



# HAMPTON ROADS REGIONAL COVID-19 RESOURCES

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# Hampton Roads COVID-19 Resources

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NOTE: This is not an exhaustive list of all organizations providing assistance and services for people impacted by COVID-19. There are many churches, non-profits, and volunteer groups who are helping. If you need more assistance, please call 311 or the United Way in your area.

## Food and Basic Needs Assistance

### **Catholic Charities of Eastern Virginia**

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

Phone: 757-456-2366

Youth and family services, financial and housing counseling, financial assistance, mental health counseling, health and community services, and senior services. They serve anyone in need (80% of clients are not Catholic).

### **COVID19 Community Resources**

<http://www.ghrconnects.org/tiles/index/display?alias=COVID19>

List of organizations in Hampton Roads providing food, housing, financial and other assistance.

### **Energy Assistance**

<https://www.dss.virginia.gov/benefit/ea/>

Phone: 804-726-7386

Financial assistance for eligible low-income households for heating/cooling their homes.

### **Foodbank of Southeastern Virginia & the Eastern Shore**

<https://foodbankonline.org/>

Phone: 757-627-6599

Emergency food distributions and mobile food pantries.

### **Great Non-Profits Directory**

<https://greatnonprofits.org/>

Find non-profits by service and location

### **Guidestar Non-Profit Directory**

<https://www.guidestar.org/search>

Search for non-profits by location.

### **Hampton Roads Community Action Program (HRCAP)**

<https://hrcapinc.org/covid-19-update/>

Phone: 757-247-0379

Housing counseling: 757-643-4086, option 1

Employment preparation, ex-offender reentry programs, food, Head Start, rent payment assistance, utility assistance.

### **Healthy Chesapeake Coalition**

<https://healthychesapeake.org/>

Phone: 757-690-8970

Coalition of organizations providing meals for kids and homebound seniors, telemedicine, and other health and wellness tools.

### **Hispanic Resource Center of Coastal Virginia**

<https://hrccova.org/>

Phone: 757-927-HOLA (4652)

COVID19 information in Spanish, assisting families with food, bills, rent, healthcare resources.

### **Local Departments of Social Services/Human Services**

<https://www.dss.virginia.gov/localagency/index.cgi>

Adult and child protective services, senior assistance, foster care program, family services, juvenile justice, services, homeless services, substance use programs, food benefit programs.

### **Meals on Wheels**

<https://www.mealsonwheelsamerica.org/find-meals>

Phone: 888-998-6325

Meal delivery for low income seniors.

### **Mercy Chefs**

<https://mercychefs.com/>

Phone: 757-292-4264

Provides restaurant quality meals for food providers, such as the Foodbank, Meals on Wheels, schools, and more.

**Peninsula Agency on Aging**

<https://paainc.org/>

Phone: 757-873-0541

Serves seniors in Hampton, Newport News, Poquoson, Williamsburg, and York & and James City Counties.

**Resources 757**

<https://planningcouncil.myresourcedirectory.com/>

Large list of organizations in Hampton Roads providing food, homeless services, assistance for children, mental health resources, senior resources, and much more.

**The Salvation Army, Hampton Roads Area Command**

<http://virginiasalvationarmy.org/hrva/covid-19-landing-page/>

Phone: 757-965-9012

Emergency food, rental and utility assistance, and shelter, soup kitchen, drive-thru food pantry.

**The Salvation Army of the Virginia Peninsula**

<http://virginiasalvationarmy.org/hamptonva/covid-19-response/>

Phone: 757-838-4875

Emergency food, utility assistance, and shelter, drive-thru food pantry and senior drive-thru pantry.

**Schools in Hampton Roads distributing food for kids**

<https://hamptonroads.myactivechild.com/blog/schools-providing-meals-for-kids/>

**Senior Services of Southeastern Virginia**

<https://www.ssseva.org/page/covid19-update>

South Hampton Roads: 757-461-9481

Franklin: 757-517-2904

Serves seniors over 60 in South Hampton Roads and Western Tidewater. Partnered with Mercy Chefs, the YMCA, and the Foodbank to provide meals for Meals on Wheels clients.

