



**Brooks Rehabilitation
College of Healthcare Sciences**
JACKSONVILLE UNIVERSITY

The resources have been compiled by the students and faculty in the Clinical Mental Health Counseling Program at Jacksonville University

Compiled Resources for COVID-19

COVID Updates

All citizens of Jacksonville can visit the <https://www.coj.net/departments/fire-and-rescue/emergency-preparedness/preparedness/covid-19> - information site which are continual updates of the virus, for all citizens.

NAMI (National Alliance on Mental Illness): COVID 19 Resource Guide
<https://www.nami.org/covid-19-guide>

Mental Health America COVID 19 Resources
<https://mhanational.org/covid19>

Centers for Disease Control COVID-19 updates:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Mental Health Resources

Emotional PPE Project, www.emotionalPPE.org: This service provides a directory of volunteer mental health professionals to medical workers whose mental health has been impacted by COVID-19 patients.

Free Resources from Talk Space (Public and private support groups and therapist-led groups):
<https://www.talkspace.com/blog/coronavirus/>

National Crisis Text Line allows you to connect with a crisis counselor for free simply by texting CRISIS to 741741 (you can also go through Facebook Messenger). It's staffed by volunteer social workers and clinicians who reply within minutes and are available 24/7.

Resources to Promote well-being during COVID 19 outbreak
<https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/#support>

Resilience Reset:

As a reminder, every day you can take 2 minutes for a “Resilience Reset” with Dr. Carol Lewis, who facilitates a quick self-care practice and shares a tip based in the science of resilience.

https://www.youtube.com/playlist?list=PLJWuMBoY4jMpNeM6cv_N0Zx59RbQftggC

Changing Perspectives Counseling is offering reduced rates for Stress Management Sessions. \$30 for 30 mins where we focus on healthy ways to work through emotional and physical demands. Great for essential employees and those feeling compassion fatigue or burnout.

<https://www.changingperspectives.today/>

Free and Low Cost online therapy for those on the frontlines (i.e. healthcare providers, first responders, grocery store employees)

<https://www.coronavirisonlinetherapy.com>

Project Parachute: Probono teletherapy for frontline health care providers

<https://www.eleos.health/parachute>

FREE virtual support groups for medical personnel and first responders in the state of Georgia:

<https://richmonttraumacenter.com>

UF Health Employee Resources:

3 drop-in virtual support groups for UF Health employees (UF or Shands) that are facilitated by UF mental health professionals. You may join at any time and stay for as long as you like.

Groups will be offered via PHI Zoom:

- Tuesday at 5pm-6pm
- Wednesday at 8pm-9pm
- Thursday at 4pm-5pm

You can learn more about the groups (and access the Zoom links)

here: <https://psychiatry.ufl.edu/zoom-drop-in-groups/> (webpage will be updated as more groups are added)

If you think you might benefit from connecting to mental health services, such as:

Psychiatric medication consultation and management

Free individual short-term counseling

Individual psychotherapy

Resilience-based group therapy

Talkspace FREE online therapy and support

FREE drop-in support groups

Please call the UF Health Staff Telepsych Services center between 8:30 a.m. and 7 p.m. (7 days per week) at 352-265-5459 or email c19peersupport@shands.ufl.edu [provide your name, contact number, and best time(s) to receive a call back]. A licensed mental health professional will perform a quick screening and help you identify the service(s) that would be most useful and convenient for you.

Progressive Muscle Relaxation (PMR): <https://www.youtube.com/watch?v=Pgay-cVYLjl>
Autogenic Relaxation: <https://www.youtube.com/watch?v=H62t26iYF9o>
Visual Imagery (The Lake): <https://www.youtube.com/watch?v=6qR13iJfs4I>
Visual Imagery (A Path in the Woods): <https://www.youtube.com/watch?v=y1Lxg4lWDnA>
Visual Imagery (The Ocean): <https://www.youtube.com/watch?v=csDjSgQp3R4>

There are also two tracks provided by Carol Lewis, PhD with UF Psychiatry:

