

Immediate resources for University of Minnesota students impacted by COVID-19

(*Special thanks to E. Oropeza in CFANS Student Services for getting this resource list started)

Please e-mail OSA Advocacy and Support at adv-sup@umn.edu if you would like a resource to be added or a change made.

Up-to-Date Information about COVID-19:

- CDC:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Minnesota Department of Health:
<https://www.health.state.mn.us/diseases/coronavirus/index.html>
 - In Somali:
<https://www.health.state.mn.us/diseases/coronavirus/materials/somali.html>
 - In Spanish:
<https://www.health.state.mn.us/diseases/coronavirus/materials/spanish.html>
 - In Hmong (from TPT): <https://www.tpt.org/top-questions-hmong/>
- University of Minnesota Public Health Alerts:
<https://safe-campus.umn.edu/public-health-alerts>
- Minnesota Department of Health COVID-19 hotline: **651-201-3920** Monday - Friday from 8 a.m. to 4:30 p.m.
- Measures to stop the spread of COVID-19: [wash your hands](#) with soap and water often and [stay away from large social gatherings](#).
- MPR News section on COVID-19: <https://www.mprnews.org/health/covid-19>
- MPR News, Your COVID-19 Questions Answered:
https://live.mprnews.org/Event/Your_COVID-19_questions_answered

Resources for Working and Learning off Campus (Internet Access and Academic Help)

- University of Minnesota landing page for working/learning off campus:
<https://it.umn.edu/working-learning-campus>
- University of Minnesota Disability Resource Center: <https://disability.umn.edu/>
 - Information for students PDF:
https://disability.umn.edu/sites/disability.dl.umn.edu/files/media/info_for_students_service_providers_11-18.pdf
- Using a Virtual Private Network (VPN):
<https://it.umn.edu/service-details/virtual-private-network-vpn>

- A VPN provides a secure wi-fi connection from the internet you are using to your computer as if you were on EDUROAM, in case you are using an unsecured wifi network such as cafe/library guest wi-fi. You may need it to access some UMN specific websites like APLUS, but do not need it for just Gmail and Google Docs.
- Zoom: Learn how to use the online video conferencing system available to the UMN community.
<https://it.umn.edu/self-help-guide/zoom-teach-meet-learn-zoom>
- 20 Tips for Working/Learning at Home:
<https://blog.hubspot.com/marketing/productivity-tips-working-from-home>
- Two Free Months of Comcast Internet Essentials for Low-income Households:
<https://www.internetessentials.com/covid19>
 - Can also call 855-846-8376
- [Spectrum/Charter – free broadband/wifi for 60 days](#)
 - “To enroll, call 1-844-488-8395. Installation fees will also be waived for new student households.”
- [Wi-Fi Free Spot](#) - Check this website to find locations with free wi-fi in your area.
- [Google Doc: Midterms Studying Resources @ UMN](#) (copy-and-paste link:
https://docs.google.com/document/d/1yVqLYLmb0eX8jiTIP2Sfc_lidGKWmtelnwVW6qGTtNE/edit?usp=sharing)
- FCC “Keep Americans Connected”
<https://www.fcc.gov/keep-americans-connected>
- City of Minneapolis: [Free temporary services in response to Covid019](#)
- As of 8/12/20 - Loaner laptop possibilities - contact your collegiate OIT person or advisor.

Textbooks and Digital Course Resources

- The University of Minnesota Bookstores is offering free shipping on all textbook orders so students can access the print materials. The system will show shipping charges when the order is placed, but their team will manually remove these charges on all student textbook orders.
- Digital resources:
 - **Cengage, Norton, Pearson, Redshelf, Vitalsource**
 - Please read more at:
<https://mailchi.mp/umn/student-course-material-resources?e=222bdf83cd>

Comprehensive resource for finding support/resources anywhere in the U.S. (just type in your zip code): <https://findhelp.org/>

Food Shelves/Resources:

- [Nutritious U Pantry](#) -- will be providing food for the rest of the semester in 210 CMU
 - The Nutritious U Food Pantry will be offering food to students Monday - Friday at Coffman Memorial Union for the remainder of the semester. Students in need can request a bag of groceries and choose their pick up time using this Food Pantry ordering form.
 - Students that are in self-quarantine and unable to leave their home can request delivery. Delivery is only available for students who live in the following zip codes: 55455, 55414 or 55108.
- A Growing List of Programs and Restaurants offering Food to Families in Minnesota:
<https://givemethemike.com/2020/03/15/a-growing-list-of-programs-and-restaurants-offering-food-to-families-in-minnesota/>
- Hunger Solutions Minnesota (directory): <http://www.hungersolutions.org/find-help>
- Loaves and Fishes: <https://www.loavesandfishesmn.org/>
- Neighborhood House Food Support Program:
<http://neighb.org/program/foodsupportprogram/>
- Pillsbury United Communities Food Shelf:
<https://pillsburyunited.org/programs/food-distribution/>
- Groveland Food Shelf: <https://www.grovelandfoodshelf.org/>
- Christian Cupboard Emergency Food Shelf: <https://ccefs.org/>

