

Marquette County & Alger County Community Resources

Mental Health Resources:

****If you are in immediate crisis, call 911****

Pathways Community Mental Health

- CRISIS SUPPORT: 24/7 crisis support call 1-888-PATHWAY (1-888-728-4929)
- Alger County Office: (906) 387-3611
- Marquette County Office: (906) 225-1181

Great Lakes Recovery Center

- Call (906) 228-9696 or toll free at (855) 906-GLRC (4572)

UP Health Systems Marquette Behavioral Health

- Call (906) 449-1600 or 1(800) 562-9753, ext. 3994

211.org To get expert, caring help today in Alger and Marquette Counties.

- Call 211
- Text your zip code to 898-211
- Toll-Free Alternative Number: (800) 338-1119
- Alternative Number (906) 786-4701

Dial Help

- Crisis Call: 800-562-7622 or 906-482-HELP
- Crisis Text: 35NEEDS (906-356-3337)
- Go to the website to chat with a person online: <https://dialhelp.org/contact>
- Click on the white “chat now” button.

National Suicide Helpline

- Crisis Call: 1-800-237-(8255)TALK
- Crisis Text: HOME to 741741

Apps available to reduce stress, nervousness, and anxiety:

- Headspace: meditation, stress relief - free with in-app purchases
- Rootd: mindfulness, deep breathing, emergency contacts - free with in-app purchases
- Stop Panic and Anxiety Self-Help - free
- Relax & Rest Guided Meditations: mindfulness, meditation - \$1.99
- Calm: mindfulness, meditation - free with in-app purchases
- Stop Breathe and Think: mindfulness, meditation - free
- Colorify: digital adult coloring book - free with in-app purchases
- Nature Sounds Relax and Sleep - free with in-app purchases

Stress Relievers: Tips to Tame Stress

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/ar>

[t-20047257](#)

Helpful Articles:

[Coping With Stress During Infectious Disease Outbreaks](#)

[Mental Health and Coping During COVID-19](#)

[How to practice self-care during coronavirus](#)

[Helping Teens Cope with the Stress of Isolation](#)

[Guide to self-care: Coping with coronavirus](#)

<https://www.thetraumatrapistproject.com/podcast/bruce-perry-md-phd-staying-emotional-y-close-in-the-time-of-covid-19/?fbclid=IwAR2YqdKSeVCsQ51tGYR3BtaaSX9bLL27GWtCtBoTQlrGK0eKicXKAnagQ4>

Online AA meetings: <http://aa-intergroup.org/directory.php>

**Food
Resources:**

[AuTrain-Onota Public Schools](#)

- Alger Packs - Pick up sites in AuTrain (AuTrain Grocery) and Deerton (School).
- See ATO Facebook page and AC3 Facebook Page for pickup dates and times.

[Burt Township School District](#)

- Pick up from 11:00 a.m. - noon on Monday, Wednesday and Fridays.
- Delivery to Germfask (Ruff-Cut Music) from noon-1:00 p.m. on Monday, Wednesday and Fridays.
- Home delivery as arranged.

[Gwinn Area Community Schools](#)

- Pick up 11:00 to 12:00 on Mondays, Wednesdays, and Fridays at Sawyer Elementary and Gwinn High School canopy doors.

[Ishpeming Public Schools](#)

- Pick up 11:00 a.m. -1:00 p.m. Monday through Friday on the Pearl street entrance of MS/HS
- Pick up 11:00 a.m. - 1:00 p.m. Mondays and Thursdays at Christ the King Church.
 - Parents/Guardians can pick up for all of their children and/or can pick up for multiple days at one time.

[Marquette Area Public Schools](#)

- Pick up available on **Tuesdays** April 14th - June 9th 2020.
- MSHS 11-12 in front of canopy entrance
- Graveraet 10:30-11:20 in employee parking lot
- Superior Hills 10:40-11 front parking lot
- Cherry Creek 11:40-12 front parking lot
- Whetstone 11:15-11:35 in parking lot across from the office

[Munising Public Schools](#)

- Pick up 12-1 p.m. at Munising Middle/High School

- Delivery available to locations in the Wetmore, Shingleton, Van Meer, Christmas and AuTrain areas.
 - If you would pick up a lunch at a location in one of these areas, please call **906-387-2103, ext. 2193**, and let us know the area and how many lunches you would pick up.

[Negaunee Public Schools](#)

- Pick up 11-1 p.m. at Negaunee Middle School, Negaunee Township Hall and Richmond Township Library

[NICE Community Schools](#)

- Patriot Packs program is still operating. Weekly food packs will be available for pick up on Fridays, at Christ the King Church in Ishpeming, and anytime prior to 5 p.m. on Fridays, at Bartanen's Auto Body in Ishpeming.

[North Star Montessori Academy](#)

- Pick up 12-1 p.m., bus stop drops at scheduled afternoon drop-off time on Thursdays of each week

[Powell Township Schools](#)

- Students of Powell can have meals delivered to their residence.

[Republic-Michigamme Schools](#)

- Food for any student and their family, pick-up from 10-1 on Wednesdays and Thursdays

[Superior Central Schools](#)

- Alger Packs - Pick up sites in Chatham (Village Pub) and Trenary (Silver Dollar).
- See SC Facebook page and AC3 Facebook Page for pickup dates and times.

[Where Students Can Get Meals](#)

- Map of Michigan indicating all meal locations sponsored by schools. The map is hosted by the Michigan Department of Education.

Jackson's Pit Restaurant

- Negaunee- Free sack lunches for kids from 11-4 pm

Travel Marquette

- Free food pantry for restaurant, hospitality, and bar workers.

Burger King

- Nationwide- 2 free kids meals with purchase of adult entree while supplies last

	<p>Broadband and WiFi services can be installed for free in new student households for 60 days. The offer is available to both K-12 and college students. Call 1-844-488-8395 to enroll</p> <p><u>Peter White Public Library</u> Free Wi-Fi available in the parking lot. Network name is PWPL-ParkingLot</p>
Educational/Parenting Resources:	<p>Here's The Entire List of Education Companies Offering Free Subscriptions Due to School Closings</p> <p>Child Care options for residents of Marquette County and Alger County</p> <p>https://www.weareteachers.com/free-online-learning-resources/</p> <p>https://childmind.org/coping-during-covid-19-resources-for-parents/#resources</p>
Homeless Resources:	<p>To find the Homeless Liaison contact person in your school district please locate them on the following list: Full U.P. District Liaison Contact List or contact the U.P. Coordinator, Rayme Martineau at rmartineau@maresa.org or office: 906-226-5139.</p>
Temporary Employment:	<p><u>Michigan Works!</u></p> <ul style="list-style-type: none"> Connecting people looking for work with employers needing temporary employees. Contact them directly at (906) 228-3075 ext. 0 <p><u>Manpower</u></p> <ul style="list-style-type: none"> Looking for workers to clean. Contact them directly at (906)226-2211. <p><u>Domino's</u></p> <ul style="list-style-type: none"> Looking for delivery drivers. Apply online at jobs.dominos.com
Utilities:	<p><u>SEMCO</u></p> <ul style="list-style-type: none"> Announced that it is suspending customer disconnections and waiving late fees for anyone unable to pay their monthly natural gas bill. If you are concerned about your gas service or struggling to pay your bill, please contact SEMCO at 1-800-624-2019 to speak with a customer service representative. <p><u>United Way</u></p> <ul style="list-style-type: none"> Has an economic relief fund to help with bills, food and rent -call 1-866-211-9966 and provide your zip code to be given a list of local agencies that will provide assistance.

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