Mindful Awareness Breathing

Space: https://www.youtube.com/watch?v=JynfDY6lJfg&list=PLJWuMBoY4jMpVTEXe_cWU2f8SvDV5ZnXc&index=5

Loving Kindness

Practice: https://www.youtube.com/watch?v=Ks3PsXVz51w&list=PLJWuMBoY4jMpVTEXe_cWU2f8SvDV5ZnXc&index=6

Eating Disorder Recovery Resources

Free, Personalized Referrals for Eating Disorder Care & Treatment

To find local, specialized eating disorder care, call The Alliance at 866-662-1235.

Or visit www.findEDhelp.com, or download the new findEDhelp app in the [Google Play Store](#) or the [Apple App Store](#).

Free, online check-ins with clinical supervision. The Pro-recovery check-ins are for individuals only, ages 18+, experiencing or recovering from eating disorders. The “Friends and Family” check-ins are for loved ones only, ages 18+. Please note, you must register each week for each check-in using the links below. Registration closes 1.5 hours before each check-in.

https://docs.google.com/forms/d/e/1FAIpQLSeP92vgNUNMKjTPN9x9DaGY-iYwdN3-Ly_cZvRdQFoD3zL16g/viewform

<https://docs.google.com/forms/d/e/1FAIpQLScPIPLnZv-0nJFJ-QUmRKI8qxJ1RGihFm5m-fC7iYg-CF7TDw/viewform>

Homelessness

- Sulzbacher Village in Jacksonville: homeless shelter where these individuals can safely live during this time <https://sulzbacherjax.org>
- Jacksonville's Urban Rest Stop: a place for the homeless to take a shower during this pandemic <https://downtownjacksonville.org/poi/urban-rest-stop/>
- www.jaxha.org- (Community Resource Guide)- This website provide resources that assist in safe, clean, affordable housing and effecting social services for low and moderate income families.
- Touchstone Village Clay and Duval: A residential resource of Youth Crisis Center that remains open/accessible to homeless youth during the pandemic. <https://youthcrisiscenter.org/our-programs/transitional-living-programs/touchstone-village-clay/>

Older Adults

- “Aging True” which is a local Community Senior Service organization. Under this umbrella is a “Meals on Wheels” program, where seniors can have meals delivered to their home. To be honest, it has been difficult for me to come up with ways to enhance the connections of this group from a distance. My best resource would be devising a schedule for frequent phone calls from friends and family. This type of phone ministry could be implemented in organizations and families to claim home-bound members on a distribution list and make a daily phone call to them.
- Resource for elderly living independently <https://www.aginginplace.org/10-resources-for-living-independently-as-a-senior/>
- Eldersource is providing online/remote resources for individuals and their families Toll Free: 1(888)242-446 www.myeldersource.org
- www.johnhartford.org
- www.aarp.org
- Publix is designating Tuesday and Wednesday mornings from 7-8 am as senior shopping hour for customers 65 and over. The pharmacy will also be open those hours for prescriptions.
- Cinotti’s Bakery at the beach is also providing FREE meals for the elderly. You can call them and order it and go pick it up and deliver it to your elderly neighbor or friend.
- Other stores offering hours for seniors:
 - Bi-Lo Weekdays 8-9 am
 - Dollar General First Hour
 - Fresh Market 8-9 am M-F
 - Harvey’s: weekdays 8-9 am
 - Target: first hour daily
 - Walmart- 1 hour early on Tuesday
 - Whole Foods: 1 hour early
 - Winn Dixie 8-9 am M-F

Low-income families/Financial

- Local Organization Hunger Fight: <https://hungerfight.org>
- Department of Family Services- (Duval County Assistance Programs)- A government agency that provides social services and cash assistance for qualified low income individuals
- 211 (help you locate food and materials needed for the household)
- United Way (will help you pay bills)
- www.needhelpayingbills.com...this is a Duval county assistance program that helps people pay bills in times of crisis.
- If your child is doing online learning and you do not have access to the internet COMCAST is providing 2 free months of service.
- Helping Hand's Diaper Center of Jacksonville - www.hhdcjax.org - They provide diapers to anyone that needs them regardless of age or income.
- www.nokidhungry.org
- www.benefits.gov

