

# caring & sharing

## COVID-19 RESOURCES



Get Connected. Get Help.™

United Way supports 211, a free and confidential helpline service that connects people across West Alabama to the local resources they need 24 hours a day, 7 days a week. Operators connect callers with resources to food, shelter, utility assistance & other basic human service needs.

TUSCALOOSA >>> 311

Tuscaloosa 311 is the non-emergency telephone line for Tuscaloosa. 311 helps residents submit service requests, get assistance with permits or licenses, find information on city events, or report a problem with any city services.

### FOOD:

#### 1. Tuscaloosa County & City Schools Child Nutrition Programs

Any child 18 or younger gets a free breakfast and lunch. The child must be in the vehicle to receive the meal. The child does not have to be a current student in the school system.

*\*West Alabama Food Bank will begin a rotating schedule at the school sites on 3/30 with dinner meal boxes. More details to come.*

Tuscaloosa County School System Service Time: 11:00 am – 1:00 pm

Schools: Brookwood Elementary, Crestmont Elementary, Faucett-Vestavia Elementary, Flatwoods Elementary, Holt High, Maxwell Elementary, Northside High, Sipsey Valley Middle, Taylorville Primary, Vance Elementary

Tuscaloosa City Schools Service Time: 11:00 am – 1:00 pm

Alberta School of Performing Arts, Central High School, Northridge Middle, Skyland Elementary, Westlawn Middle, Woodland Forrest Elementary

Mobile Service Sites Time: 11:00 am – 1:00 pm

Buddy's Food Mart on Rice Mine Rd., Haycourt Apartments, Rosedale Apartments, Southview Elementary

#### 2. Vowell's Fresh Market

a.) Food assistance: Offering a morning snack from 7am-8am; Offering a lunch sack from 1pm-2pm

b.) Child must be present at pickup

c) K-6th grade

d) Available at Cottondale and Bear Creek locations

**3. West Alabama Food Bank**

- a) Families can receive food assistance from 9-11:00 am, Monday-Friday
- b) Must present identification

**4. Christian Ministry Center** (205) 752-8399, 3880 Watermelon Rd, Northport, AL 35473

- a) Food Assistance: Monday, Wednesday & Thursdays, 8-10:00am
- b) Maximum assistance: every 3 months-MUST HAVE: referral, photo ID, and social security card

**5. Grace Presbyterian Church** (205) 758-1193, 113 Hargrove Rd, Tuscaloosa, AL 35401

- a) Food Assistance: 2nd Tuesday of each month, 1:30pm-3:30pm. MUST HAVE: photo ID.
- b) Emergency Food Assistance: contact GPC Office for availability

**6. Community Soup Bowl** (205) 752-2421, 1711 23rd Ave, Tuscaloosa, AL 35401 (Located behind Piggly Wiggly)

- a) Food Assistance: FREE Daily lunches: 11:00 am-12:50 pm
- b) Individuals may pick up to-go plates outside the facility

**7. East Tuscaloosa Soup Bowl** (205) 553-4588, 3004 Hargrove E, Tuscaloosa, AL 35401 (Located at Hargrove Memorial United Methodist Church)

- a) Food Assistance: FREE lunch every Wednesday and Friday, 11:45 am-1:00 pm
- b) Maximum assistance: N/A

**8. Salvation Army** (205) 632-3691, 1035 29th St, Tuscaloosa, AL 35401

- a) Food Assistance: Monday-Wednesday, 8:00 am-12:00 pm & 1-3:00pm
- b) Maximum assistance: every 4 months-MUST BRING: Proof of Income, Proof of Residence, Photo ID, and Social Security Cards for all household members required

**9. Meals on Wheels** (205) 752-5429

- a) Food Assistance: Mid-day meals delivered on a continuous basis
- b) Telephone application required for approval
- c) )Minimum payment required for assistance-MUST HAVE: Photo ID, Social Security Card, & Proof of Residence Required-MUST BE: Unable to Prepare Meals Independently

**10. Vineyard Community Church** (Near Wright's restaurant), 3800 University Blvd E, Tuscaloosa, AL

- a) Food Assistance: 1st and 3rd Saturday of each month from 9-10:00am
- b) No requirements
- c) Drive-thru food pantry

**11. Tracy Dent Foundation** Family Resource Center, 15591 Thomas Chapel Road, Tuscaloosa, AL  
Provides food through the Pantry each Monday, 9-11:00 am

**12. Temporary Emergency Services, 1705 15<sup>th</sup> St., 205-758-5535**

- a) Assistance provided daily, M-F, 1:30-2:30pm
- b) Immune Kit Drive-Thru consisting of vegetables and juices, set up service by below schedule by calling 205-758-5535

Individuals 60+ or with health-compromising disease: March 24 & April 14

Pregnant women or households with children under 18: March 30 & April 21

General public: April 7 & April 27

\*Free garden seeds will be given through drive-thru program

**GROCERY DELIVERY:**

**1. Scuttle Shuttle 205-832-9910**

- a) Seniors 60+ or those immunocompromised
- b) No delivery fee
- c) Publix & Walmart Neighborhood Market (limited locations) over-the-phone payment at checkout
- d) Limit of 10-12 items

**2. TES Grocery Stops**

- a) Grocery service is offered for individuals opting to stay home
- b) Call 205-758-5535 or go to [temporaryemergencyservices.org/contact](http://temporaryemergencyservices.org/contact) to schedule service
- c) Max of 50 grocery items
- d) Payment due upon delivery
- e) No delivery charge

**PHARMACY DELIVERY:**

**Compassion Coalition (205) 561-4048**

- a) Seniors 65+ or those without transportation
- b) Payment due upon delivery.

