
Resources during the current lock down

During stressful times Vermonter's have a history of coming together and support each other. Please reach out to each other (but keep a physical distance) and show we are **Vermont Strong!**

Remember we are here for you:

WHA: (802) 655-2360

SASH: (802) 655-9320

Other channels to tap into are:

FOOD

- Call Vermont's resource line by **dialing 2-1-1** with any questions about coronavirus or general questions about help and services in Vermont.
- If you are a senior and need help you can also call the **Senior helpline** (Age Well) at (800) 642-5119. They also handle your request for Meals on wheels.
- Most stores are offering home **deliveries** and curb **pickups**:
 - o Shaws, Petco, Costco and Price chopper/Market 32 are all available through: **Instacart.com**
 - o Shaws Colchester/Winooski have set aside store hours from 7:00 a.m. to 9:00 a.m. every Tuesday and Thursday for senior citizens, and other at-risk members of the community.
 - o Hannaford has dedicated store hours 6:00 a.m. to 7:00 a.m., Tuesday, Wednesday and Thursday of each week for customers who are 60 or over and individuals being identified by the CDC as at high risk
 - o Healthy Living Market offer a pickup service through online at: **healthylivingtogo.com** or call them at: (802) 863-2569
 - o City Market has a limited phone in service with free delivery at (802) 861-9723. Due to high demand it could be hard or them to keep up with orders, please consider pickup as an option as well.
- Has your household lost pay? You could be eligible to receive a **3SquaresVT/Food stamps benefit** or increase the benefit you already receive. **Call** (855) 855-6181 or **text** VFBSNAP to 85511 and they will help you apply. You can also **email** them at **3svt@vtfoodbank.org**
- The Commodity Supplemental Food Program (CSFP), commonly known as "**Commodities**" is a federal nutrition program which offers free monthly nutritious foods to income-eligible older adults. During this crisis they are doubling up distribution, providing both the April and May food boxes in April. This will ensure that if services are disrupted due to the virus, people don't miss out on food.
To apply call: 1-800-214-4648
- **The Winooski food shelf** is located in the United Methodist Church at 24 W Allen St. During this time they do not allow anyone into the church but will provide you with pre-packed bags of food outside the doors. The Food shelf is opened every first and fourth Wednesday (2-4pm) and Saturday (9.30-11am) of the month. You need to show proof of residency by bringing a current piece of mail.

- Formerly Chittenden Food shelf, now: **Feeding Chittenden** is located on 228 North Winooski Avenue in Burlington. You can pick up groceries Monday, Wednesday, & Friday – 9 a.m. – 4 p.m.

MENTAL HEALTH

- **VT Crisis Text line** - Text: “VT” to 741741 for support.
- **Vermont Support Line** - Creating Connection for All Vermonters at (833) 888-2557. Open from 3:00 p.m. to 6:00 a.m.
- **First Call for Chittenden County crisis line** is providing support at (802) 488-7777. Callers who are asked to leave a message should call again if they do not receive a call back within 15 minutes.
- **Howard Center** programs, including all crisis services, remain open and available to meet the needs of the community. Some services are being provided by telephone and video telehealth. Main number: 802-488-6000
- **National Alliance Mental Illness, NAMI:** (800) 639-6480
- **VT Alcoholics Anonymous:** (802) 864-1212
- **Vermont Help Link** has a chat function at www.vthelplink.org/ or you can call them at (802) 565-LINK

DOMESTIC VIOLENCE

- **Steps VT 24-hour hotline:** (802) 658-1996. They also have the following message: Even if you are quarantined with your abuser, reach out for the help that you need. **We are here.** Law Enforcement are continuing to respond to calls. Hotlines and shelters will remain open. People impacted by sexual and domestic violence can still access the support of an advocate during a sexual assault forensic exam, when requesting a relief from abuse order, and for help accessing other crucial resources

PHARMACIES

- Kinney Drugs offers FREE prescription delivery. Plus, they deliver other products, too, such as over-the-counter medicines, household supplies, pantry items and more. They also offer a convenient pharmacy drive-thru window at most locations. Confirm at Essex location: (802) 878-5351
- Walgreens Pharmacy Update: You can pick prescriptions for others with the last four digits of their phone numbers. They are doing deliveries, visit their website to request it. They are waiving the \$5 delivery fee at this time. Please call to confirm, Winooski location: 802-655-2444

FINANCES

- For information about the stimulus package check the link below or call SASH (802) 655-2360 or Elizabeth (802) 557-5477 for more details if you don't have internet access and they'll go over it with you. Everyone on SSI or SSDI will get the \$1,200 stimulus via direct deposit if that is your method of payment, regardless of having filed 2019 taxes. This stimulus will NOT affect food stamps or rent calculations. <https://howtogeton.wordpress.com/will-disabled-people-get-stimulus-checks/>