Philly/PA COVID-19 MUTUAL AID RESOURCES

COMPILED BY HATIWGPhilly, the resources have been posted by other folks in our Philadelphia Community and abroad. For our list of low cost medical care, shelters, and crisis response resources, please visit https://www.hatiwgphilly.com/resources

If you feel you are in crisis please utilize the crisis text line – Text PA to 741-741. It's free and connects to a certified crisis counselor

If you have any resources that should be added, please email hatiwg.social@gmail.com.

DOMESTIC/SEXUAL VIOLENCE & MENTAL HEALTH

- Philadelphia Emergency Domestic Violence Site - info on obtaining an emergency Protection From Abuse
- Getting Protection From Abuse Orders in Philadelphia During the Pandemic
- Updates and Information on COVID-19 Resources and Info for Survivors
- National Sexual Assault Hotline Chat online or call 800.656.4673 (1800.656.HOPE)
- Donate to Lutheran Settlement House
- National Network to End Domestic Violence (NNEDV) COVID-19 Updates and Resources
- WOAR 24 hour hotline: **215-985-3333**
- If you feel unsafe being forced to stay at home with your abuser, help is available 24/7 at: **1-800-799-7233**, thehotline.org, Text "**LOVEIS**" to **22522**"
- Crisis Text Line (Self-Harm and Crisis Counseling) USA: Text HOME to **741741** crisis counseling and self-harm help
- 24/7 chat with online helpers. Online therapy sessions. Self-help guides and other resources. Online community forums and chat rooms. www.7cups.com
- National Eating Disorder Association: Text NEDA to **741741** for 24/7 help or call 800-931-2237 to talk to a trained helpline volunteer. Chat Online 24/7.
- National Alliance on Mental Illness (NAMI): 24/7 Crisis Helpline Text 'NAMI' to **741741** or call 800-950-NAMI or email info@NAMI.org for a response within 24 hours.
- SupportGroupsCentral.com - Pick from topics you need support in, attend live online sessions with peers
- Planned Parenthood Hotline - **(800) 230- 7526**
- If you are a young Person of Color feeling down, stressed or overwhelmed: Text **STEVE** to **741741**.
- YouthLine - teen crisis hotline (**877) 968-8491** or Text TEEN2TEEN to **839863**
- Disaster Distress Hotline (SAMHSA) Substance Abuse and Mental Health Services Administration **1-800-985-5990** or text TalkWithUs to **66746**
- National Domestic Violence Hotline **(800) 799-7233**
- National Suicide Prevention Lifeline – For youth and adults **(800) 273-TALK**

- Women's Law Project Telephone Counseling Service **215-928-9801**
- Sexual and Reproductive Health resources
- United Healthcare Community Plan (Medicaid) Emotional Support Line **1-866-342-6892 TTY711**
- Find a therapist who does tele/video therapy by state with PandemicTherapists.com
- ***StrongHearts Native Helpline*** (Indigenous, Native American focused) is open and operational during the COVID-19 pandemic. Get anonymous, confidential support at **1-844-762-8483**, open 7am to 10pm CST, seven days a week.
- RESOURCE LIST: Dealing with grief during COVID-19
- Rogers Connect Care Telehealth Specialized treatment option for those that benefit from specialized partial hospitalization or intensive outpatient levels of care.

Translated Info:

- Multi Language Translated COVID19 Flyers
- Recursos para la comunidad inmigrante en la area de Filadelfia
- Solicite beneficios de Subsidio por desempleo (UC)!
- CUANDO APLICA PARA OBTENER COMPENSACIÓN ECONÓMICA POR DESEMPLEO TIENE QUE ESCOGER EN SU APLICACIÓN LA "CAUSA DE SEPARACIÓN/TERMINACIÓN" DE SU TRABAJO
- 业失请申金偿补业
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SUPPORT FOR MEDICAL WORKERS + PATIENTS

- GoFundMe to Purchase N95 masks direct from factory
- Tell Congress: We demand nurses are protected during COVID-19
- Petition: U.S. Needs to Build Temporary Hospitals Amidst COVID-19
- Jefferson Blood Donor Center
- PENN Medicine Covid-19 DONATIONS
- GetUsPPE.org
- Immediate licensure for Pennsylvania CPMs in response to Covid-19
- PennMed COVID-19: Drive-Thru Testing Sites

PA HOUSING, UTILITY RIGHTS, AND PUBLIC RESOURCES

- PETITION: PA rent freeze and moratorium on evictions
- Where to find free, nutritious food during COVID-19
- Questionaire: Covid-19/Coronavirus Philly Housing Impact
- Staying Connected During the Coronavirus Situation Internet Essentials by Comcast
- Communal Housing and Quarantine, what you need to know
- Petition: Tell City Council to Halt All Evictions During COVID-19
- Philly Tenant Rights Website