**MEDICATION/PRESCRIPTION ASSISTANCE:**

**Walgreens Senior Hour/Day**

- a) Tuesdays Seniors 55+ can enjoy up to 30% off
- b) Tuesdays 8-9am is a dedicated Seniors 55+ shopping hour
- c) Drive-thru pick up

**Familywise Prescription and Delivery Discount**

- a) Anyone can use: BIN 610194 / Card ID: FW100 / Group ID: FW100 / PCN: FW
- b) Give above details when filling or refilling prescriptions at any pharmacy to see available discounts
- c) At Walgreens and CVS stores that offer delivery, you can request free delivery with Familywise

**Temporary Emergency Services**, 1705 15<sup>th</sup> St., 205-758-5535  
Assistance provided daily, M-F, 10am-3pm

## **CHILDCARE:**

### **Boys & Girls Club and YMCA a)**

M-F, 6:45 am – 7:15 pm

b) Children of essential workers only, ages 6-14

c) Three locations:

-YMCA, Downtown Branch – 2300, 13<sup>th</sup> Street, Tuscaloosa, AL 35401

-YMCA, Benjamin Barnes Branch – 2939 18<sup>th</sup> Street, Tuscaloosa, AL 35401 -Boys and Girls Club of West Alabama – 2201 Alberta Pkwy, Tuscaloosa 35404 d)

Reservations & Registration required through either organization

e) \$80/wk or \$16/day

## **EDUCATION:**

### **Tuscaloosa City Schools Home Academic Packets**

Academic Resources: <https://www.tuscaloosacityschools.com/AtHome>

Text to get resources: [\(205\) 564-9727](tel:2055649727)

## **MENTAL HEALTH:**

### **Family Counseling Services**

Offering counseling sessions (including new clients) through teletherapy capabilities To schedule an appointment and fill out the intake package, go online:

<https://www.counselingservice.org/teletherapy-scheduling>

**Indian Rivers Behavioral Health**, 2209 9<sup>th</sup> Street, Tuscaloosa, AL 35401, 205-391-3131, [www.IRBH.org](http://www.IRBH.org)

a) Currently providing limited services only, Monday-Friday, from 8:00-5:00

b) IRBH will see someone if they are currently in a mental health related crisis.

c) Scheduled appointments to get medication from the doctor or nurse practitioner will continue as scheduled.

d) Hospital Discharges will be seen for follow-up.

e) Shots will continue as scheduled.

f) New Patient Registration / Intakes: Please follow us on Facebook or our website for updates.

### **ADDITIONAL RESOURCES**

- National Suicide Prevention Lifeline (800) 273-8255 [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Crisis Text Line—Text “HOME” to 741741

## LEGAL SERVICES:

**Legal Services Alabama**, (205) 758-7503, 2315 9th St, Tuscaloosa, AL 35401

Provide assistance in many types of Civil Cases to low income Alabamians. We are statewide covering all counties with our office in Tuscaloosa covering eight-ten of these counties with a four person staff. Currently our physical office is close to walk-ins due to the COVID-19 but we are working remotely and handling cases by phone if possible. We are seeing clients in person only when absolutely necessary.

## MEDICAL TRANSPORTATION:

### FOCUS 50+

Providing critical medical transportation for seniors. (There is currently a waiting list).

To schedule a transport, email [dpigg@focusonseniorcitizens.org](mailto:dpigg@focusonseniorcitizens.org) with the following information:

Name / Origination address / Destination address / Appointment day & time

## UTILITY ASSISTANCE:

**Community Service Programs**, 601 Black Bears Way

- a) Appointment Line for Energy assistance – (205) 758-4756 (clients aged 59 & younger)
- b) Residents 60 and older can call 205-469-0386
- c) Clients are being assisted in Bibb, Choctaw, Dallas, Fayette, Greene, Lamar, Sumter and Tuscaloosa counties.
- d) To schedule Project Share appointments in Hale County, clients should call (334) 624-4455.

**Temporary Emergency Services, 1705 15<sup>th</sup> St.**

- a) Assistance is handled by appointment on Mondays, 10am-12pm
- b) Call 205-391-6647 to schedule an appointment.

## FIRE / STORM DAMAGE ASSISTANCE

**American Red Cross, West AL Chapter**, (205) 758-3608

- a) An auto attendant will pick up and there should be an automated number choice for those needing to report an event. Choosing that option will direct them to our dispatchers who will take their information and get it pushed down to the chapter level.
- b) This is an immediate needs organization, so financial assistance is provided only to those that call us within the 7 days after the event occurs with the day of the event being day 1.

**Temporary Emergency Services, 1705 15<sup>th</sup> St., 205-758-5535**

Assistance provided as normal, M-F, 10am-3pm

**OTHER GENERAL SERVICES:**

**Free Showers:** Temporary Emergency Services, daily, M-F, 10am-3pm

**Free Do-It-Yourself Laundry:** Temporary Emergency Services, daily, M-F, 10am-3pm