For families with kids

- ABC Mouse (for continued learning for children) (free 30-day trial; and discounted prices for different packages)
- 15 Simple Kid's Activities: <https://handsonaswegrow.com/15-simple-activities-kids/>
- Movement videos for kids (to let some energy out!) <http://savvyschooling.com/2017/07/05/top-5-youtube-exercise-videos-for-kids/>
- Resource for parents of children with disabilities <https://www.ces-schools.net/50-great-websites-for-parents-of-children-with-special-needs/> also has tips for homeschooling during the pandemic.
- Live Daily streams
 - Doodles with Mo Williams
 - Cincinnati Zoo- home safari of the day
 - Coach Wood- PE teacher
- Other online finds:
 - The Hansen art studio- offering painting with a twist- check site for dates and times
 - "How to draw" youtube channel

Living with Disabilities

- https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf

This is a printable "book" written to help caregivers explain what a virus is and why they aren't following their typical routines. It also has a template to create your own hand washing routine by putting in pictures of the individual as a visual prompt of how to properly wash your hands.
- <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

This article isn't directly about people with developmental disabilities, but a lot of it can be applied to families with a member with a disability. It talks about keeping a schedule, following morning and night time routines, using a visual schedule to reduce anxiety about unstructured time, reaching out for help virtually, and being creative with ways to entertain the family.
- This is a video link to a full length class of adaptive yoga lead by adaptive yoga pioneer Matthew Sanford <https://www.youtube.com/watch?v=LWc1XuKyDD8>
- This would be available to anyone who has a facebook account and likes the Brooks Adaptive Sports and Recreation page, linked below. [brooksadaptivesportsandrecreation](https://www.facebook.com/brooksadaptivesportsandrecreation)

Food

- Duval and Clay counties continue to provide meals for all students <https://www.news4jax.com/health/2020/03/15/free-meals-offered-to-duval-clay-students-during-unscheduled-coronavirus-break/>
- www.jaxbeam.org ...This is a food pantry located in the beaches area; 850 6th Ave. South Jacksonville Beach, FL 32250

- Urban Folk Farm. <https://www.urbanfolkfarm.com/available-now>

They are a local farm located on the Westside of Jax. They have on their website a long list of produce available which you can order via email or text to either pick up or have delivered to your home (for free on orders over \$25). They accept SNAP benefits.

- Abundant Harvest Farms, my favorite local farmers! <http://www.abundantharvests.farm>

They run a NFP and in their recent FB post (web address below) they announced that instead of selling their produce, they are donating it to communities in need.

- Feeding Northeast Florida is our local chapter of Florida's food bank network. They provide access to fresh local food to areas of food scarcity. They run a program called Fresh Bucks, which allows SNAP holders to use their benefits at farmers markets. They also run mobile food pantries. The link below take you to a page on their website where you can put in your exact location and it will locate all mobile food banks nearby. <https://www.feedingflorida.org/taking-action/find-food-now/>
- The Catholic Charities food pantry will be open to the public on Wednesdays from 11 am – 1 pm.
- Food pantry St. Pius V Catholic Church at 1470 W. 13th Street; Jacksonville, FL 32209

Health

- The Florida Department of Health webpage for COVID-19 updates: www.FloridaHealth.gov/COVID-19
- We care Jacksonville Inc....Helping the uninsured with health care benefits

Veterans

- VA Video Connect allows veterans to get telehealth with their care team, instead of having to go to the VA.

Domestic Violence

- Hubbard House, www.hubbardhouse.org - They offer shelter for victims of domestic violence. If anyone during this quarantine is being housed with someone abusive, they could possibly get out and go here.

Unspecified

- <http://www.elcofduval.org/> -
- https://www.sahma.org/rc_files/105/DuvalCountyFL.pdf

