

# COMMUNITY RESOURCES

**We're all in this together.**

Cigna's mission is to improve the health, well-being and peace of mind of those we serve, and beyond. These COVID-19 resources are available to anyone, whether you're a Cigna customer or not.

## **Aunt Bertha - The Social Care Network**

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[Search for free or reduced cost services](#) by zip code, including medical care, food, job training and more.

## **COVID-19 Mental Health Resource Hub**

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Psych Hub's national coalition of mental health organizations provides a free resource hub, [PsychHub.com/Covid-19](https://PsychHub.com/Covid-19), to help people address their mental health needs during the COVID-19 pandemic.

## **Employment**

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- ▶ You can locate the closest workforce center in your county by:
  1. Putting your home address in Google.
  2. Click on the map that comes up.
  3. Then click on the nearby button that pops up in the upper right-hand corner.
  4. Type in the words "workforce center."You will see agencies that are located close to your home.
- ▶ To file for unemployment online, type in Google search "how do I apply for unemployment" and add the state you live in.
- ▶ Explore new job opportunities through [People + Work Connect](#).

## **211**

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Easy-to-remember three-digit telephone number that can provide information and referrals to health, human and social service organizations. Or visit [211.org](https://211.org).

**Together, all the way.®**



## Consolidated Omnibus Budget Reconciliation Act (COBRA)

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COBRA insurance may provide temporary health coverage after job loss or other qualifying events. Learn more information about [COBRA insurance](#).

## Affordable Health Care Solutions

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How to apply for Medicaid and CHIP (Children's Health insurance Program): [USA.gov/Medicaid](#).

## Medication Costs

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Savings card options are available online. They may be found by searching the name of the medication and/or manufacturer. The main page may contain a toll-free number for patient assistance programs, and they may provide assistance with a cost-saving card.

## Food

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- › You can call your local 211 or you can search their website at [211.org](#).
- › You can apply online for SNAP (food stamps) at [USDA Supplemental Nutrition Assistance Program](#).
- › To locate food pantries, type your address into Google. Click on the map that appears. Then click on the nearby button, type in "food pantries."

## Financial Assistance for Rent and Utilities

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- › You can call your local 211 or search their website at [211.org](#).
- › You can also look for the following agencies in your area: Salvation Army, Community Action Agency and Catholic Charities (during this time, most of these agencies are assisting people over the phone and are not offering face-to-face appointments).
- › LIHEAP (Low Income Home Energy Assistance Program) and/or the Weatherization program. This helps lower your heating and cooling costs. If you need help to apply or if you want to learn more about LIHEAP, contact the National Energy Assistance Referral (NEAR) project: Call **866.674.6327** or TTY **866.367.6228**.

## Seniors

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Services for seniors can be located by calling or searching online for your local Area Agency on Aging. In some areas it may be called Senior Services, Aging Ahead, Aging Matters and Council on Aging.

## Veterans

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- › You can call your local VSO (Veteran Services Officer) in your county. This website will assist you in locating your VSO office: [Veteran Service Officers](#).
- › Another resource to check is the U.S. Department of Veterans Affairs (VA): [VA's Public Health website](#).

## Shelters

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Your first call should be to your local 211 via phone and talk to a representative. One of two things will happen; you will be directed to a homeless hotline or you will be given a direct phone number to a local shelter. Either way, you will be informed about current bed availability.

## Pet Care and Pet Food

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- › It is best to call your local Humane Society and see what they offer for low cost pet care. If they don't offer the services you need, they will be able to direct you to other resources.
- › Where to locate low cost or free pet food: Call one or all of the following as they will know if there is a pet food pantry in your county: The Humane Society, animal rescue, local animal shelter or animal control. You can also google pet food pantries in your local area.

## Legal

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Google legal aid for your area. This is for people with low income who cannot afford to hire a lawyer on their own.

## Transportation

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- › **Senior Transportation:** Call your local Area Agency on Aging or your local senior center. They can provide you with resources.
- › **Paratransit (sometimes called Dial-A-Ride):** Paratransit is low cost and is transportation for someone who is disabled (permanently or temporarily). You can google paratransit and the county you live in, or you can call your local Area Agency on Aging or your local senior center.
- › **Road to Recovery:** Is free transportation offered by the American Cancer Society (ACS) to people who are undergoing treatment for cancer. You can access this program by calling **800.227.2345** or by chatting with them online at [Cancer.org](https://www.cancer.org).
- › **Rural Transportation:** If you live in a rural area sometimes there are volunteers with your local senior center that will help Seniors get to medical appointments. You can also call your local chamber of commerce to see if there are volunteers. Last, you can call 211 for local resources or visit [211.org](https://www.211.org).

## Domestic Violence

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National Domestic Violence Hotline: [TheHotline.org/Help](https://www.thehotline.org/help) or **800.799.7223**.

## Online Mental Health Assistance

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- › [NAMI](https://www.nami.org): National Alliance on Mental Illness holds free support groups and workshops for people with mental health issues and separate groups for their family member.
- › [National Suicide Prevention Lifeline](https://www.suicideline.org): **800.273.8255**.
- › [DBSA \(Depression and Bipolar Support Alliance\)](https://www.dbsa.org): Depression and bipolar support groups.
- › [Anxiety and Depression Association of America](https://www.adaa.org): Anxiety and depression support.
- › [Support Groups](#)

## Autism

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- › [Gemiini](https://www.gemiiini.com): An online program to increase speech, language, reading, life skills and social skills for people with autism, Down syndrome, speech delay, stroke and others.
- › [Autism Speaks COVID-19 page](#)
- › [Cigna's Autism Awareness Series](#)
- › [Behavior Analyst Certification Board \(BACB\) COVID-19 Updates](#)
- › [ABA Coding Coalition COVID-19 Page](#)
- › [Autism Society COVID-19 Page](#)

## Virtual Addiction and Recovery Support Groups

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- › **Shatterproof:** [How to Find a Virtual Recovery Meeting](#)
- › **Alcoholics Anonymous meetings**
  - [Online Zoom Meeting Directory](#)
  - [Skype meetings](#)
- › **DynamiCare Health:** [Free Daily Online Recovery Support Meetings](#)
- › **In the Rooms**, a global recovery community: [Online Community and Live Meetings](#)
- › **Narcotics Anonymous:** [NA Meetings Online & by Phone](#)
- › **Partnership for Drug-Free Kids:**
  - [COVID-19: We Are Here For You](#)
  - [Online Support Sessions for Parents and Caregivers](#)
- › **SMART Recovery:** [Online Community](#)
- › **SAMHSA helpline 24/7: 800.662.HELP** (4357) or TTY: **800.487.4889**
- › **12 Step Forums:** [12 Step Online Recovery Meetings & Forums](#)

## Co-Dependents Anonymous International

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Online and telephone support for codependents: [Online Meeting Locator](#).

