call (423) 267-2217.
* Tennessee American Water has discontinued service shutoffs.
* Contact EPB if having difficulty paying upcoming or current bills. Call (423) 648-1372. [**Click here**](https://epb.com/covid19) for more information.
* [Chattanooga Gas’ Emergency Assistance Resourc](https://chattanoogagas.com/about-us/press-room/2020/chattanooga-gas-provides-energy-assistance-resources)es**,** [**Click here**](https://chattanoogagas.com/about-us/press-room/2020/chattanooga-gas-provides-energy-assistance-resources)for more information.

**Education**

* Hamilton County Continued Help Hotline
	+ (423) 498-5437 (English) Monday through Friday, 7:00 am - 5:00 pm
	+ (423) 498-6744 (Spanish) Monday through Friday, 7:00 am - 4:00 pm
* Free public Wi-Fi sites through Tech Goes Home.[**Click here**](https://www.techgoeshomecha.org/wifi.html) for more information.
* Comcast Internet Essentials is providing two months free internet. [**Click here**](https://www.internetessentials.com/covid19#undefined&all_Pricingandotherinfo) for more information.
* Extra free online tutoring:
	+ One on one tutoring from college students**,** [**Click here**](https://medium.com/gopeer/students-from-harvard-mit-uc-berkeley-give-free-tutoring-to-k-12-students-229cff0e3464)**.**
	+ Khan Academy, [**Click here.**](https://www.khanacademy.org/)

**Self-Care**

* YMCA of Metropolitan Chattanooga
	+ [Stay Physically Connected With Us!](https://ymcachattanooga.org/news/stay-physically-connected-us#close)[**Click here**](https://ymcachattanooga.org/news/stay-physically-connected-us#close)**.**
	+ [YMCA 360](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A), [**Click here**](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A)**.**
* Les Mills on Demand
	+ At-Home-Workouts**,** [**Click here.**](https://watch.lesmillsondemand.com/at-home-workouts)
* First Things First, Call (423) 267-5383
	+ Self-Care, Marriage, Parenting, [**Click here**](https://firstthings.org/covid-19familyresources/)**.**

COLLEGE/CAREER AND EXTRAS:

<https://www.redcross.org/about-us/news-and-events/news/2020/children-at-home-share-these-kid-friendly-activities.html>

<http://www.pathwaystoadultsuccess.org/resources/covid19resources/?mc_cid=42d5315c3e&mc_eid=94055cdc34>

<https://bridge-u.com/covid-19-resources/>