- Letter: Tell Congress to Include Emergency Funds for Homelessness in Coronavirus Response
- TOOLS FOR TENANTS IN PHILADELPHIA DURING THE COVID-19 PANDEMIC
- Findhelp.org
- Community Legal Services DID YOU LOSE A JOB OR REDUCE YOUR HOURS BECAUSE OF THE CORONAVIRUS?
- PhilaLegal.Org: Applying for legal assistance
- Get Law Student Help With Coronavirus Resources
- dial 211 or text your zip code to #898-211 If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services
- If you need to apply for benefits, please apply online using Compass (www.compass.state.pa.us) or call Benephilly: **844-848-4376**. The County Assistance Offices are closed to the public, but they're processing applications.
  If you already receive benefits, but you've lost income, you may be eligible for an increase in SNAP or TANF. The County Assistance Offices are closed to the public. Don't go to the County Assistance Office! You should submit information about a change in income in one of the following ways: Online through Compass (www.compass.state.pa.us), Through the free mobile app MyCompassPA, By calling the Customer Service Center at **215-560-7266**
  If you don't have paperwork from your job (such as pay stubs or a letter about your hours), you should explain your loss of income in your own words. You can do that in the comments section of Compass.
  If your Medical Assistance is cut off orif you get a notice it will close, or if your application is denied, please call Community Legal Services at **215-227-2400** and leave a message. They will call you back.
  If you have questions about Medical Assistance or other health insurance, please call the Pennsylvania Health Access Network hotline: **877-570-3642**
- Apply for WIC: Call **1-800-942-9467**
- home heating help: http://on.pa.gov/LIHEAP
- Vote by mail ballot: http://VotesPA.com/ApplyMailBallot
- Report price gouging: pricegouging@attorneygeneral.gov
- Get tax answers: http://revenue-pa.custhelp.com
- File for unemployment: http://bit.ly/3a2qARW
- Apply for Medicaid: http://on.pa.gov/compass
- Apply for SNAP: http://on.pa.gov/compass
- List of Grocery Stores That Accept EBT Online for Delivery
- Credit/mortgage/rent advice: http://on.pa.gov/2Jb8UYp
- Access driver services: http://dmv.pa.gov/online-services
- Find professional license services: http://pals.pa.gov
- ***The Philadelphia Furniture Bank*** is sorely in need of dressers and small dinette tables to help people move safely from shelter to a new home, and are accepting curbside donations! Drop off between ***10am*** and ***3:30pm*** *Monday-Friday*. Call when you arrive

215-291-9830. We'll grab the furniture and give it a thorough cleaning before bringing it inside.

- Petition: Philly Workers For Dignity (Petition for undocumented and documented workers' protection)
- Philabundance (Philabundance is building and distributing emergency food boxes across our nine-county service area. Please consider helping cover the cost of as many boxes as possible to help our neighbors in need through this difficult and unprecedented time.)
- Sample Landlord Negotiation Letter
- Bethesda Project: Updates, Needs, and Resources during the COVID19 Outbreak
- Petition: fully fund the US Postal Service

PRISONER/PRISON ABOLITION RESOURCES

- Coalition calls for city to release people from Philadelphia Jails and to declare a moratorium on incarceration ahead of the COVID-19 virus
- DONATE to Philly Bail Out
- Pennsylvania Prison Society COV19 Updates and Resources
- GOFUNDME: COVID19 Prison Hotline
- Prisonculture's Redistribution Fund Organized by Mariame Kaba
- Video Visitation Guide
- COVID-19/ Prison Holistic Self Care & Protection
- DONATE to Lets Get Free - Women and Trans Prisoner Defense Committee

DISABILITY INFO + MUTUAL AID RESOURCES

- **City of Philadelphia**

Mayor's Office on People with Disabilities

If you are in need of food delivery due to the coronavirus illness and are quarantined, a disabled person who cannot get out of the house , or you're a senior who can't go to any of the locations posted on the phila.gov website to pick up nutritious food. If you need food delivered to your homes please email your name, phone number, address, and zip code at Claudia.Tasco@phila.gov or call and leave your information at 215-686-2798, the voicemail is being checked every day for calls. She will return your call and let you know when someone will be able to assist you.
Claudia Tasco, Constituent Service Coordinator
The Mayor's Office on People with Disabilities

