



## **Resources for COVID-19**

### **Help With Health Insurance**

RI Resource, Education, and Assistance Consumer Helpline  
Tel: 401-270-0101

[Getting Health Coverage and Care for COVID-19 - Economic Progress Institute](#)

[Blue Cross Blue Shield of Rhode Island](#)

[Neighborhood Health Plan of Rhode Island](#)

[Tufts Health Plan](#)

[United Healthcare](#)

[Medicaid, Medicare and Private Insurance Coverage of Telehealth Services](#)

[Rhode Island Behavioral Health Telehealth Services Fact Sheet](#)

### **Financial, Food, & Housing Resources**

[RI Department of Labor & Training COVID-19 Unemployment Insurance Benefits](#)

[HomesRI COVID-19 Eviction Prevention](#)

[National Domestic Workers Alliance Care Fund](#)

[Tipped and Service Worker Support Fund - One Fair Wage](#)

[RI Coalition for the Homeless COVID-19 Resources for Constituents & Providers](#)

[Rhode Island Food Pantries](#)

[RI Department of Health “Grab n’ Go” Meal Sites for Children](#)

[RI National Grid COVID-19 Disconnection Policies](#)

[Federal Student Loans COVID-19 Deferment Policy](#)

[Small Business Administration’s Economic Injury Disaster Loans](#)

[NeedyMeds Prescription Assistance](#)

[HealthWell Foundation](#)

[United Way and RI Foundation’s COVID-19 Response Grants for Nonprofits](#)

## **Support**

[BH Link 24/7 Helpline and Walk-in Center Tel: \(401\) 414-LINK](#)

[Oasis Wellness and Recovery Virtual Peer and Support Groups](#)

[Depression and Bipolar Support Alliance](#)

[Mental Health America’s Inspire Support Group For Any Mental Illness](#)

[The Trevor Project - Support for LGBTQ Youth](#)

[Social Support: Getting and Staying Connected](#)

[RI Coalition Against Domestic Violence](#)

[Just Checking In](#)

[Lyf Social App for Smart Phones](#)

[SAMHSA’s Disaster Distress Hotline for Emotional Support](#)

## **Substance Use Disorder**

[Prevent Overdose RI COVID-19 Resources](#)

[Potential Implications for People with Substance Use Disorders](#)

## **Tools for Wellness**

[Medication Access During COVID-19](#)

[Mental Health Screening Tools](#)

[Free Online Meditation Course from the Center for Mindfulness](#)

[Meditation and Calmness](#)

## **General Information**

[Rhode Island Department of Health COVID-19](#) Tel: (401) 222-8022 M-F 8:30-4:30

[Mental Health Considerations During COVID-19 Outbreak](#)

[Managing Stress and Anxiety](#)

[Tips for Social Distancing, Quarantine, and Isolation](#)

[Mental Health and Remote Work](#)

## **Resources For Mental Health Providers**

[A Guide to Transitioning Your Clinic to a Remote Work Environment](#)

[Medicare Telehealth Healthcare Provider Fact Sheet](#)

[How Healthcare Personnel Can Support Military Families](#)

[Helping Homebound Children During the COVID-19 Outbreak](#)

[Taking Care of Patients During the Coronavirus Outbreak: A Guide for Psychiatrists](#)

[Psychological Effects of Quarantine: What Healthcare Providers Need to Know](#)

[Use of Telemedicine While Providing Medication Assisted Treatment \(MAT\)](#)

[Opioid Treatment Program \(OTP\) Guidance](#)

[COVID-19 and Opioid Treatment Programs FAQ](#)

[COVID-19 Public Health Emergency Response and 42 CFR Part 2 Guidance](#)

## **Resources For Parents**

[Helping Homebound Children During the COVID-19 Outbreak](#)

[Parenting during Coronavirus](#)

[Talking to Kids about COVID-19](#)

[Cómo hablar con los niños sobre el coronavirus](#)

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Supporting Kids During the COVID-19 Crisis](#)

[How to Avoid Passing Anxiety on to Your Kids](#)

[Talking to Kids about Fear and Violence](#)

[The Parent Guide to Resilience](#)

[List of Live Webcams, Virtual Tours, and Virtual Field Trips](#)

[Scholastic Learn at Home Free Resources](#)

[Smithsonian Distance Learning Resources](#)

[Virtual Field Trips from Discovery Education](#)

[Free Learning Resources from Lakeshore Learning Materials](#)

[List of Education Companies Offering Free Subscriptions due to School Closings](#)

## **Resources For Caregivers**

[Caregiving for a Person with a Mental Illness](#)

[COVID-19 and Family Caregiving](#)

[Care for Caregivers: Tips for Families and Educators](#)

[Caring for someone at home during COVID-19](#)

[Caregiver Action Network](#)

[National Alliance for Caregiving](#)