Restaurants

- List of restaurants offering curbside pickup
<https://minnesota.cbslocal.com/2020/03/15/restaurants-in-the-metro-area-with-curb-side-pick-up/>
- List of restaurants offering free meals for kids:
<https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJP57E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0>

Health Insurance:

- MNSure COVID-19 Emergency Special Enrollment Period allows uninsured people to apply for health insurance from March 23rd through April 21st, 2020:
<https://www.mnsure.org/new-customers/enrollment-deadlines/special-enrollment/covid19-sep.jsp>
- General health insurance support: <https://porticohealthnet.org/>
- Health insurance support for LGBTQI+ community:
<https://www.justushealth.org/healthinsurance>
- Students who have experienced an involuntary loss of insurance should contact the Office for Student Health Benefits at Boynton Health
<https://shb.umn.edu/contact>

- If the virus has caused you to lose your health insurance coverage, full-time, degree-seeking students can enroll in the [Student Health Benefit Plan](#). The plan will provide benefits through August 23, 2020. You must enroll within 30 days of losing current coverage.
- Mayo Clinic: <https://www.mayoclinichealthsystem.org/covid19>
- Portico Healthnet: <https://porticohealthnet.org/>

Low-Cost/Community Clinics (Health Support)

****If you think you have COVID-19, please call before going to any health care provider****

- Free Clinics Directory, Saint Paul: https://www.freeclinics.com/cit/mn-saint_paul
- Free Clinics Directory, Ramsey County: <https://www.freeclinics.com/co/mn-ramsey>
- Free Clinics Directory, Hennepin County: <https://www.freeclinics.com/co/mn-hennepin>
- Free Clinics Directory, Minneapolis: <https://www.freeclinics.com/cit/mn-minneapolis>
- FREE emergency contraception (Plan B One Step): *Our Justice* has free Plan B One Step with pick up locations in St. Paul and Minneapolis. Email info@ourjustice.net if you're in need.
- Boynton Health most services are available for no out of pocket costs to students. <https://boynton.umn.edu>
- Boynton Nurse Line - questions about Health Concerns: 612-625-7900
- How People in Recovery can still receive treatment/support when at home <https://www.sunshinebehavioralhealth.com/resources/telehealth-addiction-treatment-during-quarantine/>

Mental Health

- Learn to Live Online Cognitive Behavioral Therapy (code: UMN): https://www.learntolive.com/partners?code=UMN&utm_source=UMN&utm_medium=Website_Student-Mental-Health&utm_campaign=General
- Boynton Mental Health Clinic <https://boynton.umn.edu/clinics/mental-health>
- Student Counseling Services <https://counseling.umn.edu>
- Coping with COVID-19 for individuals with OCD or Anxiety disorders: https://www.vice.com/en_us/article/k7exqm/how-to-deal-with-coronavirus-if-you-have-ocd-or-anxiety
- 20 Questions to help with COVID-19 Anxiety: <https://theanxiousoverachiever.substack.com/p/20-questions-to-help-with-covid-19>
- "Coronavirus Sanity Guide" from Ten Percent Happier: <https://www.tenpercent.com/coronavirussanityguide?fbclid=IwAR0YeJJo5Vm42wUuipIpz5npqBX3jILHwWP42q1uyQoojvIJLTf1ZHDAhY>