**SNAP (Supplemental Nutrition Assistance Program)**

<https://www.dss.virginia.gov/benefit/snap.cgi>

Phone: 1-800-552-3431

Government financial assistance to buy food

**TANF (Temporary Assistance for Needy Families)**

<https://www.dss.virginia.gov/benefit/tanf/index.cgi>

Phone: 804-726-7385

Eligible families can receive financial assistance for basic needs.

**Thrive Peninsula**

<http://thrivepeninsula.org/help>

Food assistance: 757-594-4636

Housing assistance: 757-587-4202

Rent, utility, housing assistance: 757-877-6211

**United Way of South Hampton Roads**

<https://unitedwayshr.org/coronavirus/>

Coronavirus Recovery Hotline: 757-858-7777

Assistance applying for benefits, community resource referrals, case management, rent and utility assistance, food resources.

**United Way of the Virginia Peninsula**

<https://www.uwvp.org/covid-19>

Financial emergency, call First Call (757-594-4636)

Resource referrals, call Community Resource Center (757-229-2222)

**Urban League of Hampton Roads**

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

Phone: 757-673-0851

Education and youth, employment, health and wellness, and housing resources for African Americans.

### **Virginia 211**

<https://www.211virginia.org/consumer/index.php>

Phone: 211

Free 24/7 service to help residents find resources they need

### **Virginia Peninsula Foodbank**

<https://hrfoodbank.org/>

Phone: 757-596-7188

Provides emergency food distributions and mobile food pantries

### **WIC (Women, Infants, Children)**

<https://www.vdh.virginia.gov/wic/about/>

Phone: 888-942-3663

Special supplemental nutrition program for women, infants, and children.

## Government Resources

### State

#### **Non-emergency assistance**

Phone: 211

#### **Virginia Government Website**

<https://www.virginia.gov/coronavirus/>

Coronavirus Hotline: 877-275-8343.

Resources and links for COVID19 testing, school closures, benefits, other government departments.

#### **Virginia Department of Social Services**

<https://www.dss.virginia.gov/geninfo/covid.cgi>

Phone: 804-726-7000

Information about childcare, assisted living, unemployment benefits, meal sites for children, access to healthcare, and other benefits

### Municipalities

#### **Non-emergency assistance (all municipalities)**

Phone: 311

#### **Chesapeake**

Website: <http://www.cityofchesapeake.net/>

Department of Human Services

<http://www.cityofchesapeake.net/government/city-departments/departments/human-services.htm>

Phone: 757-382-2000

<https://hampton.gov/269/Human-Services>

Phone: 757-727-1800

#### **Newport News**

Website: <https://www.nngov.com/>

Department of Human Services

<https://www.nnva.gov/human-services>

Phone: 767-926-6300

#### **Norfolk**

Website: <https://www.norfolk.gov/>

COVID-19 Resources

<https://www.norfolk.gov/4872/St-Pauls-COVID-19-Resource-Guide>

Department of Human Services

#### **Hampton**

Website: <https://hampton.gov/>

Department of Human Services

<https://www.norfolk.gov/295/Human-Services>  
Phone: 757-664-6000

#### **Portsmouth**

Website: <https://www.portsmouthva.gov/>  
Department of Social Services  
<http://www.portsmouthva.gov/384/Social-Services>  
Phone: 757-405-1800

#### **Suffolk**

Website: <http://www.suffolkva.us/870/City-Government>

## Child Care

#### **ChildCare Aware**

<https://www.childcareaware.org/state/virginia/>  
Phone: 1-800-424-2246  
Email: [info@childcareaware.org](mailto:info@childcareaware.org)  
Find childcare in your area, information for families and childcare providers.

#### **Greater Hampton Roads Diaper Bank**

<http://www.ghrdiaperbank.org/>  
Phone: 843-991-7731  
Providing diapers to those in need.

Department of Social Services  
<http://www.suffolkva.us/760/Social-Services>  
Phone: 757-514-7450

#### **Virginia Beach**

Website: <https://www.vbgov.com>  
COVID19 Information & Resources:  
<https://emergency.vbgov.com/>  
Department of Human Services  
<https://www.vbgov.com/government/departments/human-services/Pages/default.aspx>  
Phone: 757-385-3200

#### **Minus 9 to 5, EVMS**

<https://www.minus9to5.org/>  
Phone: 757-446-7468  
Resources and supplies for childcare centers, assistance with benefits applications.

