

## ABCD Study: University of Minnesota

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Thank you for participating in the ABCD study. Here are some resources we have compiled to help support families during the COVID-19 pandemic.

### *Find Support/Resources Anywhere in the U.S.*

- [Find Help](#)

### *Up-to-Date Information about COVID-19*

- [Minnesota Department of Health](#)
- Minnesota Department of Health COVID-19 hotline: **651-201-3920**
  - Monday - Friday from 8 a.m. to 4:30 p.m.
- [CDC measures to stop the spread of COVID-19](#)
- [MPR News, Your COVID-19 Questions Answered](#)

### *Working and Learning Remotely (Internet Access)*

- [Two Free Months of Comcast Internet Essentials for Low-income Households](#)
  - Can also call 855-846-8376
- [Spectrum/Charter – free broadband/wifi for 60 days](#)
  - “To enroll, call 1-844-488-8395. Installation fees will also be waived for new student households.”
- [Locations with free WiFi in your area](#)
- [City of Minneapolis Free Temporary Services in Response to COVID-19](#)

### *Unemployment and Housing*

- [Minneapolis Sick and Safe Time Policy](#)
- [Saint Paul Sick and Safe Time Policy](#)
- [Apply for Temporary Unemployment](#)
- [HomeLine Free Legal Help for Renters](#)

### *Child Care Assistance*

- [Mounds View Free Child Care for Healthcare and Emergency Workers](#)
- [Hennepin County Child Care Assistance](#)

### *K-12 Educational Services*

- [List of Educational Companies Offering Free Subscriptions](#)
- [List of Online Classes for Every Grade](#)

# ABCD Study: University of Minnesota

## *Food Shelves and Restaurants*

### **Food Shelves**

- [A Growing List of Programs and Restaurants offering Food to Families in Minnesota](#)
- [Hunger Solutions Minnesota \(directory\)](#)
- [Loaves and Fishes](#)
- [Neighborhood House Food Support Program](#)
- [Pillsbury United Communities Food Shelf](#)
- [Groveland Food Shelf](#)
- [Christian Cupboard Emergency Food Shelf](#)

### **Restaurants**

- [Twin Cities Free Lunches for Kids](#)
- [Twin Cities Free Meals for Kids and Families](#)
- [Wisconsin Free Lunches for Kids](#)

## *Health Insurance, Healthcare, and Mental Health*

### **Health Insurance**

- [MNSure COVID-19 Emergency Special Enrollment Period](#): Allows uninsured people to apply for health insurance from March 23rd through April 21st, 2020
- [General health insurance support](#)
- [Health insurance support for LGBTQI+ community](#)

### **Low-Cost/Community Clinics (Healthcare)**

\*\*If you think you have COVID-19, please call before going to any health care provider\*\*

- [Free Clinics Directory, Saint Paul](#)
- [Free Clinics Directory, Ramsey County](#)
- [Free Clinics Directory, Hennepin County](#)
- [Free Clinics Directory, Minneapolis](#)

### **Mental Health**

- [CDC Mental Health Resources](#)
- [NAMI Mental Health Resources](#)
- [Walk-In Free Counseling Services](#)

## *Undocumented Persons*

- [COVID-19 Resources for Undocumented Persons](#)

## *Helping Others*

- [Places to Volunteer and Donate](#)