

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

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.wmcactionnews5.com/news/education/>

Shelby County Child Care Resource and Referral

600 Jefferson Avenue

Memphis, TN 38103

(901) 287-4748

Email: 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.

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>