

BEYOND THE FOOD PANTRY:

Supporting CLC Students During COVID19

Updated 3/19/20

The CLC Student Life Department wants all students to be aware of these college and community resources that may be helpful during this time of uncertainty.

Health Care

- You may be eligible for [Medicaid](#), which can provide you with low-cost or no-cost coverage to get screened and treated.
- Lakewood Click Care is a 24/7 online diagnosis and treatment service for common medical conditions. Start a visit 24/7 - get your Click Care response 7:00am - 7:00pm, 7 days a week. Enter promo code "COVID19" for a free Coronavirus (COVID-19) assessment. Click [here](#) to access.
- If you are not eligible for Medicaid or are an undocumented student, you can go to a health center with a sliding fee scale.

Food

- The CLC Food Pantry is putting together bags of groceries that you can request by texting or calling Erich Heppner at (952) 807-3279. The groceries are available for pick up from either the Brainerd or Staples Campus Welcome Centers. You are allowed to request this service once a week.
- You may be eligible for the Supplemental Nutrition Access Program (SNAP). This program provides you with a monthly benefit, via an electronic benefits transfer (EBT card), that can be used at retail and grocery stores to purchase any food, except alcohol, pet food, or prepared foods. Click [here](#) to see if you are eligible. Please contact Erich Heppner at (952) 807-3279 if you need help with your application.

- Sharing Bread Soup Kitchen is offering to-go meals at their facility at 923 Oak St. Brainerd. Meals are served at 5:30pm Mondays – Saturdays with a 1:00pm meal on Sundays.
- The Brainerd Salvation Army at 208 S. 5th St. has an excellent food shelf that is open, but you must call ahead to (218) 829-1120. Food boxes will be prepared and made available for pickup.
- Bridges of Hope has packages with food and hygiene supplies that are available from 8:30 a.m. to 4:30 p.m. Monday through Friday at Bridges of Hope, 2011 S Sixth St., and Bethlehem Lutheran Church, 418 Eighth Ave. NE, both in Brainerd. Call ahead (218) 826-7682

Emergency Aid

- CLC has an emergency aid program that can provide crisis intervention for students who lack resources and experience an unforeseen emergency that may impact their college attendance. You can request up to \$500 for qualifying bills.

The requirements to be eligible are as follows:

- You must be enrolled in the current semester with 6 credits or more.
- Submitted and completed FAFSA.
- You must submit a bill/notice from the third party (We pay the third party directly.)
- You cannot have received this service in the past.

Application Process:

1. Contact Emily Buer at (218) 855-8017 to set up an account and apply online.
 2. Once the application is complete, it will be reviewed by the committee.
 3. You will be notified if you have been approved or denied.
 4. Within ten days, you will receive a survey from Emily for follow-up data, which must be collected per the grant.
- United Way has a COVID-19 Community Economic Relief Fund to help with bills, rent and food. Call (866) 211-9966 and provide your zip code. You will be given a list of local agencies to provide assistance.

Housing

- Lutheran Social Services Energy Assistance Program (EAP) is an important resource to help income-eligible households manage their utility bills. You can apply by filling out their application on their website by clicking [here](#).
- If you need to move, Penske rents trucks to 18-23 year-olds without a surcharge and provides a 10% discount to college students, while UHaul is offering [30 days of free self-storage to college students](#).
- Comcast is offering free broadband internet access to households below certain income thresholds through their [internet essentials program](#) that include increased speeds and access to low-cost computers.
- If you are worried about quarantining in a home where they do not feel safe, help is available from the National Domestic Violence Hotline 24/7/365 at @ndvh by chat or by calling their hotline at 1-800-799-7233 or send loveis to 22522 to text.

Mental Health

- **EMOTIONAL SUPPORT HELP LINE FOR ALL STUDENTS:**
This helpline is sponsored by United Healthcare. Call toll-free 866-342-6892. The line is open 24 hours a day, seven days a week and free of charge. Staffed by specially trained mental health specialists to support you if you are experiencing anxiety or stress related to the recent developments around COVID-19.
- Remember in stressful times to always practice self-care:
 1. Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
 2. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
 3. Make time to unwind. Try to do some other activities you enjoy.
 4. Connect with others. Talk with people you trust about your concerns and how you are feeling. Reach out to our CLC Counselor, Suzie Karsnia via email suzanne.karsnia@clcmn.edu or phone (218) 855-8015. Suzie is here to help you through this difficult time and can help connect you to additional resources.

Unemployment

- You may be eligible for Unemployment Insurance (UI) benefits if you are temporarily or intermittently laid off or your hours are reduced below 32 hours per week. Apply for UI benefits during the first week you are laid off or your hours are reduced below 32 hours per week. You cannot backdate the application. You could lose benefits if you wait to apply. You can apply online Monday - Friday from 6AM - 6PM by clicking [here](#).