#### **Virginia Childcare Subsidy Program**

<https://www.dss.virginia.gov/family/cc/assistance.cgi>  
Financial assistance for childcare costs for children under 13, finding childcare, other resources for parents.

#### **YMCA of South Hampton Roads**

<https://www.ymcashr.org/essential-care-child-care-ymca-south-hampton-roads>  
Childcare for essential workers.

## Health Insurance and Healthcare

### Cover Virginia

<https://coverva.org/>

Phone: 855-242-8282

Phone for FAMIS: 866-873-2647

Health insurance for Virginians including Medicaid and FAMIS (Family Access to Medical Insurance Security).

### Dialysis Center Locator

<https://dialysisfinder.com/>

### Free health clinics in Virginia

Phone: 804-340-3434

<https://www.vafreeclinics.org/clinics-in-virginia>

### Medicaid

[https://www.dss.virginia.gov/benefit/medical\\_assistance/forms.cgi](https://www.dss.virginia.gov/benefit/medical_assistance/forms.cgi)

Phone: 804-726-7865 or 804-726-7871

Medical insurance for eligible low-income individuals and people with disabilities.

### Medical Assistance Programs, State of Virginia

[https://www.dss.virginia.gov/benefit/medical\\_assistance/index.cgi](https://www.dss.virginia.gov/benefit/medical_assistance/index.cgi)

Phone: 804-786-6145

Medical programs for specific groups and issues, Medicaid, Medicare, cancer screening, family planning, and more

## COVID-19 Testing

### Testing Centers in Virginia

<https://carbonhealth.com/coronavirus/covid-19-testing-centers/Virginia>

### Patient First Centers

<https://www.patientfirst.com/covid-19/covid-19-testing>

### Velocity Urgent Care

<https://www.velocityuc.com/locations/>

### Medicare

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

Phone: 1-800-633-4227, TTY 1-877-486-2048

Healthcare insurance for people over 65 years old.

### National Alliance for Hispanic Health

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

Su Familia Helpline – 1-866-783-2645 (*La línea telefónica nacional para las salud de la familia hispana*)

COVID-19 information in English and Spanish, health information, healthcare service referrals.

### Rx Open

<http://rxopen.org/>

Map of pharmacies that are open.

### Urgent Care Center Locator

<https://www.solvehealth.com/va/s/virginia-urgent-care>

### Virginia Department of Health

<http://www.vdh.virginia.gov/>

COVID19 Eastern Virginia Hotline: 757-683-2745

Information about COVID19 spread, testing, prevention tips, what to do if sick.

## Unemployment Assistance

### Virginia Employment Commission

<https://www.vec.virginia.gov/covid19>

How to apply for unemployment benefits.

## Legal Assistance

### Legal Aid Society of Eastern Virginia

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

Phone: 757-627-5423

Free legal services for civil matters for eligible low-income Virginians.

### Virginia Poverty Law Center

<https://vplc.org/learn/covid-19-civil-legal-response-in-virginia/>

Enroll Virginia Helpline: 888-392-5132

Eviction Helpline: 833-NOEVICT (833-663-8428)

Predatory Loan Helpline: 866-830-4501

Senior Legal Helpline: 844-802-5910

Find local legal aid office: 866-534-5243

Legal aid and resources for low-income Virginians. COVID19 resources on unemployment, housing, public health benefits, family law, and immigration resources.

## Mental Health and Substance Abuse

### Hotlines

- Disaster Distress Helpline: 1-800-985-5990, TTY 1-800-846-8517, Text: "TalkWithUs" or "Hablanos" to 66746
- National Suicide Prevention Helpline: 1-800-273-TALK (8255), 1-800-SUICIDE (784-2433), 1-888-628-9454 (Spanish), 1-800-799-4889 (TTY)
- Mental Health America crisis helpline: 1-800-273-TALK (8255), text MHA to 741741
- National Youth Crisis Hotline: 1-800-442-HOPE (4673)
- National Hotline for Crime Victims: 1-855-4-VICTIM (1-855-484-2846)
- Alcohol Hotline: 1-800-331-2900
- Alcohol and Drug Abuse Hotline: 1-800-729-6686
- Poison Control: 1-800-222-1222

### AA (Alcoholics Anonymous) Meetings Online

Tidewater Area Hotline: 757-490-3980

<https://www.tidewaterintergroup.org/online-local-meetings/>

### NA (Narcotics Anonymous) Online Meetings

Tidewater Area Helpline: 866-972-5055

<https://tidewaterareana.org/meetings/wwvm/>



**COVID-19 Mental Health Resources**

<https://www.theupcenter.org/coronavirus-mental-health/>

Resource list from The Up Center

**Crisis Resources**

<https://namivirginia.org/mental-health-resources/crisis-info/>

Large list of resources and helplines from the National Alliance on Mental Illness.

