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## COVID-19 RESOURCES



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 for the week. 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.

#### **Tuscaloosa County School System Service Time: MONDAYS, 10:30 am – 1:30 pm**

Vance Elementary, Brookwood Elementary, Holt High, Hillcrest High, Northside High, Flatwoods Elementary, Faucett-Vestavia Elementary, Crestmont Elementary

#### Mobile Sites:

- Green Village Community, 9:45-10:10am
- Valley Hill, 10:40-11am
- Crescent East, 11:20-11:50am
- Brown House, 12:35-12:55am
- Knoll Circle, 1:05-1:25pm
- Country Ridge Mobile Homes, 10-10:20am
- Bear Creek Mobile Homes, 10:45-11:10am
- Inverness Apartments, 11:35-11:55am
- Chestnut Trace, 12-12:30pm
- Branscomb Apartments, 1-1:20pm

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### **Tuscaloosa City Schools: MONDAYS**

- The Alberta School of Performing Arts, 11am-Noon
- Central High, 11am-Noon
- Woodland Forrest Elementary, 11am-Noon
- Northridge Middle, 11am-Noon
- Skyland Elementary, 11am-Noon
- Central Elementary, 11am-Noon
- Copper Creek, 11:30-11:50am
- Creekwood, 11:30-11:50am
- Forester Gardens, 11-11:20am
- Hay Court, 11-11:20am
- McKenzie Court, 11-11:20am
- Rosedale, 11:30-11:50am
- University Manor, 11-11:20am
- Wood Village, 11:30-11:50am

### **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 & Wednesday
- b) Must present identification

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4. **Grace Presbyterian Church** (205) 758-1193, 113 Hargrove Rd, Tuscaloosa, AL 35401
  - a) Food Assistance: 2nd Tuesday of each month, 1:30-3:30pm. MUST HAVE: photo ID.
  - b) Emergency Food Bags are available in Tuscaloosa, M-F, 9-4
  
5. **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
  
6. **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
  
7. **Meals on Wheels** (205) 752-5429
  - a) Food Assistance: Mid-day (11:00am-12:30pm) meals delivered on a continuous basis to Tuscaloosa County residents
  - 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
  - d) Volunteers are needed. Contact Diane Lewis at 205-469-0383 to volunteer.
  
8. **Vineyard Community Church**, 3800 University Blvd E, Tuscaloosa, AL  
(Near Wright's restaurant)
  - a) Food Assistance: 1st and 3rd Saturday of each month from 9-10:00am
  - b) No requirements
  - c) Drive-thru food pantry

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9. **Tracy Dent Foundation Family Resource Center**, 15591 Thomas Chapel Road, Tuscaloosa, AL  
Provides food through the Pantry each Monday, 9-11:00 am
10. **University Church of Christ Harvest Hands Food Pantry**, 205-394-7536, 1200 Julia Tutwiler Dr.  
By referral only, currently full to capacity but will continue to distribute as long as able
11. **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 from 10am-Noon.
    - Individuals 60+ or with health-compromising disease: March 24 & April
    - Pregnant women or households with children under 18: March 30 & April
    - General public: April 7 & April 27

\*Free garden seeds will be given through drive-thru program
12. **Westside Community Action Council, Inc., Beulah Baptist Church, and Miracle Valley Community Outreach, Inc. Partnership:**
  - a) Service Workers with children Drive Through Food Pick-up: Monday, April 6, 2020, From 11 am to 1 pm, at Beulah Baptist Church, 3100 25th St, Tuscaloosa, AL 35401  
\*You must bring identification and proof of having worked within the last 45 days verified by a pay stub or letter from your employer.
  - b) You may be eligible to drive through to receive a week's worth of food to last a family of 4 on April 6th, April 13th, April 20th, And April 27th. Other dates will be based on community needs.
  - c) **Donations and volunteers are welcomed.** CDC and City of Tuscaloosa safety Recommendations are being used. For more information, please call Mrs. Earnestine Tucker, at 205-345-0201, or Beulah Baptist Church, at 205-758-9560.
13. **Catholic Social Services**, 205-759-1268  
We are accepting applications ONLY by phone for FOOD. Please do not come to the

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Office. We will do PHONE APPLICATIONS ONLY! Call Monday, Tuesday or Wednesday: 9:30-11:30 or 1:30-3:30.

### GROCERY DELIVERY:

#### 1. 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

#### 2. Leave It to Us - Free Senior Shoppers (a UA student volunteer group)

- a.) Grocery shopping service for seniors 60+
- b.) Prepare your grocery/toiletry list
- c.) Contact Tuscaloosa coordinators Lauren 954-540-0856 or Abbie 205-535-7344
- d.) Make sure to leave your name, phone number, and address
- e.) A volunteer will shop for and deliver your items
- f.) You will review and pay for your items upon delivery

### PHARMACY DELIVERY:

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

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

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### 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

**Insulin Assistance** for those with diabetes taking Novo Nordisk  
Please see [facebook post](#) for complete information.

