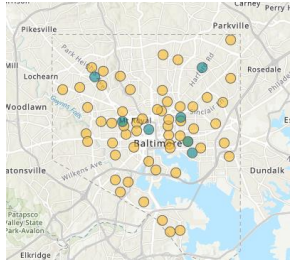
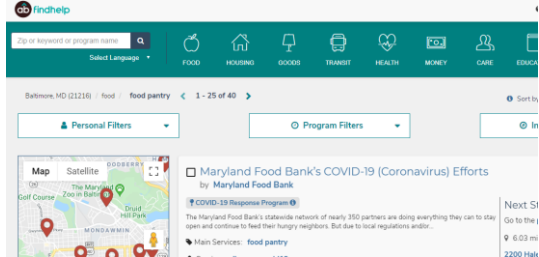


COVID-19, Baltimore Resources

FOOD:

<p>Baltimore City Schools Free Meal Sites</p>	<p>Meal Sites</p> <p>March 22, 2020</p> <p>Baltimore City is providing grab-n-go meals to all Baltimore children and youth (18 and under) Monday-Friday, March 23-27. The city is also distributing meals for families at select Housing Authority of Baltimore City sites for those communities' residents only. All sites are listed by quadrant and with meal type and time.</p> <p>FREE MEALS FOR YOUTH & FAMILIES</p> <p><small>PHONE: 410-396-3111 Baltimore City's website Baltimore City's website</small></p> <p>Baltimore City is providing grab-n-go meals to all Baltimore children and youth (18 and under) Monday-Friday, March 23-27. The city is also distributing meals for families at select Housing Authority of Baltimore City sites for those communities' residents only. All sites are listed below by quadrant and with meal type and time.</p> <p>YOUTH MEALS!</p> <p><small>Baltimore City is providing grab-n-go meals for all Baltimore children and</small></p>
<p>Map of Baltimore Food Distribution Centers</p>	
<p>Food Banks (searchable by ZIP code)</p>	

TRANSPORTATION:

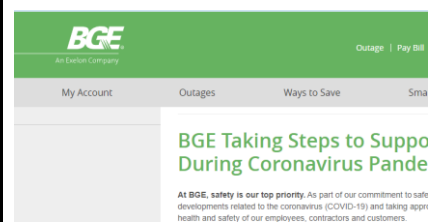
[MTA Coronavirus Updates](#)



The screenshot shows the MTA Maryland Department of Transportation website. At the top, there are logos for Maryland and MTA. Below the logos is a navigation bar with three tabs: "Getting Around", "Business", and "Community". The main heading is "Coronavirus Updates". Below the heading, it says "Last Updated: 03/20/2020 8:30 AM". At the bottom, there is a note: "*** In an effort to mitigate the spread of COVID-19, PLEASE USE TRANSIT FOR ESSENTIAL T

GAS/ELECTRIC:

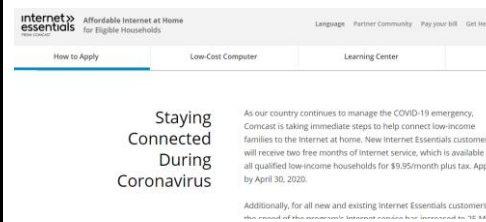
[BGE - Coronavirus Updates](#)



The screenshot shows the BGE website. At the top, there is a green header with the BGE logo and the text "An Exelon Company". To the right of the logo, there are links for "Outage" and "Pay Bill". Below the header is a navigation bar with links for "My Account", "Outages", "Ways to Save", and "Smart". The main content area has a heading "BGE Taking Steps to Support During Coronavirus Pandemic". Below the heading, there is a paragraph: "At BGE, safety is our top priority. As part of our commitment to safe developments related to the coronavirus (COVID-19) and taking appropriate health and safety of our employees, contractors and customers."

