

Community Resources: Updated May 4, 2020

During this time of uncertainty many LCC students and their loved ones are in need of resources to maintain health, safety and their quality of life. The LCC Student Services Team has compiled a list of local and state resources to assist during this time of unprecedented need. We hope that you and your loved ones remain safe, and remember, we're in this together. If you need support your LCC Family is here.

Below is a list of resources to assist LCC Students and Lenoir county residence during their time of need. Please be mindful some hours of operation will continue to fluctuate as organizations work to stay in compliance with CDC recommendations:

Accessibility & Assistive technology

- <https://www.ahead.org/professional-resources/coronavirus-resources>
 - <https://www.bookshare.org/cms/>
 - <http://clusive.cast.org/account/login?next=/reader>
 - <https://dro.dasa.ncsu.edu/strategies-online-learning/>
 - <https://www.nationaldeafcenter.org/take-control-your-online-learning-tips-deaf-college-students>
- Special licenses have been created to assist students and workers who must remain home during the COVID-19 crisis. A free short-term Home Annual License of JAWS, ZoomText, or Fusion (expires June 30, 2020) is available to anyone with a personal email address in the United States and Canada. These products require either a Microsoft Windows 10 or 7 operating system. Remote desktop and Citrix support are not provided. Contact Freedom Scientific Customer Service at 727-803-8000 with any questions.



AHEAD was just contacted by Freedom Scientific with the following announcement, that we think might be very useful for some of you and the students you work with:

Freedom Scientific is offering those in the US and Canada a Free Home License of JAWS, ZoomText, or Fusion which will expire June 30, 2020.

If you are suddenly at home with no access to your AT software, we have you covered.

We know many of you must remain at home and will need to continue to work or attend school remotely. To ensure that your life remains accessible we are offering those in the US and Canada a Free Home License of JAWS, ZoomText, or Fusion which will expire June 30, 2020.

For those outside of North America, Freedom Scientific and our international distributors are working together to provide home solutions for our customers during the COVID-19 crisis. Please contact your states distributor if you need assistance connecting to school or work from home.

Learn more: portal.freedomscientific.com/SponsoredSoftware [nam02.safelinks.protection.outlook.com]

Carol Funckes
Chief Operating Officer
AHEAD
Tucson, Arizona

Glean by Sonocent

Sonocent have been supporting higher education institutions with note taking accommodations for **over ten years**. We help your students take great notes independently.

In this unprecedented and challenging time, we realized we could help make students' transition to online classes a lot smoother by giving them access to Glean, our new online note taking tool with dedicated features for online learning.

That's why we are offering **unlimited free access to Glean until August 31st 2020**.

https://glean.sonocent.com/free-access/?utm_source=pros_1&utm_medium=email&utm_campaign=free_glean_20

Businesses & Finances

- <https://www.nccommerce.com/news/solutions-covid-19/business-resources#financial-support>
- <https://des.nc.gov/need-help/covid-19-nc-unemployment-insurance-information>

Childcare for Essential Workers

<https://www.ncdhhs.gov/divisions/public-health/covid19/child-care>

COVID 19 State Level Guidance

- <https://www.ncdhhs.gov/divisions/public-health/covid19/covid-19-guidance>

FEMA:

- <https://www.ci.kinston.nc.us/533/FEMA-Resources-Kinston-Lenoir-Co>

Food:

- <https://www.ncdhhs.gov/divisions/public-health/covid19/assistance/p-ebt>
- <http://nokidhungrync.org/covid19/>
- <https://www.homelessshelterdirectory.org/cgi-bin/id/cityfoodbanks.cgi?city=Kinston&state=NC>

Governor Cooper Announces Texting Tool to Access Food for Children

Free or reduced price eligible families can text FOODNC to 877-877 to find nearby meal sites

RALEIGH: Governor Roy Cooper announced today that parents who need food assistance for their children can text FOODNC to 877-877 to locate nearby free meal sites. The texting service is also available in Spanish by texting COMIDA to 877-877.

After entering their address, parents will receive a text with the location and serving times for nearby pick-up and drive-thru free meal sites while schools are closed. Sites have been set up across the state for families with children ages 18 and younger, including preschool children, who rely on free and reduced-price meals at school.

"School closings mean no meals for some of our most vulnerable children. Now families have an easier way to find food during these times of financial stress," Governor Cooper said.

Parents can also call 2-1-1 to speak with an operator who will help them locate meal sites in their community. The 2-1-1 service is available 24 hours a day, 7 days a week. Services are provided in English, Spanish and many other languages.

Additionally, No Kid Hungry has created a map of local school sites, community organizations and food assistance programs across North Carolina where families can access food. The interactive map can be viewed

at nokidhungrync.org/covid19/ [\[click.icptrack.com\]](#) and is updated daily.

The Governor's North Carolina COVID-19 Education and Nutrition Working Group, co-chaired by the NC Department of Health and Human Services (NCDHHS) and the NC Department of Public Instruction (NCDPI), worked in partnership with state and community organizations such as No Kid Hungry to set up the texting program.

School sites and community organizations providing food are experiencing a high demand for services and rely on dedicated volunteers to provide meals. NCDHHS and NCDPI ask that people who are not at [high-risk](#) [\[click.icptrack.com\]](#) for severe illness associated with COVID-19 sign up to volunteer to prepare meals. Those interested in volunteering should call their local school district office, community organization or visit volunteernc.org [\[click.icptrack.com\]](#).

For more information and additional guidance on regulations and recommendations related to the health threat from COVID-19, please visit the NCDHHS website at www.ncdhhs.gov/coronavirus [\[click.icptrack.com\]](#) and CDC's website at www.cdc.gov/coronavirus [\[click.icptrack.com\]](#).