**Disaster Distress Helpline**

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Phone: 1-800-985-5990, TTY 1-800-846-8517  
Text: "TalkWithUs" or "Hablanos" to 66746  
24/7 free crisis counseling for anyone impacted by disasters or incidents of mass violence (survivors, loved ones, responders, clergy, caregivers, etc.). Callers can connect to counselors in over 100 languages.

**Mental Health and Addiction Resources in Hampton Roads**

<http://shorturl.at/axyU0>

Large list of resources in Hampton Roads from The Planning Council.

**NAMI Coastal Virginia**

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

Phone: 757-499-2041

Online programs and support groups, peer support, family and youth support, mental health information.

**NAMI Hampton/Newport News**

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

Phone: 757-690-1370

Online programs and support groups, peer support, family and youth support, mental health information.

**National Suicide Prevention Lifeline**

<https://suicidepreventionlifeline.org/>

Phone: 1-800-273-8255, 1-888-628-9454

(Spanish), 1-800-799-4889 (TTY)

Free and confidential support for people in distress 24/7, resources for loved ones and professionals.

**Substance Use Disorder Prevention and Recovery**

<https://www.dss.virginia.gov/community/addiction/index.cgi>

Phone: 1-800-662-4357

Assistance finding a provider and funding for treatment.

**VBStrong Center**

<https://thevbstrongcenter.org/>

Phone: 757-507-7200

Mental health counseling and wellness resources for people impacted by the Virginia Beach mass shooting of May 31, 2019. Mental health resources and referrals also for people not impacted. Available to all Hampton Roads residents.

**Virginia Department of Behavioral Health and Developmental Services**

<http://dbhds.virginia.gov/>

Phone: 804-786-3921, Voice TDD: 804-371-8977

Local Community Service Board Locator

<http://www.dbhds.virginia.gov/community-services-boards-csbs>

Mental health services, substance abuse services, crisis intervention

# Domestic Violence, Child Abuse, and Human Trafficking

## Hotlines

\*Note: For immediate life threatening situations, please call 911

- National Domestic Violence Hotline: 1-800-799-7233 (1-800-799-SAFE), live chat: [www.thehotline.org](http://www.thehotline.org)
- Family Violence & Sexual Assault Hotline: 1-800-838-8238
- Virginia Domestic Violence Information: 804-726-7510
- StrongHearts Native Hotline: 1-844-762-8483 (1-844-7NATIVE)
- Childhelp National Child Abuse Hotline: 1-800-4-A-CHILD
- Virginia Child Abuse Hotline: 1-800-522-7096
- Virginia Beach Child Abuse Hotline: 757-385-3400
- National Center for Missing and Exploited Children: 1-800-THELOST (843-5678)
- National Runaway Safeline: 1-800-786-2929 (1-800-RUNAWAY), live chat: [www.1800runaway.org](http://www.1800runaway.org)
- National Human Trafficking Resource Center: 1-888-373-7888, text “BeFree” to 233733
- Virginia LGBTQ Partner Abuse and Sexual Assault Hotline: 1-866-356-6998, text 804-763-9999

### Champions for Children Hampton Roads

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

Phone: 757-440-2749

Resources for positive parenting in COVID19 isolation.

### Child Protective Services

<https://www.dss.virginia.gov/family/cps/index.cgi>

Child abuse and neglect information and resources.

### COVID19 Family and Youth resources

<https://www.acf.hhs.gov/fysb/news/federal-guidance-in-addressing-covid-19>

### Help and Emergency Response Inc. (HER Shelter)

<http://hershelter.com/>

Hotline: 757-485-3384

Shelter and support for survivors of domestic and sexual violence, human trafficking, stalking, and homelessness.

### Polaris Project

<http://polarisproject.org/>

National Human Trafficking Hotline: 1-888-373-7888, text BeFree to 233733, live chat on website

General questions: 202-790-6300

Advocate for human trafficking victims and survivors.