- Pandemic Care Resources from Tara Brach, a well-known insight meditation teacher/psychologist/author: <https://www.tarabrach.com/pandemic/>
- "How to Work Remotely from Home and Not Feel Like a Lonely Garbage Slug": https://www.vice.com/en_us/article/k7expe/how-to-work-remotely-coronavirus
- "Staying Safe (for domestic abuse survivors) During COVID-19": <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>
- "An Activist-Therapist's 15 Affirmations for Hope Amidst COVID-19": <https://themighty.com/2020/04/hope-affirmations-coronavirus-covid-19/?fbclid=IwAR153lj-6sPuTbe4d8iUtzsQKcU7r5-r7sYUxYtmO6z03HCRwVjvsxwU7LY>
- Walk-In Counseling Center remains open (for now): <https://walkin.org/limited-services-until-april/>
- Update from Hennepin County COPE as of 3/19/2020: *Quick update on Hennepin County crisis services (COPE/Child Crisis): face-to-face visits are currently suspended, phone support is still available 24/7 for risk assessments, safety planning, and general support. The Mental Health Center is continuing services via phone. Crisis is able to make RAP appointment referrals for those needing psychiatry/mental health medications. Crisis is also offering lock boxes and gun locks that we will drop off to residences if needed. We can also arrange and pay for taxi transport to/from hospitals for mental health crises and crisis residences. In case of questions, we have staff answering phones 24/7 so please call: COPE 612-596-1223 / Child Crisis 612-348-2233"*
- **Mental Health Resources List at UMN**
<https://docs.google.com/document/d/1tKaj2pdouclJeCpOmMYLN2gF6VDtxuUtD0z6kODtJdl/edit>
- **Online 12-Step Recovery Support:**
https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/edit?fbclid=IwAR0PZt1biFUKmaalFwJnCpIHP-i5i7wYNbypEbWYsRU_bfUCgjJ9_Vcl-o8
- **Recovery on Campus (ROC)**
Weekly meetings <https://boynton.umn.edu/roc>
- **Virtual Calming Room:**
<https://sites.google.com/wayzataschools.org/virtualcalmingroom/home?fbclid=IwAR3QovdjFz8al9Flvh0SmaHIWkyZLlrHSUexOloNQFe5pGlpPdJirAAmkWM>
- **Yoga**
 - Yoga: <https://www.youtube.com/watch?v=6toNunV9Fpg>
 - Radical Body Love (body positive BIPOC yoga):
tap.bio/@radicalbodylove (copy and paste into URL)
 - Do Yoga With :
<https://www.doyogawithme.com/content/coronavirus-covid19-offer-2-months-free?fbclid=IwAR055JHhmPNj-0P6krzzDfqvjHBYpC5hl8EChihgcQ6m4lQEIKRDyhon5wY>
- **COVID Grief Network**
<https://www.covidgriefnetwork.org/>

- **Therapy and Healing Courses for POC and LGBTQ+ communities**
<https://www.onthemendhealing.com/>
- Lifeline's [tool kit](#) for coping with sorrow, loss, and grief
- CDC's [recommendations](#) for coping with stress during outbreaks
- The Child Mind Institute's [guide](#) for helping children cope with trauma

Social Distance Connections

- Ways Minnesotans can help others during pandemic:
<https://www.mprnews.org/story/2020/03/16/here-are-some-ways-to-help-others-during-the-pandemic>
- Flattening the curve:
<https://www.npr.org/sections/goatsandsoda/2020/03/13/814602553/coronavirus-faqs-for-the-week-of-3-7-whats-flattening-the-curve-should-i-travel>
- Netflix Party Movie Nights:
<https://www.usatoday.com/story/entertainment/tv/2020/03/17/coronavirus-netflix-party-lets-friends-do-movie-nights-quarantine/5072347002/>
 - Netflix Party lets friends have movie nights while social distancing.

Housing

- One month free at select UHAUL storage locations for students in need:
<https://www.uhaul.com/Articles/Tips/16119/One-Month-Free-Storage-AT-U-Haul-Self-Storage-Locations/>
- Students are encouraged to contact Student Legal Service at <http://sls.umn.edu/> for assistance for currently enrolled students.
- UMN Housing and Residential Life FAQ (Frequently Asked Questions):
<https://housing.umn.edu/covid-19>
- TPI Hospitality:
 - Will assist individuals with housing needs in three hotels: Home2Suites Roseville, Residence Inn Roseville, Homewood Suites New Brighton (\$55/night) for students, faculty, and staff.
 - Will only be able to provide grab-and-go breakfast, pools and fitness centers are closed.
 - "If you are interested in learning more about this program, or securing a reservation, please reach out to Justine LaCroix at Justine.lacroix@tpihospitality.com OR by phone at 612.516.6656"

General resources for LGBTQ+ Community:

<https://www.outfront.org/covid-19-specific-resources>

Employment

- Minneapolis Sick and Safe Time Policy: <http://sicktimeinfo.minneapolismn.gov/>

- Saint Paul Sick and Safe Time Policy:
<https://www.stpaul.gov/departments/human-rights-equal-economic-opportunity/labor-standards-enforcement-and-education/earned>
- Apply for Temporary Unemployment:
<https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp>
(actual application at https://www1.uimn.org/ui_applicant/applicant/login.do but it is recommended to read landing page first)
- GoogleDoc of thousands of remote jobs that may be currently available across the United States:
https://docs.google.com/spreadsheets/d/1M-8J7z605dcPhUjYfyiKVxuci0e4AWsDLo_tvs19C5M/htmlview?fbclid=IwAR1NBpPfi6wrVT_wBfH37MB2Cj5K1vIFs_4sfbgaf26-8NaJ1ScTIKT8mes
- List of Companies Currently Hiring in Minnesota
<https://minnesota.cbslocal.com/2020/03/25/list-of-companies-currently-seeking-employees-in-minnesota/>

