

WELLNESS RESOURCES AND GENERAL INFO FOR COVID-19

MENTAL HEALTH

➤ **National Alliance on Mental Illness**

Online support groups

namimc.org/zoom.

<https://namimc.org/en-espanol/>

➤ **Everymind**

<https://www.every-mind.org/>

➤ **Waymaking Mental Health Series** developed by MCPS Psychological Services Department

<https://www.youtube.com/playlist?list=PLkZwAghwrSyvlgVRCWXjpiI4iBWRK0LwI>

➤ **GRIEF SUPPORT FOR FAMILIES**

<https://www.caringmatters.org/>

GENERAL STATE INFO

<https://governor.maryland.gov/category/press-releases/>

MONTGOMERY COUNTY, MD GOVERNMENT WEBSITE

<https://www.montgomerycountymd.gov/>

Also call 311 for resources, support

GENERAL LOCAL HELP

Gaithersburg HELP

<https://www.gaithersburghelp.org/> or 301-316-2510

Family Services, Inc.

<https://www.sheppardpratt.org/family-services-inc/>

620 E. Diamond Ave. Gaithersburg, MD

301-840-3200

Catholic Charities

<https://www.catholiccharitiesdc.org/familysupportservcies/>

201 E. Diamond Ave. (3rd Floor) Gaithersburg, MD 20877

301-740-2523

➤ In Silver Spring FYI 301-929-8675

<https://mumhelp.org/contact-us/> (eviction prevention, utility cutoff prevention/restoration, emergency prescription drug assistance, food assistance, emergency referrals)

Montgomery County Depart. of Health and Human Services (DHHS)

<https://www.montgomerycountymd.gov/hhs/>

A Wider Circle

<https://awidercircle.org/> Furniture, Jobs, Clothing
9159 Brookville Rd. Silver Spring, MD 20910
301-608-3504

FOOD RESOURCES

Manna

<https://www.mannafood.org/>

Nourish Now

<https://nourishnow.org/>

Montgomery County Resources

<https://www.montgomerycountymd.gov/covid19/get-help/food.html>

FINANCIAL ADVICE/BUDGETING

www.cashmd.org

SUMMER CAMP, EXTRA CURRICULAR ACTIVITIES RESOURCE 2020

Montgomery County Recreation Department

<https://www.montgomerycountymd.gov/rec/activitiesandprograms>

VIRTUAL LIBRARY MATERIALS AND ACCESS

Montgomery County Public Libraries

<https://www.montgomerycountymd.gov/library/>

HEALTH INSURANCE THROUGH STATE PROGRAMS

https://www.marylandhealthconnection.gov/?utm_content&utm_medium=email&utm_name&utm_source=govdelivery&utm_term

MCPS RESOURCES

General Information and MCPS TV channel <https://www.youtube.com/user/MCPSTV/videos>

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<https://www.youtube.com/playlist?list=PLkZwAghwrSyvlgVRCWXjpil4iBWRK0Lwl>