### Samaritan House

<https://samaritanhouseva.org/>

Crisis hotline: 757-430-2120

Phone: 757-587-4202

Housing and support services for victims of sexual assault, domestic violence, stalking, human trafficking.

### Survivor Ventures

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

Phone: 757-317-0352

Email: [info@survivorventures.org](mailto:info@survivorventures.org)

Support and services for survivors of human trafficking and commercial sexual exploitation in Hampton Roads, rental assistance, training and education, employment assistance.

### YWCA South Hampton Roads

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<https://www.ywca-shr.org/>

Crisis hotline: 757-251-0144

Phone: 757-625-4248

Shelter and crisis services for children, adults, and LGBTQ individuals who are victims of interpersonal violence, stalking, and human trafficking.

## Homeless and People at Risk of Becoming Homeless

### **For Kids**

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

Phone: 757-622-6400

Housing Crisis Hotline (SE Virginia): 757-587-4202

Shelter and services for homeless children and families

### **Judeo Christian Outreach Center (JCOC)**

<https://jcoc.org/>

Phone: 757-491-2846

Email: [jcoc@jcoc.org](mailto:jcoc@jcoc.org)

Food, shelter, and transitional housing for the homeless and people at risk of becoming homeless

### **Mercy Drops Dream Center**

<https://www.mercydrops.life/>

Phone: 757-967-7599

Resources for homeless in Portsmouth, clothing, food, shelter, residential program, job placement, outreach

### **PiN Ministry**

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

Phone: 757-962-3567

Food, clothing, shelter, medical care for the homeless and very poor

### **The Salvation Army, Hampton Roads Area Command**

<http://virginiasalvationarmy.org/hrva/covid-19-landing-page/>

Phone: 757-965-9012

Emergency food, rental and utility assistance, and shelter, soup kitchen, drive-thru food pantry

### **The Salvation Army of the Virginia Peninsula**

<http://virginiasalvationarmy.org/hamptonva/covid-19-response/>

Phone: 757-838-4875

Emergency food, utility assistance, and shelter, drive-thru food pantry and senior drive-thru pantry

### **StandUp for Kids Hampton Roads**

<https://www.standupforkids.org/hamptonroads>

Services and resources for homeless youth at the Virginia Beach oceanfront. Drop in center, street outreach, high school mentoring.

### **Union Mission Ministries**

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

Phone: 757-627-8686

Emergency shelter, food

### **Virginia Beach Housing Resource Center**

<https://www.vbgov.com/government/departments/housing-neighborhood-preservation/homelessness/Pages/housing-resource-center.aspx>

Regional Housing Crisis Hotline: 757-227-5932

Sheltering and housing resources for the homeless

## Military and Veterans

### **American Red Cross Coastal Virginia**

<https://www.redcross.org/local/virginia.html>

South Hampton Roads office: 757-446-7700

Peninsula office: 757-838-7320

Fort Eustis: 757-878-3339

JEB Langley: 757-225-4060, x64

JEB Little Creek: 757-440-1111

Assistance and resources for active duty military, veterans, and their families.

### **Disabled American Veterans (DAV)**

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

Transportation to medical appointments, benefit claims assistance, employment resources

### **United Way of South Hampton Roads**

<https://unitedwayshr.org/what-we-do/mission-united/>

Crisis Line (urgent help): 800-273-8255, press 1

Helpline: 757-858-7777

Assistance and resources for active duty military, veterans, and families through Mission United program.

### **VA Medical Centers and Clinics in Hampton Roads**

<https://www.hampton.va.gov/emergency/index.asp>

### **Veterans Crisis Line**

<https://www.veteranscrisisline.net/>

Phone: 800-273-8255, press 1

Text 838255, Deaf & hard of hearing: 800-799-4889

Free, confidential resource that's available to all veterans, even if you're not registered with VA or enrolled in VA health care.

### **Veterans Navigator**

<https://veteransnavigator.org/>

Resources for veterans and caregivers including COVID-19 information

### **Virginia Department of Veterans Services**

<https://www.dvs.virginia.gov/>

Phone: 804-786-0286

Education, transition, employment, veterans care centers, cemeteries, veteran and family support

## Seniors

### **AARP**

<https://www.aarp.org/health/?cmp=CON-HEALTH-COVID19-031220>

Health information, news, and resources for seniors and caregivers.