Local Libraries:

- Directory of public libraries across Minnesota:
<https://librarytechnology.org/libraries/public.pl?State=Minnesota>
- Saint Paul Public Libraries -- **SPPL physical branch locations will be CLOSED March 16-27. Do not return books to book drops.**
 - Rentable Internet Hotspots: <https://sppl.org/borrow-the-internet/>
 - Computer Services: <https://sppl.org/computers-technology/>
 - Hours and Locations: <https://sppl.bibliocommons.com/locations/>
- Hennepin County Libraries -- **temporarily closed until April 6**
 - Hours and Locations: <https://www.hclib.org/about/locations>
 - Computer Services:
<https://www.hclib.org/programs/computers-technology>
- Anoka County Libraries
 - Computer and internet access:
<https://www.anokacounty.us/2626/Computer-Internet-Access>
 - Hours and locations:
<https://www.anokacounty.us/2936/Map-of-Library-Locations>
- Washington County Libraries -- **All programs, events, classes, and storytimes cancelled until April 15**
 - Research databases:
<https://www.washcolib.org/162/Research-Databases>
 - Locations and hours: <https://www.washcolib.org/458/Locations-Hours>
- Dakota County Libraries -- **Dakota County Libraries physical branch locations are CLOSED Starting March 18**
 - Locations and hours:
<https://www.co.dakota.mn.us/libraries/HoursLocations>

- Computer access:
<https://www.co.dakota.mn.us/libraries/Using/Computers/Pages/default.aspx>
- Wi-fi access:
<https://www.co.dakota.mn.us/libraries/Using/Wi-Fi/Pages/default.aspx>
- Ramsey County Libraries -- **[Programs and outreach visits cancelled thru March 31](#)**
 - Hours and Locations:
https://rclreads.bibliocommons.com/locations/?_ga=2.237468610.335840897.1575042658-1701100555.1575042658
 - **New Brighton branch closed thru March 31**
 - Computers and Tech: <https://www.rclreads.org/computers-technology/>

Financial Aid:

- Department of Education Federal Aid Info:
<https://ifap.ed.gov/electronic-announcements/030520Guidance4interruptionsrelated2CoronavirusCOVID19>
- Federal Loan Interest (45 announced waiving student loan interest on 3/13/2020-website not updated yet): <https://studentaid.gov/>

Parent Resources and Youth Activities:

- Education Resources:
 - Ongoing List of Education Companies Offering Free Subscriptions
<http://www.amazingeducationalresources.com/?fbclid=IwAR3BKTIKrDqayeqTNFYQd3itb3S4E6ILQHTLvtlq3uqp18qTzaj0U3NxdJs>
 - Guide to Google Classroom
https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y_k/mobilepresent?fbclid=IwAR2IL09zeD9M7Qy0QznHC_oXCU0vH80U1BGK4JSQXPA0zzdtbB-2iH0gAqkk&slide=id.g4f60ec15fb_1_0
- Activities
 - Giant List of Social Distancing Activities with Children
https://docs.google.com/document/d/1o6kEgCKLn3cylm2hehHHSTIk7yRTd0C3zx49JS4wwCl/preview?fbclid=IwAR2T7hc4BpopJ161GM9pql55U27uePAKe97MB1B74tRcmu06Qt_g4xKnLb8
 - Free Resources and Activities from PBS Kids
https://www.pbs.org/parents/pbskidsdaily?source=fb&fbclid=IwAR2gXF9rl8vSSuMC5bJGoyaACXYAcnm_IMq8F_OnSRhd4ZWxrKyglbAlb6M
 - Giant List of Enrichment Activities for Children
<https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/edit#gid=1594403014>

Resource Tool Kit:

- COVID 19 DC Resource List:
https://docs.google.com/document/d/1PINVWIZ-GVfqYM1pUPuzEL4j_9HrGMXBCeGUxL5tRbk/edit?fbclid=IwAR2KYJbDn6N4Y90nQ2pkg-UQsU5z8VgD2WvN35vkvDHGUq58x3soQbNmMKg
- What to do if you do get sick:
<https://docs.google.com/document/d/1Dc6ht5k0DUNHKKZNA6xHoWG68BhJlwirx2LNqscWd0/edit?fbclid=IwAR17zCg81fJGc7vji6F93FyQ0EmeUbyyadk805TcfvSQZ3BcTui44Nttq18>