215-686-2798

- Latest news from the City of Philadelphia
- The Disabled Person's Guide to Stimulus Checks
- Neighbors Helping Neighbors: Philly Mutual Aid for folks Affected by COVID-19
- Half Assed Disabled Prepper Tips for Preparing for a Coronavirus Quarantine by Leah Piepzna-Samarasinha
- Coronavirus: Wisdom from a Social Justice Lens Via Healing Justice
- Pod Mapping for Mutual Aid
- Care Web for Philadelphia's Disability Community During COVID-19
- South Philly Community Care and Mutual Aid Signup for COVID19
- How to vote by mail in Pennsylvania
- How to Neighborhood Pod
- Caring Across Distance
- Chronic Illness Patients Guide
- PA Workmans Comp page for info if you contract COVID19 at your workplace
- Viral Kindness PDF to help neighbors
- Fat-Assed Prepper Survival Tips for Preparing for a Coronavirus Quarantine
- Decolonizing Community Care
- Food resources in North, West, and South Philly
- Tell Congress: People Experiencing Homelessness Need Emergency Coronavirus Support Now
- Tell Congress: Include People With Disabilities in Coronavirus Relief Bill!
- Philly Socialists COVID-19 Mutual Aid Support & Supply Delivery
- COVID19 Relief: Support Unity & Survival Program
- Mayors Volunteer Corps Portal For Non Profits and Volunteer Based Orgs
- Donate to Nationalities Service Center
- Donate to the PCDC
- LyftUp
- Pathways to Recovery Wish List
- Passion Planner Resource Guide
- PHILLY Mask Crusaders PPE (Personal Protective Equipment) Mutual Aid Donor Sheet
- Philly Personal Protective Equipment Mutual Aid Sheet
- DONATE to Center for Disability Rights' COVID19 crisis fundraiser
- ProjectHOME Grocery Lifeline become a grocery lifeline for a vulnerable neighbor in need
- Philly Socialists COVID-19 Mutual Aid Support Team
- Land-to-Sea Mutual Aid Fund
  (Fishadelphia's mutual aid efforts.)
- PHL COVID-19 FUND
- William Way Center (LGBTQ+ specific)
- The Greater West Chester Chamber of Commerce Virtual Tip Jar
- Black Lives Matter State and Local Coronavirus Resource Map

- We're all in this together | Our coronavirus response must include disabled and low-income people
- Nobody Is Disposable Coalition Campaign
- Sign UP: Invisible Hands Deliver (COVID19 Response Volunteers) - Philly Signup They are looking for volunteers to help pick up groceries for seniors and those at-risk, who can't or are scared to go out.
- GoFundMe: Donate your stimulus check to immigrant families!

SMALL BUSINESSES

- Philadelphia COVID-19 Small Business Relief Fund

DETENTION CENTERS

- #ReleaseThemAll: Organizational Sign on Letter - Response to Coronavirus for People Detained
- Open Letter to ICE From Medical Professionals Urging the Release of Individuals in Immigration Detention Given the Risk of COVID-19
- Donate to New Sanctuary Movement of Philadelphia
- #FreeThemAll: Toolkit to Support Local Demands for Mass Release of People in ICE Custody
- SHUT DOWN BERKS COALITION
- Are you dealing with a deportation order or have a loved one in detention? ***Juntos*** is still taking cases remotely, call **215-218-9079**

- **HARM REDUCTION RESOURCES**

- Unity Recovery + WEconnect + Alano Club are now offering free virtual recovery meetings during the COVID-19 pandemic
- Text AA 30 COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs
- Prevention Point Philadelphia Amazon Wish List
- Virtual NA
- Smart Recovery Website for virtual meetings
- If you or a loved one needs help due to alcohol withdrawal, you can call **1800-662-4357**
- **ALL PPP SITES ARE OPEN**. When visiting one of their sites: *Practice social distancing:* Stay 6 feet apart from others while you wait. How are you feeling? Have you been feeling sick with: a. Fever b. Dry cough c. Shortness of breath. ***Please do NOT come to our sites if you are sick.*** Call our office at **412-247-3404.**
- If you are feeling sick with fever, dry cough, and/or shortness of breath, please call your doctor ASAP! Don't have a doctor? Call the **Health Dept Hotline** at **888-856-2774** or call **911** and tell them you think you have the virus. *Get medical attention immediately if you*

have: Trouble breathing, Persistent pain or pressure in the chest, Feel confused or can't stay awake.