### **Administration for Community Living (ACL)**

<https://acl.gov/COVID-19>

Increasing access to resources for older Americans and people with disabilities.

Eldercare Locator, federal policy information, and information about COVID-19 in English, Spanish, and American Sign Language.

### **Eldercare Locator**

Phone: 800-677-1116

Find caregivers for elders

### **Meals on Wheels**

<https://www.mealsonwheelsamerica.org/find-meals>

Phone: 888-998-6325

Meal delivery for low income seniors.

### **National Council on Aging**

<https://www.ncoa.org/covid-19-resources-for-older-adults/>

Resources for seniors and caregivers.

### **Peninsula Agency on Aging**

<https://paainc.org/>

Phone: 757-873-0541

Serves seniors in Hampton, Newport News, Poquoson, Williamsburg, and York & James City Counties.

### Senior Navigator

<https://seniornavigator.org/>

Guide to local services for seniors and caregivers.

### Senior Services of Southeastern Virginia

<https://www.ssseva.org/page/covid19-update>

Meals on Wheels:

<https://www.ssseva.org/page/meals-on-wheels/>

South Hampton Roads: 757-461-9481

Franklin: 757-517-2904

Serves seniors over 60 in South Hampton Roads and Western Tidewater. Partnered with Mercy Chefs, the YMCA, and the Foodbank to provide meals for Meals on Wheels clients.

### Social Security Administration

<https://secure.ssa.gov/ICON/main.jsp>

Phone: 800-772-1213

### Virginia Department for Aging and Rehabilitative Services (DARS)

<https://www.vda.virginia.gov/index.htm>

Phone: 804-662-9333 or 800-552-3402

Resources for seniors, people with disabilities, their families and caregivers.

### Virginia Office of Long-Term Care Ombudsman

<https://elderrightsva.org/>

Long-Term Care Ombudsman programs can resolve complaints, protect rights, and promote access to services for long-term care facility residents before, during and after emergencies such as COVID-19.

## Abuse and Neglect of Seniors and Individuals with Disabilities

### To report abuse or neglect of older persons or persons with disabilities:

Adult Protective Services Hotline: 1-888-832-3858

Local Adult Protective Services are found in local Departments of Social Services:

<https://www.dss.virginia.gov/localagency/index.cgi>

### Adult Protective Services

<https://www.vadars.org/aps/AdultProtServ.htm>

Phone: 804-662-7000 or 800-552-5019, TTY 800-464-9950

Information about adult abuse, neglect, and exploitation.

In general, abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. All 50 states have passed some form of elder abuse prevention laws. Abuse may be:

- **Physical Abuse**—inflicting physical pain or injury on a senior, e.g. slapping, bruising, or restraining by physical or chemical means.
- **Sexual Abuse**—non-consensual sexual contact of any kind.
- **Neglect**—the failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- **Exploitation**—the illegal taking, misuse, or concealment of funds, property, or assets of a senior for someone else's benefit.
- **Emotional Abuse**—inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts, e.g. humiliating, intimidating, or threatening.

- **Abandonment**—desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- **Self-neglect**—characterized as the failure of a person to perform essential, self-care tasks and that such failure threatens his/her own health or safety.

**Signs of possible abuse and neglect:** trouble sleeping, depressed, confused, unexplained weight loss, signs of trauma such as rocking back and forth, agitate or violent, withdrawn, stops joining in activities they enjoy, unexplained bruises or burns or scars, unwashed, dirty clothes, bed sores, other preventable conditions.

## Individuals with Disabilities and Special Needs

### American Association on Health and Disabilities

<https://www.aahd.us/covid-19/>

Phone: 301-545-6140

COVID-19 resources for people with disabilities

### Disability Navigator

<https://disabilitynavigator.org/>

Guide to local resources including COVID19 resources

### List of Special Needs Resources in Hampton Roads

<https://hamptonroads.myactivechild.com/resources/special-needs/hampton-roads/>

### Social Security Disability

<https://www.ssa.gov/disability/>

Phone: 800-772-1213, TTY 800-325-0778

Social security benefits for eligible individuals with disabilities.

