

# Wellness Resource List

## Legal Aid

- Find free legal aid programs near you:  
[www.lawhelp.org/find-help](http://www.lawhelp.org/find-help)
- A Better Balance: free legal helpline that helps answer questions related to sick/medical/family leave and other work-related issues. Call 1-833-633-3222

## Mutual Aid

- Mutual Aid Disaster Relief: [bit.ly/mutualaid](https://bit.ly/mutualaid)
- Mutual Aid Hub: [www.mutualaidhub.org](http://www.mutualaidhub.org)
- Mutual Aid World: [mutualaid.world](http://mutualaid.world)

## Mental Health Resources

- National Suicide Prevention Lifeline: for counseling (24/7)
  - Call 1-800-273-8255; En Español: 1-888-628-9454
- Disaster Distress Helpline (24/7)
  - Call 1-800-985-5990; text TalkWithUs to 66746
- OMMH Emotional Support Helpline: for pandemic-related anxiety, stress, and depression (8am-10 PM EST daily)
  - Call 1-844-863-9314
- SAMHSA helpline: for substance abuse and mental health treatment referral and information service (24/7)
  - Call 1-800-662-HELP (4357)
- Trans Lifeline: direct emotional and financial support for trans people in crisis (24/7)
  - Call: 877-565-8860

## Shelter & Housing

- Find a domestic violence shelter near you:  
[www.domesticshelters.org](http://www.domesticshelters.org)
- Find a homeless shelter near you:  
[www.homelessshelterdirectory.org](http://www.homelessshelterdirectory.org) or  
[www.shelterlistings.org](http://www.shelterlistings.org)
- National Coalition for the Homeless: Call 202-462-4822 or email your city and state to [info@nationalhomeless.org](mailto:info@nationalhomeless.org) for assistance in your area
- HUD counseling services: for rental assistance. Call 1-(800) 569-4287 or find your local HUD office at [bit.ly/HUDlocaldirectory](https://bit.ly/HUDlocaldirectory)
- Rental assistance program finder:  
[www.rentassistance.us](http://www.rentassistance.us)

## Education

- Scholastic At-Home Learning Resources for K-9:  
[bit.ly/scholastic\\_forhome](https://bit.ly/scholastic_forhome)
- Khan Academy - Lessons on grammar, science, history and math for grades K-12: [www.khanacademy.org/](http://www.khanacademy.org/)
- Coved - Mentorship program pairing college students with K-12 students for free one-on-one support:  
[www.coved.org](http://www.coved.org)
- Oxford Owl - Free ebooks, math games and activities for ages 3-11: [bit.ly/oxfordowl\\_forhome](https://bit.ly/oxfordowl_forhome)
- Learning Resources - Activities in reading, language, social studies and STEM for toddlers through 3rd grade:  
[bit.ly/learningresources\\_forhome](https://bit.ly/learningresources_forhome)



- Google Covid-19- click on 'Testing' in left tab to find testing locations near you
- National COVID-19 test site finder: [bit.ly/testsitefinder](https://bit.ly/testsitefinder)
- Select pharmacies/retail stores available for testing: [bit.ly/pharmacytesting](https://bit.ly/pharmacytesting)
- List of drive through testing sites by state with phone numbers: [bit.ly/drivethrutests](https://bit.ly/drivethrutests)
- Free delivery/pick-up of medications, groceries, etc: [www.covaid.co](https://www.covaid.co)



- Call 211 to be connected with local services and financial aid for lost wages from business closures, event cancellations, and quarantines.
- HealthWell Foundation: Fund for assistance with costs associated with a COVID-19 diagnosis (medication, delivered food, transportation, etc.) Call 800-675-8416
- Free or reduced cost programs in your area for food assistance, bill paying, etc: [findhelp.org](https://findhelp.org)

## Relationship Safety



- Find a domestic violence shelter near you: [www.domesticshelters.org](https://www.domesticshelters.org)
- The National Domestic Violence Hotline (24/7)
  - Call 1-800-799-SAFE (7233); Text LOVEIS to 22-522; TTY 1-800-787-3224
- The National Sexual Assault Hotline (RAINN) (24/7)
  - Call 800-656-HOPE (4673); Chat online at [online.rainn.org](https://online.rainn.org)
- The Network/La Red: for LGBTQ+ survivors (24/7)
  - Call 1-800-832-1901
- StrongHearts Native Helpline: For Indigenous populations (7am-10pm CT)
  - Call 1-844-762-8483
- The Deaf Hotline: for Deaf, DeafBlind, DeafDisabled survivors (24/7)
  - Video call 1-855-812-1001; Email [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org); Chat online at [thedeafhotline.org](https://thedeafhotline.org)
- Donate to the SafeNight App to help fund safe shelter for domestic violence survivors when shelters are full

## Physical Fitness



- Yoga With Adriene: variety of free yoga videos for all levels and abilities:  
[www.youtube.com/user/yogawithadriene](https://www.youtube.com/user/yogawithadriene)
- Hiking trails near you: [www.alltrails.com](https://www.alltrails.com)
- BodyART free movement classes: [@bodyart.nyc;](https://www.bodyart-studios.com/take-class)  
[www.bodyart-studios.com/take-class](https://www.bodyart-studios.com/take-class)
- Dance Place: [www.danceplace.org/virtual-adult-classes](https://www.danceplace.org/virtual-adult-classes)
- Barry's Bootcamp free daily workouts on Instagram TV:  
[@barrys](https://www.instagram.com/barrys)

## Meditation



- Headspace app (one year free for those unemployed due to COVID19): [www.headspace.com](https://www.headspace.com)
- Meditopia's library offers over 1000+ guided meditations on topics including stress, anxiety, acceptance, happiness, motivation, focus and breath: [meditopia.com/en](https://meditopia.com/en)
- EkhartYoga free yoga and meditation classes:  
[relief.ekhartyoga.com](https://relief.ekhartyoga.com)