SEX WORKER / ARTIST/ RESTARAUNT
GIG ECONOMY RESOURCES

- Sex Worker Mutual Aid Fund
- Molly House Project COVID19 relief fund
- Project Safe Amazon Donation Wishlist
- PhilaLegal.Org: frequently Asked Questions: Independent Business Owners, Contractors, and Workers in the "Gig" Economy
- COVID-19 Freelance Artist Resources
- Philadelphia Performing Artists' Emergency Fund Application
- GOFUNDME: Philly Performance Artist Fund
- GOFUNDME: philadelphia food service relief
- Queer Writers Of Color Relief Fund
- Petition: Philadelphia Worker Demands
- APPLICATION FOR RELIEF COVID-19 Relief Fund for LGBTQI+ BIPOC Folks
- GOFUNDME: COVID-19 Relief Fund for LGBTQI+ BIPOC Folks
- Art Open Calls Artist Resource
- Feminist Flea Artist Support Doc
- Philadelphia restaurant server relief fund
- USBG National Charity Foundation Bartender Emergency Assistance
- Gig workers collective medical and utility resources
- File a PA Unemployment claim
- Philadelphia Dept. of Commerce Business Impacts of COVID19 Survey
- COVID19 Trans / Queer Relief Fund
- She Shreds Mag Supporting Live Musicians Resource
- National Domestic Workers Alliance: Take care of the people who care for us. Donate to the Coronavirus Care Fund!
- Peer to Peer Wealth Distribution
- Donate to Project Safe
- Philly Virtual Tip Jar
- Support Continued Economic Efforts To Help Industries, Like Massage Therapy, Severely Impacted By COVID-19
- CRISIS & MUTUAL AID RESOURCES FOR THE BODY ART COMMUNITY
- Application for the Philadelphia Writers Emergency Fund
- Resource Library for COVID-19
- Collective Care is Our Best Weapon against COVID-19
- Petition: The People's Bailout
- Freelancers Union Freelance Relief Fund: Donate or stay tuned for application Website

CHILDCARE, STUDENT-BASED RESOURCES

- Coronavirus Quaratine Resources for Parents
- GoFundMe: MASH Caring Cupboard
- Find free meals and safe spaces for students while schools are closed
- How is COVID-19 and school closures impacting Title IX cases?
- College Students: U-Haul Offers 30 Days Free Self-Storage amid Coronavirus Outbreak
- Project LETS COVID-19 Emergency Response, Mutual Aid, + Safety Planning for Students
- Are You a Philadelphia Nanny? Help Our Healthcare Provider Families During The COVID Outbreak
- Children's List
- Download Free Coloring Books from 113 Museums
- Learn about school closures: http://education.pa.gov/COVID19
- Children's Hospital of Philadelphia has set up a 24/7 hotline for questions and concerns about COVID-19: 800-722-7112
- Children's health insurance hotline is open. (All calls are free and confidential) Here to help enroll your child in CHIP or Medicaid today. PCCY's ChildHealthLine **215-563-5848 x17**. During the COVID-19 crisis, we are also expanding our services to help adults find health insurance options
- Educating all learners during the COVID19 disaster

SAFER SEX PRACTICES

- Sex and Coronavirus Disease 2019 (COVID-19)

ANIMAL CARE + RESOURCES

- Citizens for a No Kill Pennsylvania: resources **email**: helpdesk@phillynokill.org

DIY REMEDIES + HELPFUL GUIDES

- Guide to Local Production: WHO-recommended Handrub Formulations IF YOU HAVE A DISTILLERY or can mass produce hand sanitizer, please consider making some for medical facilities/ vulnerable communities in need with this guide from the World Health Organization
- Instruction video for sewing masks for healthcare providers during COVID 19
- How to sew a barrier mask
- Holistic Herbalism Podcast Episode 116: Herbs for Coronavirus Preparedness
- The Wonders of Vinegar
- How to make hand sanitizer
- DR. DIANA INLAK'ECH February 28, 2020 Holistic Support for Immunity & Virus Prevention

- Herbal Treatment for Coronavirus Infections by Stephen Harrod Buhner
- COVID-19 Herbal Resource Hub by Heather Wood Buzzard
- Recommendations for Urban Agriculture and Community Gardening During COVID-19

Disclaimer: The resources above are presented for information only. If at any point you have trouble breathing or feel like you are experiencing more than a medium intensity flu, get in touch with your doctor / the local hospital immediately. No herbal protocols should be recommended exclusively without following all of the conventional recommendations. Contact your healthcare professional promptly should you have any health related questions. Never disregard or delay medical advice based upon information you may have read. You should not use the information provided to diagnose or treat any health issues or for prescription of any medication or other treatment. You should always consult with your healthcare professional and read information provided by the product manufacturer and any product label or packaging, prior to using any medication, nutritional, herbal or homeopathic product or before beginning any exercise or diet program or starting any treatment for a health issue. Individuals are different and may react differently to different products. You should consult your physician about interactions between medications you are taking and nutritional supplements.