



## Health Resources

### **TennCare (Tennessee Medicaid program)**

TennCare is the state of Tennessee's Medicaid program. It provides healthcare to mostly low-income pregnant women, parents or caretakers of a minor child, children and individuals who are elderly or have a disability. To get Medicaid, you must meet the income and resource limits. You can apply anytime for TennCare. Please visit: <https://www.tn.gov/tenncare/members-applicants/eligibility/tenncare-medicaid.html>

## Prescription Assistance

### **RxAssist**

RxAssist provides an up-to-date directory of free and low-cost medicine programs and other ways to manage medication costs. More information can be found here: [www.rxassist.org](http://www.rxassist.org)

### **GoodRx**

Provides coupons online for downloading or printing and can be brought to the pharmacy to see if it will give consumers a lower price or beat their prescription co-pay. More information can be found here: <https://www.goodrx.com/>

## Mental Health Resources

The mental health impact of COVID-19 should not be understated. Anxiety, trauma, and depression caused by job loss, isolation, seclusion, and the unpredictability about the virus that threatens the life and safety of individuals and their family members should be taken seriously. Below are mental health resources available to the community.

### **Crisis Text Line**

Text "TN" to 741741 to reach the Crisis Text Line and to immediately be connected to a trained crisis counselor 24/7. More information can be found here: <https://www.crisistextline.org/text-us/?msclkid=31960d00ed9916418b6c537c1c7f99e4>

### **National Suicide Prevention Lifeline**

Available 24/7 to provide free and confidential support for people in distress. It also provides prevention and crisis resources for you or your loved ones and best practices for professionals. You contact (800) 273-8255 or visit the website to participate in the chat feature here: <https://suicidepreventionlifeline.org/>



### **Mental Health America**

Provides online screening tests for depression, anxiety, PTSD, and addiction along with resources. Parents can take a screening to determine if their children are showing symptoms of depression or anxiety. Please note, screening tests should not be used to diagnose disorders. If you or someone you know is in need of help, please contact your nearest mental health provider. Screening tools can be found here: <https://screening.mhanational.org/screening-tools?ref=MHAMT>. General information on resources can be found here: <https://mhanational.org/mental-health-month>

### **Education Resources**

#### **Shelby County Schools**

SCS teachers and District curriculum advisors are developing learning guides and videos with lessons, activities and resources aligned to the same standards and assignments students would normally be working on at this point in the school year. All of these resources are grade-specific, so just search the folder below for your child's grade.  
<https://www.scsk12.org/instructionalresources/index>

**Shelby County Schools and WMC Action 5** have teamed up to produce lessons on television. <https://www.wmctionnews5.com/news/education/>

#### **Shelby County Child Care Resource and Referral**

600 Jefferson Avenue  
Memphis, TN 38103  
(901) 287-4748

Email: [childcaresupport@lebonheur.org](mailto:childcaresupport@lebonheur.org)

CCR&R, a part of Methodist Le Bonheur Healthcare, has established a call in line for parents who provide essential services in our community and need to find immediate child care. The CCR&R line, **(901) 287-4748**, is currently staffed from 8 a.m.-6 p.m., Monday through Friday. CCR&R staff is maintaining a community-wide inventory of open licensed programs and their availability can help parents navigate the situation to find care for children ages 6wks-12.

#### **COVID-19 Essential Employee Child Care Payment Assistance program**

Designed to help support essential workers so they can stay on the job during the COVID-19 emergency, the Tennessee Department of Human Services (TDHS) is providing child care payment assistance for parents who work as essential employees through June 15, 2020. Applications for payment assistance will be accepted online throughout the state of emergency [here](#). After an essential employee is approved for the program, TDHS will make arrangements to pay for child care at the TDHS licensed program where the child is currently served.



For those parents whose children are not already receiving care at a licensed program, you can find a list of licensed child care agencies that are open and able to accept children of essential workers online on the TDHS website [here](#). Once the child is enrolled at a TDHS licensed program and the essential employee is approved for payment assistance, TDHS will make arrangements to pay for that child care as well.

TDHS is also partnering with the YMCA and the Boys & Girls Clubs in Tennessee to establish free child care for school aged children of essential workers. Essential employees with school aged children who need care will be able to register at these locations and access care at no charge during the COVID-19 state of emergency. **Parents seeking care at these temporary locations, do not need to apply with TDHS first.**

YMCA locations offering free child care to essential workers:

<https://www.ymcamemphis.org/news/2020/04/17/covid-19/free-childcare-now-available-for-essential-workers/>

Boys & Girls Club locations offering free child care to essential workers:

<https://www.bgctn.org/COVID-19Childcare>

To be eligible for either program, parents must be employees of a healthcare entity, law enforcement, first responders (EMS, Fire Departments, etc.), corrections officers, military, activated National Guard, human and social services workers, postal workers, transportation employees, restaurant workers or grocery workers.

### **Free Comcast Internet**

Comcast is offering 60 days of free internet access. With any service, be sure to terminate after 60 days so you aren't charged for service beyond the free period. Find out more

<https://corporate.comcast.com/covid-19?linkId=84300755> or call 1-855-8-INTERNET (1-855-846-8376) to confirm eligibility and apply.

### **AT&T**

AT&T is offering low-cost internet to households that currently receive benefits under the Supplemental Nutrition Assistance Program (SNAP). Eligibility rules apply and service is available only in active AT&T service areas. Find out more here:

<https://accessatt.solixcs.com/#/home>