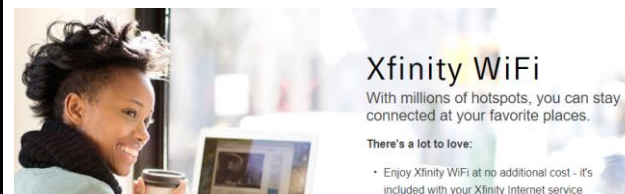
INTERNET:

[Comcast Internet Essentials](#)



The screenshot shows the Comcast Internet Essentials website. At the top, there is a header with the Comcast logo and the text "Affordable Internet at Home for Eligible Households". To the right of the header, there are links for "Language", "Partner", "Community", "Pay your bill", and "Get Help". Below the header is a navigation bar with links for "How to Apply", "Low-Cost Computer", and "Learning Center". The main content area has a heading "Staying Connected During Coronavirus". Below the heading, there is a paragraph: "As our country continues to manage the COVID-19 emergency, Comcast is taking immediate steps to help connect low-income families to the Internet at home. New Internet Essentials customers will receive two free months of Internet service, which is available to all qualified low-income households for \$9.95/month plus tax. Apply by April 30, 2020." Below this paragraph, there is another paragraph: "Additionally, for all new and existing Internet Essentials customers, this month of this month's Internet Essentials service is free."

[Comcast Hotspots](#)



The screenshot shows a Comcast Hotspots advertisement. On the left, there is a photo of a woman smiling and looking at a laptop. On the right, there is a heading "Xfinity WiFi". Below the heading, there is a paragraph: "With millions of hotspots, you can stay connected at your favorite places." Below this paragraph, there is a heading "There's a lot to love:" followed by a list of bullet points: "• Enjoy Xfinity WiFi at no additional cost - it's included with your Xfinity Internet service"

MENTAL WELLBEING:

[Mental Health Resources from Maryland.gov](https://www.maryland.gov/mentalhealthresources)



**Frequently Asked Questions:
Coronavirus Disease 2019 (COVID-19) and Maintaining Mental Health**

Updated March 16, 2020

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Information follows about how to cope with mental health and stress and anxiety during this time:

- [Mental Health, Stress and Anxiety for Individuals \(p.2\)](#)
- [Mental Health, Stress and Anxiety for Parents of Young Children \(p.5\)](#)
- [Mental Health, Stress and Anxiety for Adolescents and Young Adults \(p.7\)](#)
- [Mental Health, Stress and Anxiety for Health Care Workers \(p.9\)](#)

[Dealing with Anxiety in Current Climate](#)

Articles, Ask an Expert, Meditation, Etc. - from Shine

**CARE FOR YOUR
CORONAVIRUS ANXIETY**

A PROJECT BY Shine

Resources for anxiety and your mental health in a global climate of uncertainty.

[Share This Toolkit](#)

[Ask an Expert](#)

[Meditations](#)

[Isolation](#)

[Financial Fears](#)

OTHER:

[United Way Helpline - 211](#)



The 211 Maryland United Way Helpline can help you access:

- Food
- Medical and health care
- Shelter and emergency housing
- Access to transitional housing
- Utility assistance
- Tax help
- Eviction prevention services
- Childcare services
- Job training
- Prescription assistance
- Addiction treatment
- And much more!

[Findhelp.org - Great Database of Resources \(searchable by zipcode\)](#)

Find food assistance, help paying bills, and other free or reduced cost programs that help people affected by the COVID-19 pandemic:

Zip

[Benefit Information: Including Unemployment, Healthcare, Business Resources and SNAP Benefits](#)

Where can I find resources on Benefits.gov for the Coronavirus? ▲

Many people are experiencing unexpected difficulties during the outbreak of the coronavirus (COVID-19). Benefits.gov is here to help. On Benefits.gov, you can find government benefits related to unemployment assistance, healthcare, and food and nutrition. You can also take our Benefit Finder to find additional benefits you may be eligible for. For more information on the coronavirus, refer to Coronavirus.gov, offered by the Centers for Disease Control and Prevention (CDC) and the White House.

Where can I find unemployment resources? ▼

Where can I find healthcare resources? ▼

Where can I find resources for my business? ▼

RESOURCE PAGES:

[OSI Baltimore](#)

[Baltimore City Asset Map - Created by City Council President Brandon Scott](#)

[Baltimore City Health Department - Covid-19](#)

[Enoch Pratt Free Library: Coronavirus Information](#)

[Baltimore City Schools: Coronavirus Information](#)