

## **IF YOU NEED HELP**

### ***Centers for Disease Control and Prevention (CDC):***

[General Information](#) and [Frequently Asked Questions](#)

### ***State of Louisiana/Louisiana Association of United Ways:***

Louisiana citizens can dial 211, 24/7 to reach a live 211 specialist to discuss available help and information for COVID-19. Citizens can also text the keyword “LACOVID” to 898-211 to have instant access to the most current information available in our state.

<https://www.cauw.org/covid19resources>.

### ***Louisiana Department of Health:***

[COVID-19 FAQs for Louisiana](#)

### ***Blue Cross and Blue Shield of Louisiana:***

Blue Cross and Blue Shield of Louisiana is closely monitoring the spread of the novel coronavirus and the disease it causes, COVID-19, to determine how it could affect our members, employees and the communities that we serve. For more information visit [COVID-19 Resources and Information](#)

### ***Medicaid:***

[Testing for COVID-19](#)

### ***Louisiana Department of Education:***

[List of School Meal Sites](#) The state [Department of Education](#) has information on its website to help parents during this time and a Home Learning Toolkit is coming soon.

### ***Louisiana Workforce Commission:***

[Information for Workers in Louisiana](#)

### ***DCFS:***

Due to changing circumstances involving the novel coronavirus (COVID-19), DCFS has decided to provide customer service only by phone, email and online, starting Tuesday, March 17, until further notice. <http://www.dss.louisiana.gov/page/coronavirus>. [DSNP](#) or call **Customer Service Center at 1 (888) LAHELPU (1-888-524-3578)**.

### ***LA Department of Insurance:***

1-800-259-5300/ (225) 342-1258. <https://www.ldi.la.gov/consumers/insurance-type/healthinsurance/covid-19/>

### ***Entergy:***

Entergy is also taking steps to help our customers through these challenging times. Effective March 13, Entergy Louisiana has suspended electric and natural gas service disconnections for a minimum of 30 days. Click [here](#) for more information.

### ***St. Vincent de Paul***

Our Dining Room staff will cook a hot lunch meal daily and place it in a styrofoam to-go container and distribute the meal to the guests through the window in the rear of the Dining Room. <https://svdpbr.org/>

### ***Red Cross:***

To see preparedness resources for businesses visit [www.ReadyRating.org](http://www.ReadyRating.org) and it's a free program for businesses less than 250 employees to prepare their workforce and their business for disasters of all types. [RedCross.org](http://RedCross.org) or 800-Red Cross

### ***Disaster Distress Hotline:***

During the COVID-19 outbreak the national Disaster Distress Helpline remains open to offer crisis counseling and emotional support related to the current COVID-19 outbreak from trained counselors across the country. The 24/7/365 helpline can be accessed by calling **1-800-985-5990**, **(para Español, oprima 2)** or text **TalkWithUs to 66746**.

Additional resources from the U.S Substance Abuse and Mental Health Services Administration can be found here:

- [Coping During Infectious Disease Outbreaks](#)
- [Taking Care of Your Behavioral Health](#)

### ***The Life of a Single Mom – Single Mom University (SMU):***

Are you a single mom? Are you a church or community leader who works with single moms? Then Single Mom University® is for you! Single Mom University® supports and promotes the education of single moms through online, self-paced, life skills courses that teach financial security, positive parenting habits, career preparation, self-care and more. Through teaching modules and video lectures, single parents from around the world can become more adequately equipped to enhance life skills in three core areas: Parenting, Finances, and Health and Wellness. Parenting electives range from parenting infants and toddlers to successfully navigating teen years, including setting parental boundaries, unlocking discipline techniques, co-parenting, and more. Financial curriculum includes understanding your credit report, planning for college, ways to save, budgeting, and others. Some of our Health and Wellness modules include cooking healthy on a budget, fitness and exercise, battling fear, unlocking forgiveness, and much more. It's Free for a Full Year - It's not just another expense. It's 100% free to use and full of great content that can change your life! To sign up visit, <https://thelifeofasinglemom.com/join-smu/>

### ***Louisiana Public Broadcasting (LPB):***

[Louisiana Public Broadcasting](#) has stepped up to provide a host of educational programming through its website to assist parents with children of all ages.

### ***Khan Academy:***

A nonprofit with the mission to provide a free, world-class education for anyone, anywhere. <https://www.khanacademy.org/> \*Khan Academy does not support Internet Explorer.

***Family Eldercare - Lifetime Connections Without Walls:***

Lifetime Connections Without Walls is a telephone activities program that provides opportunities for older adults to connect with others in their community and across the country. We offer social and educational sessions, support groups, and friendly conversation, all from the comfort of home. Normally they have a registration fee of \$10 per term but they are currently waiving this fee during the coronavirus (COVID-19) outbreak to make our program more accessible. The program is currently open to adults 55 and older. Please contact them at [\(888\) 500-6472](tel:8885006472) or [lcww@familyeldercare.org](mailto:lcww@familyeldercare.org) to register.

***Additional Resources***

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

<https://www.uschamber.com/coronavirus>

[Emergency Preparedness Guides](#)

This list is a work in progress: If you have any additional Louisiana charities to add, please email Community Relations at [communityrelations@bcbsla.com](mailto:communityrelations@bcbsla.com). Thanks!