Medical Care:

- <https://kinstonhealth.org/>
- [NC 2-1-1](#) [\[click.icptrack.com\]](#) is an information and referral service that families and individuals can call to obtain free and confidential information on health and human services resources within their community. NC 2-1-1 operates 24 hours a day, seven days a week, 365 days a year and resources are available in most languages.
 - North Carolinians can text COVIDNC to 898211 to receive general information and updates about COVID-19. Sign up now to get regular alerts on the rapidly evolving situation and North Carolina's response. NC 2-1-1 can refer callers to the organizations in their local community best equipped to address their specific health and human services needs including food, shelter, energy assistance, housing, parenting resources, health care, employment, substance abuse treatment, as well as specific resources for older adults and for persons with disabilities, and much more. Simply dial 2-1-1 or TTY 888-892-1162 for assistance.
 - NC 2-1-1 cannot provide direct medical services, and COVID-19 can only be diagnosed by a health care professional. If you suspect you or someone you care for may have symptoms or have been exposed to the virus, you should contact your health care provider. If you do not

have a provider, you can call your [local health department \[click.icptrack.com\]](#), [free and charitable clinics](#) or a [Federally Qualified Health Clinic \[click.icptrack.com\]](#) for guidance.

- People should only call 9-1-1 if they are experiencing an emergency. 9-1-1 centers across North Carolina have been receiving general questions and other non-emergency calls related to COVID-19. Please do not call 9-1-1 unless you have an emergency. For the most up-to-date information on COVID-19 in North Carolina, go to [ncdhhs.gov/coronavirus \[click.icptrack.com\]](#).
- Due to anticipated high call volume, those seeking general information about COVID-19 are strongly encouraged to sign up for texts. People who are trying to locate specific services would benefit by calling. To learn more about NC 2-1-1, visit [nc211.org \[click.icptrack.com\]](#).

Planning & Safety Tips for persons with disabilities:

- <https://epi.ncpublichealth.info/cd/coronavirus/COVID-19%20CMIST%20Guidance%20030620.pdf?ver=1.0>
- <https://dro.dasa.ncsu.edu/strategies-online-learning/>

Safety & Planning for High Risk Populations:

- <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>
- Managing your diabetes: <https://diabetesmanagementnc.com/>
- Smoking Cessation: <https://www.quitlinenc.com/>

Shelter & Emergency Housing:

- <https://www.homelesshelterdirectory.org/cgi-bin/id/city.cgi?city=Lenoir&state=NC>

Telehealth resources for managing mental health and anxiety during crisis:

<https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina/managing-health>

- Additional Mental Health & Crisis Management Resources
 - If you're feeling stressed or nervous during these days of COVID-19, you're not alone. Uncertainty and the sense of not being safe — not to mention physical distancing, round-the-clock news and empty grocery shelves — are stressful. What you're feeling is common around the world.
 - **If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, or like you want to harm yourself or others call 911.**
 - **You can also contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 800-985-5990, the National Suicide Prevention Lifeline at 800-273-8255 or text MHFA to 741741 to talk to a Crisis Text Line counselor.**

For more information and resources from MHFA during this difficult time, read these new resources on our blog:

- [How to Care for Yourself While Practicing Physical Distancing](https://nam02.safelinks.protection.outlook.com)
[\[nam02.safelinks.protection.outlook.com\]](https://nam02.safelinks.protection.outlook.com)
- [How Do I Know Someone is Experiencing Anxiety or Depression?](https://nam02.safelinks.protection.outlook.com)
[\[nam02.safelinks.protection.outlook.com\]](https://nam02.safelinks.protection.outlook.com)
- [How to Help Someone with Anxiety or Depression During COVID-19](https://nam02.safelinks.protection.outlook.com)
[\[nam02.safelinks.protection.outlook.com\]](https://nam02.safelinks.protection.outlook.com)
- [How to Support a Loved One Going Through a Tough Time During COVID-19](https://nam02.safelinks.protection.outlook.com)
[\[nam02.safelinks.protection.outlook.com\]](https://nam02.safelinks.protection.outlook.com)

For more information on COVID-19, please visit these resources:

- [The National Council for Behavioral Health: Resources for COVID-19](https://nam02.safelinks.protection.outlook.com)
[\[nam02.safelinks.protection.outlook.com\]](https://nam02.safelinks.protection.outlook.com)
- [World Health Organization: Rolling updates on coronavirus disease](https://nam02.safelinks.protection.outlook.com)
[\[nam02.safelinks.protection.outlook.com\]](https://nam02.safelinks.protection.outlook.com)
- [Centers for Disease Control and Prevention: Coronavirus Disease 2019 Situation Summary](https://nam02.safelinks.protection.outlook.com)
[\[nam02.safelinks.protection.outlook.com\]](https://nam02.safelinks.protection.outlook.com)

We will continue to share resources and tips as they become available. In the meantime, please stay safe and healthy.

Thank you for choosing to #BeTheDifference,
Mental Health First Aid USA

- The **Hope4NC Helpline** (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis. As part of the state's recent hurricane recovery efforts it served over 4,400 people in the most impacted counties, and now it is being made available to everyone in North Carolina's 100 counties during the COVID-19 crisis. This initiative is in partnership with all seven of the state's [LME/MCOs](#) and REAL Crisis Intervention Inc. in Greenville. Hope4NC is now available 24 hours per day, seven days a week to speak to a live person.
- The **Hope4Healers Helpline** (919-226-2002) is a new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response. Hope4Healers is also available 24 hours per day, seven days a week for people to reach out for support; they will be contacted quickly by a licensed mental health professional for follow-up.
- Resources for caring for Children and Loved Ones:
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf