

## ABCD Study: University of Minnesota

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### COVID-19 & Additional Resources

Thank you for participating in the ABCD Study! Here are some resources we give to all of our participants.

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#### **COVID-19 INFORMATION**

- About Minnesota's COVID-19 Response
  - Visit <https://mn.gov/covid19/>
- From the Center for Disease Control (CDC), your COVID-19 questions answered!
  - Visit <https://www.cdc.gov/vaccines/covid-19/>
    - For information about the COVID vaccine for children and adolescents, check out the “Specific Populations” section
  - Call **1-800-CDC-INFO** (1-800-232-4636)
- How to check COVID cases in Minnesota:
  - Mayo Clinic: <https://www.mayoclinic.org/coronavirus-covid-19/map/minnesota>
  - *The New York Times*: <https://www.nytimes.com/interactive/2021/us/minnesota-covid-cases.html>
- COVIDaware MN is an app that can be downloaded on your phone to notify you if you have been near someone who tested positive for COVID-19
  - Visit <https://covidawaremn.com/>
  - Bluetooth connection required
- Find a **free** COVID-19 community testing site
  - Visit <https://mn.gov/covid19/get-tested/testing-locations/community-testing.jsp>
  - Or use the “Find Testing Locations” map: <https://mn.gov/covid19/get-tested/testing-locations/index.jsp>
- Order a **free** at-home test!
  - <https://www.covid.gov/tests>
- Find COVID-19 vaccines and boosters near you:
  - Go to <https://www.vaccines.gov/>
  - Call **1-800-232-0233**
  - Text your **zip code** to **438829**

#### **CHILD CARE & K-12 EDUCATIONAL RESOURCES**

##### **MN Department of Human Services**

*Families with low incomes may get help paying for child care through various programs*

- Child care assistance programs, services, and resources can be found here:  
<https://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/child-care/>

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#### Child Mind Institute

*Resources for children and families struggling with mental health and learning disorders*

- Visit <https://childmind.org/> for resources on mental health care, education services, and science research
- Call **212-308-3118**

#### HelpNow at Hennepin County Library

*Free online tutoring and writing help for K-12 students and adult learners*

- Available online every day from 1pm to 11pm
- Available in English or Spanish
- For additional online resources from Hennepin County Library, visit <https://www.hclib.org/browse/online-resources>
- Not in Hennepin County? Check out your own local library!
  - <https://publiclibraries.com/state/minnesota/>

#### Mensa for Kids

*Links to at-home learning resources for kids, including cross-curricular online platforms, math and science, history, reading and writing, music and arts, educational games, and more!*

- Visit <https://www.mensaforkids.org/read/blog/at-home-learning-resources-for-kids/>
- Call **817-607-0060**

#### Scholastic Parents

*Educational activities and resources for K-12 students*

- Visit <https://www.scholastic.com/parents/school-success/learn-at-home.html>
- More books and resources available at <https://www.scholastic.com/home/>

### FINANCIAL ASSISTANCE

#### HOME Line

*HOME Line provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems*

- Visit <https://homelinemn.org/>
  - HOME Line ofrece servicios en Español : <https://www.homelinemn.org/en-espanol/>
  - HOME Line waxay bixisaa adeeg ku baxa Afka-Soomaaliga: <https://www.homelinemn.org/af-soomaali/>
- Call **612-728-5767** for **free legal help**
  - Or call **866-866-3546** toll-free from Greater Minnesota
  - Para Español, llame al **612-255-8870**
  - Af- Soomaali wac **612-255-8860**
  - Hais lus Hmoob, Hu **612-255-7104**
- Email an attorney here: <https://homelinemn.org/hotline/e-mail-an-attorney/>

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#### HousingLink

The mission of HousingLink is "Connecting people to affordable rental homes, increasing choice and access for all"

- Visit <https://www.housinglink.org/>
- Call **612-522-2500**
- Email [info@housinglink.org](mailto:info@housinglink.org)

#### PRISM

PRISM works to provide healthy food, proper clothing, and housing stability to those experiencing food, income, and housing insecurity

- Visit <https://www.prismmpls.org/>
- Call **763-529-1350**
- Email [klytle@prismmpls.org](mailto:klytle@prismmpls.org)
- Stop by in-person at **1220 Zane Ave N, Golden Valley, MN 55422**

#### WeCAN

WeCAN serves individuals and families in need in Western Hennepin County by providing emergency assistance, family programs, food support, and employment programs

- Visit <https://www.wecanmn.org/>
  - View COVID resources [here](#)
- Call **952-472-0742**
- Email [officemanager@wecan-help.org](mailto:officemanager@wecan-help.org)
- Stop by in-person at 5213 Shoreline Drive, Mound, MN 55364

#### Minnesota Unemployment Insurance

Find assistance for food, housing, childcare, mental health, and more

- Visit the main webpage here: <https://www.uimn.org/>
  - View additional resources here: <https://www.uimn.org/applicants/help-support/comm-organizations/index.jsp>
- To call:
  - Twin Cities area: **651-296-3644**
  - Greater Minnesota: **1-877-898-9090**
  - Teletypewriter (TTY) users: **1-866-814-1252**

#### MN Benefits

Apply for food assistance (SNAP), cash assistance for basic needs (EPT, DWP, GA, and more), emergency assistance, housing support (GRH), and child care assistance

- Apply here: <https://mnbenefits.mn.gov/>
  - Para Español: <https://mnbenefits.mn.gov/?lang=es>

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#### CareerForce

*Helps those who are unemployed find jobs and careers, as well as education and job training*

- Visit <https://www.careerforcemn.com/>
- Call **651-259-7500**
- Email [CareerForce@state.mn.us](mailto:CareerForce@state.mn.us)

#### *Tax Help*

#### IRS Free File

*IRS Free File lets you prepare and file your federal income tax **for free** online using guided tax preparation at an IRS partner site or Free File Fillable Forms*

- Visit <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

#### Minnesota Free Electronic Filing

*You may qualify for **free** electronic filing for you Minnesota tax return!*

- Visit <https://www.revenue.state.mn.us/free-electronic-filing>
- Call **651-556-4818**
- Don't forget about the Minnesota Renter's Property Tax Refund!
  - More information here: <https://www.revenue.state.mn.us/renters-property-tax-refund>
- For information on the Homeowner's Homestead Credit Refund, go to <https://www.revenue.state.mn.us/homeowners-homestead-credit-refund>

#### Minnesota Free Tax Preparation

*You may qualify for **free** tax return preparation through Volunteer Income Tax Assistance (VITA) or AARP Tax-Aide*

- Visit <https://www.revenue.state.mn.us/free-tax-preparation-sites>
- Call **651-296-3781** or **800-652-9094**

#### United Community Action Partnership (UCAP)

*UCAP provides **free** tax preparation services, and volunteers are trained and certified by the IRS*

- Visit <https://www.unitedcapmn.org/services/community-family-services/tax-clinic/>
- Schedule an appointment: <https://ucaptax.as.me/>
- Call **507-476-9283**
- Email [taxstaff@unitedcapmn.org](mailto:taxstaff@unitedcapmn.org)
- Locations in Hutchinson, Jackson, Marshall, Redwood Falls, Willmar, and Windom in Minnesota

#### Prepare and Prosper

*Prepare and Prosper provides **free** tax and financial services, financial coaching, and access to financial products to low- and moderate-income individuals, families, and those who are self-employed*

- Visit <https://prepareandprosper.org/>
- Call **651-287-0187**
- Email [contact@prepareandprosper.org](mailto:contact@prepareandprosper.org)
- Address: 2610 University Ave W, Suite 450, St. Paul, MN 55114

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#### Coronavirus Tax Relief

*This includes the Advance Child Tax Credit, as well as information on the Economic Impact Payments, American Rescue Plan Act, employer tax credits, and more*

- Visit <https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>

### FOOD SHELVES

#### Volunteers Enlisted to Assist People (VEAP)

*VEAP is a basic needs and social services organization whose programs promote access to healthy foods, stable housing, and other supportive services*

- For food and other basic needs, visit <https://veap.org/get-help/veap-programs/food/>
- Call **952-888-9616** to make an appointment at the Food Pantry
- Visit VEAP's Mobile Food Pantry:
  - **Dar Al-Farooq Islamic Center**
    - **8201 Park Ave S, Bloomington, MN 55420**
    - Every Friday from 12pm – 2pm or until food runs out
  - **Saint Nick's Episcopal Church**
    - **7227 Penn Ave South, Richfield MN 55423**
    - Every Saturday from 2pm – 4pm or until food runs out
- VEAP also offers:
  - Financial assistance: <https://veap.org/financial-assistance/>
  - Community resources: <https://veap.org/get-help/community/>
  - Social services: <https://veap.org/social-services/>

#### Intercongregation Communities Association (ICA) Food Shelf

*ICA Food Shelf serves residents of Hopkins, Minnetonka, Excelsior, Shorewood, Deephaven, Greenwood, and Woodland*

- Visit <https://www.icafoodshelf.org/food-services>
  - Additional services provided include employment assistance, emergency assistance, and connection to other local resources
- Call **952-938-0729**
- Email [ica@icafoodshelf.org](mailto:ica@icafoodshelf.org)
- Stop by in-person at **11588 K-Tel Drive, Minnetonka, MN 55343**

#### Hunger Solutions

*Hunger Solutions works to assure food security for all Minnesotans by supporting programs and agencies that provide food to those in need*

