**Community Support**

*I hope these resources will serve as some support to you during this unfortunate time. Please reach out to me at* [*eamigh@wcpss.net*](mailto:eamigh@wcpss.net) *should you have any questions.*

**Important Numbers and Websites**

##### 2-1-1 Triangle United Way If you are looking for programs or services in your community, please dial 2-1-1 or 1-888-892-1162.

* WCPSS-Coronavirus Updates (Updated Often with Latest Information)

<https://www.wcpss.net/Page/42068>

* WCHS-Help for Wake County Residents

<https://covid19.wakegov.com/assistance/>

* WCHS Coronavirus Information & Resource Guide (PDF): <http://www.wakegov.com/humanservices/covid19/Documents/Wake-County-Human-Services-COVID-19-Resource-Guide.pdf>
* Unemployment Information

<https://des.nc.gov/>   
You can apply for benefits online 24 hours a day, seven days a week. If you need help, contact the Customer Call Center at 888-737-0259, Monday through Friday, from 8 a.m. to 4:30 p.m.

**Food Resource Information**

* WCPSS Food Distribution Sites

<https://www.wcpss.net/food>

* WCHS Food Resource Information

<https://covid19.wakegov.com/food-resources/>

If you would like to apply for benefits such as Food & Nutrition Services and Medicaid you have several options to choose from if you do not want to come to one of our offices.

• You can apply online at epass.nc.gov. You can also print a paper application for Medicaid and Food & Nutrition Services at this site.

• Mail paper applications to us at: Wake County Human Services P.O. Box 46833 Raleigh, NC 27620

• For Medicaid you can also apply by phone by calling 919 212-7000. If you need to speak to your case worker, you can call 919 212-7000 and you will be connected with someone who can answer questions about your case or help resolve problems you are experiencing with your benefits. You can also email us at one of the following email addresses: Medicaid: FCMAintake@wakegov.com Food & Nutrition Services: foodandnutrition@wakegov.com

**Mental Health Resources to share with parents for kids**

* Alliance Behavioral Health

***Email:*** <https://www.alliancehealthplan.org/>

***Phone:*** (800) 510-9132

* Transitions Grief Care, Email: <https://transitionslifecare.org/families/grief-care/>Phone: 919-719-7199 **To schedule a phone counseling appointment with one of our licensed professional grief counselors, please call 919-719-7199.** **In addition to phone counseling, online grief support is available by participating in our Conversations on Grief via Zoom.**