### HOUSING

**CSP Properties Management** has stopped all face-to-face housing applications. Applicants are encouraged to mail completed applications to 527 Black Bears Way, Tuscaloosa, AL 35401 or drop off in the mail slot. All non-emergency maintenance has been suspended.

### 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

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-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

### BABY ITEMS:

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

Please call for assistance.

**Catholic Social Services**, 205-759-1268

Please call for assistance.

### EDUCATION:

#### Tuscaloosa City Schools Home Academic Packets

##### Academic Resources:

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

#### Community Service Programs Early Intervention

Pursuant to the guidelines issued by Alabama's Early Intervention system, CSP is not providing in-home visits; however, we do continue to offer video conferencing to families who have the capability and choose to utilize this service.

#### Children's Hands-On Museum

Offering CHOM At-Home programs to children and families via our social media sites, website link, and SWAY: [www.chomonline.org](http://www.chomonline.org)

### ADULT EDUCATION:

#### Shelton State Community College

Shelton State Community College Adult Education provides instructional support for adult

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students, ages seventeen and older who have completely withdrawn from school, are preparing for the GED and ACT WorkKeys Tests, are seeking to improve academic skills for workplace success and college entry, and/or hoping to increase proficiency in English language skills. Remote learning is offered through online instruction with monitoring and guidance facilitated by a Shelton State Adult Education instructor at no cost to the student. Available in Bibb and Tuscaloosa counties. For more information and to enroll, call 205.391.2638 or email [kbobo@sheltonstate.edu](mailto:kbobo@sheltonstate.edu).

### 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: 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



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### LEGAL SERVICES:

**Legal Services Alabama**, Statewide Hotline: (866) 456-4995  
(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 handing cases by phone if possible. We are seeing clients in person only when absolutely necessary.

### MEDICAL TRANSPORTATION:

#### FOCUS 50+

- a) Providing critical medical transportation for seniors. (There is currently a waiting list).
- b) To schedule a transport, email [dpigg@focuseniocitizens.org](mailto:dpigg@focuseniocitizens.org) with the following information: Name / Origination address / Destination address / Appointment day & time

### UTILITY ASSISTANCE:

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

All energy assistance appointments have been suspended. Call 205-469-0370 after April 30,2020 for scheduling updates.

**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.

**Catholic Social Services**, 205-759-1268

We are accepting applications ONLY by phone for Financial Assistance. Please do not come to the office. We will do PHONE APPLICATIONS ONLY! Call Monday, Tuesday or Wednesday: 9:30-11:30 or 1:30-3:30.

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### **Spire Application for Assistance**

Guidelines are included on this linked confidential [application](#).

### **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

**Free Computer Use:** Temporary Emergency Services, 205-758-5535

If you need to use a computer to file for food stamps, file for benefits or check your email, call to schedule an appointment.

#### **Alabama Department of Public Health, West Central District offices**

Open to the public for regular services including:

- a) Family Planning

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b) WIC - WIC recipients are asked to call the WIC office and they will reload WIC benefits without having to come to the Tuscaloosa County Health Department. They are also telling the WIC participants that they don't have to bring their child to the Health Department for recertification, the nutritionist will contact the parent via phone call for the needed information.

c) STD testing, TB, Vital Statistics & environmental services

\*\* There will be a triage before entering the building to prevent COVID-19 spread.

### TESTING SITES:

**DCH Regional Medical Center**, 809 University Blvd E, Tuscaloosa, AL 35401  
Remote/drive-thru testing, M-F, 8:00am-2:00pm

**Maude Whatley Health Center**, 2731 MLK Blvd, Tuscaloosa  
By appointment only, MWF, 9am-1pm  
To schedule an appointment, call (205) 614-6240

**Alabama Department of Public Health** – West Central District, Chilton & Pickens counties

a) Drive-thru, outdoor testing, Wednesdays 9am-3pm & by appointment (physician referral recommended)

b) To make an appointment in Chilton County, contact Sandra McCool 205-755-1287, 301 Health Center Dr, Clanton, AL 35045

c) To make an appointment in Pickens County, contact Tamara Jackson, 205-367-8157, 80 William E. Hill Drive Carrollton, *Alabama* 35447

Questions asked before screening:

-Are you symptomatic with fever, or cough, or shortness of breath (trouble breathing)?

-Are you age 65 or older?

-Are you a healthcare worker?

-Are you a person with conditions that place you at a higher risk (you have diabetes or heart disease or asthma or cancer or other conditions that weaken the immune system)?

-If you have no symptoms, testing is not recommended. Testing supplies are limited so we must prioritize.