- For information on food shelf capacity, market buck, and the Minnesota Food Helpline, visit <https://www.hungersolutions.org/programs/>
- For additional resources and food shelves in your area, visit <https://www.hungersolutions.org/find-help/>
- Call **651-486-9860**

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#### Community Emergency Service (CES) Minnesota

*CES meets hunger where it is a critical need, on client's food shelves with Home Delivery to the homebound and Meals on Wheels to seniors*

- For information about CES Food Programs, visit <https://cesmn.org/food-programs/>
- Visit the CES Food Shelf in-person at **1900 11<sup>th</sup> Ave, Minneapolis, MN 55404**
  - For curbside pick-up, if you're a first-time visitor, or if you have any questions:
    - Call **612-870-1125**
    - Email [ces@cesmn.org](mailto:ces@cesmn.org)
- To view other resources provided by CES, visit <https://cesmn.org/resources/>

#### Isuroon

*Isuroon is a grassroots nonprofit organization working to promote the well-being and empowerment of Somali women in Minnesota and beyond*

- For information about Isuroon's halal food shelf, visit <https://www.isuroon.org/food-shelf>
  - Call **612-886-2731**
- For more information about other services provided by Isuroon, visit <https://www.isuroon.org/programs-services-2>
  - Isuroon provides mental health services, legal services, women's health and wellness, home ownership and rental assistance, refugee programs, and youth programs

### INTERNET, TECHNOLOGY, & ENERGY

#### Minnesota Cold Weather Rule

- Minnesota's Cold Weather Rule (CWR) is a state law that protects residential utility customers from having electric or natural gas service shut off between October 1 and April 30
- To protect your service from disconnection you must make and keep a payment plan that you and your utility provider agree on

#### Minnesota's Energy Assistance Program

- The [Energy Assistance Program](#) pays up to \$2,000 towards heat, power and water costs, and is free for eligible households
- Request a mail-in application [here](#)
  - Applications must be submitted through your local Community Partner
    - Find your [Energy Assistance Partner](#)
    - For help, call **1-800-657-3710**

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#### Minnesota's Phone and Internet Discounts

- Minnesota's Commerce Department offers phone and internet discounts to eligible individuals and families, including:
  - **Telephone Assistance Plan (TAP):** Monthly discount of \$10.00 on landline voice service
  - **Lifeline:** Discount of \$9.25 on monthly charges for either internet-only service or a bundle that includes Internet service
  - **Lifeline Enhanced Tribal Benefit:** Low-income consumers on Tribal lands can receive a Lifeline discount of up to \$34.25 per month, as well as other discounts
  - **Affordable Connectivity Program (ACP):** Provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands, as well as other discounts
- Visit <https://mn.gov/commerce/consumers/your-phone/phone-discounts/> for more information

#### Xcel Energy

- If you're having trouble paying your bill, Xcel Energy offers:
  - COVID-19 Resources
    - Visit <https://mn.my.xcelenergy.com/s/covid-19/covid-19-resources>
  - Energy Assistance, including payment arrangements, income-qualified assistance, and other affordability programs
    - Visit <https://mn.my.xcelenergy.com/s/billing-payment/energy-assistance>

#### CenterPoint Energy

- If you are having trouble paying your natural gas bill, please contact CenterPoint right away for assistance
- Information about payment plans and assistance programs can be found [here](#)
- Call **800-245-2377**

#### Xfinity

- Free and low-cost internet services are available for families experiencing economic insecurity through the [Affordable Connectivity Program](#)
- Call **855-846-8376**

#### CenturyLink

- Free and low-cost internet services are available for families experiencing economic insecurity through their [Consumer Assistance Programs](#)
- Call **888-833-9522**

#### PCs for People

*Through electronic reuse, PCs for People provides the opportunity for all low-income individuals to benefit from the life changing impact of computers and mobile internet*

- Visit <https://www.pcsforpeople.org/>
  - Tech, internet services, and digital skills are available

### COVID-19 & Additional Resources

#### **LEGAL HELP**

##### **LawHelpMN**

*Your guide to finding information and a lawyer*

- Visit <https://www.lawhelpmn.org/>
- If you need a lawyer or legal advice, use the [LawHelpMN Guide](#) or the [Providers and Clinics Directory](#) to find a referral
- To get help finding self-help resources or legal referrals, try [LiveChat](#) (available 9 - 4, Monday - Friday) or [LawHelpMN Guide](#)

##### **Minnesota Judicial Branch**

*Free and low-cost legal services are available*

- Visit <https://www.mncourts.gov/Help-Topics/Find-a-Lawyer.aspx>
- Find information and resources for free legal advice clinics, free and low-cost legal services for civil and criminal cases, and more