Student/Family Resources

National Resources

- California Department of Public Health
 - Updated information regarding COVID-19
 - Website: <u>https://www.cdph.ca.gov/</u>
- Center for Disease Control
 - National public health institute of the United States
 - Website: <u>https://www.cdc.gov/</u>

Butte County Resources

- Central Help 211
 - Comprehensive phone line and online community resource database for
 - linking to health and human services in Butte/Glenn County
 - Toll Free: 2-1-1 or text your zip code to 98211
 - Website: <u>helpcentral@ncen.org</u>
- Low Cost No Cost: Butte County Resources
 - Free online information and referral resource guide that includes a comprehensive searchable database for services
 - Website: <u>http://www.helpcentral.org/wp-</u> content/uploads/2013/10/LCNC-October2013_web_10-17final.pdf
- Instant Guide to Local Resources
 - Free online information for Butte County resources
 - <u>https://www.biggs-ca.gov/documents/City-</u>
 <u>Services/Planning/Links/BCDBH-Services-Guide.pdf</u>
 - Website:<u>http://www.buttecounty.net/Portals/5/PatientsRights/instant_resou</u> rce_guide.pdf
- Food services through OUHSD/TUESD/OCESD/CUSD
 - OUHSD: Breakfast/lunch will be served to all students under the age of 18 years old beginning March 19th from 11:30-12:30pm at Las Plumas High School.
 - CUSD: 11-12 pm at the following sites; Chico Jr., Bidwell Jr., Citrus Elementary, and Chapman Elementary
 - PUSD: Monday-Friday, March 16-27 11:00-12:30, at the following locations:

• Paradise Ridge Elementary School-outside the cafeteria (follow the signs)

• Paradise Jr. & Sr. High School-snack bar window located behind the cafeteria

- Pine Ridge School in cafeteria
- Cedarwood Elementary School inside the cafeteria

• Beginning Wednesday, March 18 Achieve Charter School Parking lot at 1494 East Ave., Chico.

*Paradise meals will be available for free for anyone 18 and under regardless of what school they attend. No paperwork is required. Children must be present in order for meals to be provided.

Internet Resources:

- Spectrum
 - Free internet for those who do not have access during school shutdown
 - Toll Free: 1-844-488-8398
- Comcast:
 - 2-months free internet to families who have not had a Comcast account in the last 90-days and qualify based on income.
 - Application is online: <u>https://www.internetessentials.com/covid19</u>

<u>Hotlines</u>

- Butte County 24 Hour Crisis Line
 - Evaluates adults/youth who are experiencing a mental health crisis in emergency rooms, schools, or other community settings.
 - Toll Free: 1-800-334-6622 or 530-891-2810
- California Peer-Run Warm Line:
 - Staffed 24/7 by trained Peers with specialized training in supporting mental health challenges
 - Toll Free: 1-855-845-7415
 - Web Chat: <u>https://www.mentalhealthsf.org/peer-run-warmline/</u>
- SAMSHA
 - Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
 - Toll Free: 1-800-662-HELP (4357)
- The Suicide Prevention Lifeline
 - Connects callers to trained crisis counselors
 - Toll Free: 1-800-273-8255

Compiled by Holly Chrisope-Rainey, ASW