### Virginia Department for the Blind and Vision Impaired

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

Phone: 804-371-3151 or 800-622-2155

Rehabilitation, education, job training and placement, services to assist people in gaining independence.

### Virginia Department for the Deaf and Hard of Hearing

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

Phone: 804-662-9502 (V/TTY) or 800-552-7917 (V/TTY)

Telecommunication equipment for eligible applicants, interpreters, community service specialists, COVID19 information

### Virginia Department of Behavioral Health and Developmental Services

<http://dbhds.virginia.gov/>

Phone: 804-786-3921, Voice TDD: 804-371-8977

Resources for people with developmental disabilities, early intervention for infants and toddlers, health resources, housing, employment, case management

## American Indians and Alaska Natives

### Center for American Indian Health

<http://caih.jhu.edu/news/covid19/>

COVID19 materials for tribal use.

### Indian Health Service

[www.ihs.gov/coronavirus](http://www.ihs.gov/coronavirus)

COVID-19 information and resources for American Indians and Alaska Natives. Testing and case data for IHS regions, tribe-specific

COVID-19 resources, webinars on tele-behavioral health.

### StrongHearts Helpline

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

1-844-762-8483 (1-844-7NATIVE)

Domestic violence and dating violence hotline for American Indians and Native Alaskans.

## LGBTQ Resources

### Hotlines

- LGBT National Hotline: 888-843-4564
- LGBT National Youth Talkline: 800-246-7743
- LGBT National Senior Hotline: 888-234-7243
- Virginia LGBTQ Partner Abuse and Sexual Assault Hotline: 866-356-6998, Text 804-763-9999
- Trevor Hotline-crisis intervention for LGBTQ youth: 866-488-7386, text START to 678678
- Trans Lifeline-suicide/crisis hotline for transgender people: 877-565-8860

### Equality Virginia

<https://www.equalityvirginia.org/news/covid-19-resources/>

COVID-19 resource hub

### Hampton Roads Pride

<https://hamptonroadspride.org/resources/>

LGBT resource list

### LGBT Life Center of Hampton Roads

<https://lgbtlifecenter.org/>

Phone: 757-640-0929

Healthcare, mental health, transportation, housing, and other resources.

### PFLAG Hampton Roads

<https://www.pflaghr.com/>

Support meetings, resources

### LGBT National Help Center

<http://www.glnh.org/>

Online chats, peer support, LGBTQ resources

### The Trevor Project

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

Phone: 866-488-7386

Crisis intervention hotline, online chats, and support for youth.

## Immigrants and Refugees

### DACA Information for COVID-19

<https://unitedwedream.org/2020/04/frequently-asked-questions-about-daca-renewals-in-the-middle-of-covid-19-crisis/>

### Justice for Immigrants COVID-19 Resource Page

<https://justiceforimmigrants.org/covid-19-resource-page/>

### **National Immigration Law Center**

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

COVID-19 information and rights for immigrants, DACA, healthcare, employment, legal help directories

### **Refugee Resettlement**

<https://www.dss.virginia.gov/family/ons/index.cgi>

Phone: 804-726-7927

Assistance for refugees and their families.

### **Resources for Immigrants during Coronavirus Crisis**

<https://www.informedimmigrant.com/guides/coronavirus/>

### **Undocuscholars**

<https://www.undocuscholars.com/>

Phone: 360-524-3664

Emergency financial assistance, COVID-19 resource list for undocumented immigrants:

<http://shorturl.at/aostW>

## **Pet Food Pantries**

### **Chesapeake Humane Society Pet Food Pantry**

<https://chesapeakehumane.org/pet-food-pantry/>

Phone: 757-546-5355

No income restrictions during COVID19. Online application.

### **Friends of Norfolk Animal Care Center Pet Pantry**

<https://www.friendsofnacc.com/pet-pantry>

Phone: 757-354-4427

Email: [friendsofnacc@gmail.com](mailto:friendsofnacc@gmail.com)

### **Norfolk SPCA Emergency Pet Pantry**

<https://norfolkspca.com/emergency-pet-pantry/>

Phone: 757-622-3319

Curbside pickup or delivery of pet food for people experience financial hardship due to COVID19.

### **Peninsula Pet Pantry**

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

Phone: 757-243-1170

Distributions twice a week and delivery to some seniors and people with disabilities.

### **Portsmouth Humane Society Pet Pantry**

<https://portsmouthhumanesociety.org/services-resources/pet-pantry/>

Phone: 757-397-6004

Email: [phspetfoodpantry@gmail.com](mailto:phspetfoodpantry@gmail.com)

### **Suffolk Humane Society Pet Pantry**

<https://www.suffolkhumanesociety.com/events/pet-pantry-0>

Phone: 757-538-3030

### **Virginia Beach SPCA Pet Pantry**

<https://vbspca.com/petpantry/>

Phone: 757-427-0070

## **Business Recovery Resources**

### **Hampton Roads Chamber of Commerce**

[https://www.hrchamber.com/page/-covid\\_19-business-resource-guide/](https://www.hrchamber.com/page/-covid_19-business-resource-guide/)

COVID19 Business Resource Guide

### **Hampton Roads COVID19 Business Recovery Forum**

<https://www.757recovery.com/>

Provides expert assistance for businesses, including private non-profits, with navigating the CARES Act and other business resources.

### **Hispanic Chamber of Commerce of Coastal Virginia**

<https://hccova.org/covid-19>



Phone: 757-828-7337  
Small business guidance and loan resources.  
Information in Spanish.

**National Council of Nonprofits**  
<https://www.councilofnonprofits.org/nonprofits-and-coronavirus-covid-19>  
Information and resources for non-profits, including resources for funding.

**Small Business Administration**  
<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>  
COVID19 small business guidance and loan resources.

**Virginia Beach Economic Development**

## How to Help

### Volunteering

**Volunteer Hampton Roads**  
<https://www.volunteerhr.org/coronavirus>  
Recruiting volunteers for non-profits responding. Opportunities include meal preparation, food deliveries, blood donor screening, and virtual opportunities.

**Virginia Medical Reserve Corps**  
Volunteer link:  
<http://www.vdh.virginia.gov/mrc/apply-to-volunteer/>

<https://www.yesvirginiabeach.com/resources/Pages/COVID-19-Resources.aspx>  
COVID-19 Business Resources

**Virginia Chamber of Commerce**  
<https://www.vachamber.com/covid-19/>  
Variety of COVID19 business resources and webinars.

**Virginia Employment Commission**  
<https://www.vec.virginia.gov/covid19>  
Resources for employers including the CARES Act and how to apply for the Paycheck Protection Program.

**Virginia Tourism Corporation**  
<https://www.vatc.org/coronavirus/cv19businessresources/>  
COVID19 business assistance resources for the travel industry.

**Foodbank of Southeastern Virginia & the Eastern Shore**  
Volunteer link:  
<https://foodbankonline.org/how-to-help/donate-time/volunteer/>

**Virginia Peninsula Foodbank**  
Volunteer link:  
<https://hrfoodbank.org/volunteer/>

**CoronaAid757**  
Volunteer link: <http://coronaaid757.com/>

## Donate Funds

All of the non-profits in this guide accept monetary donations. Please check their websites for more information.

### **United Way of South Hampton Roads Coronavirus Recovery Fund**

<https://unitedwayshr.org/coronavirus/>

### **United Way of the Virginia Peninsula Emergency Fund**

<https://www.uwvp.org/united-way-emergency-fund>

## COVID-19 Directories and Resource Lists from Other Agencies

### **City of Virginia Beach Coronavirus Resources**

<https://emergency.vbgov.com/coronavirus>

### **CoronaAid757 Resource List**

<http://coronaaid757.com/resources/>

### **New Virginia Majority COVID19 Resource list**

<https://www.newvirginiamajority.org/covid19/resources>

### **Public Library Resources during COVID-19 in Hampton Roads**

<https://hamptonroads.myactivechild.com/blog/public-library-resources-covid-19/>

### **The Planning Council Resources 757 Directory**

<https://planningcouncil.myresourcedirectory.com/index.php>

### **The Up Center: COVID-19 Preparations and Resources**

<https://www.theupcenter.org/coronavirus/>

### **Tidewater Community College: Community Resources during COVID-10**

<http://shorturl.at/hAW69>

### **United Way of South Hampton Roads: COVID-19 Community Resources**

<http://www.ghrconnects.org/tiles/index/display?alias=COVID19>

### **Virginia Health Care Foundation: COVID-19 Resources**

<https://www.vhcf.org/looking-for-help/covid-19-resources/>