

WAYNE COUNTY

HEALTH

ASCENSION HOTLINE

A hotline number if you have symptoms or questions regarding COVID-19.
833-978-0649

ADVANTAGE HEALTH CENTERS

Community clinic for adults and children.
313-416-6262
<http://ahcdetroit.org/>

AMERICAN INDIAN HEALTH & FAMILY SERVICES

Primary health care clinic for American Indian/Alaskan Native individuals, families and other underserved populations in SE Michigan. Curbside Testing for the Coronavirus.
313-846-6030
<http://aihfs.org>

AMERICAN RED CROSS – SOUTHEASTERN MICHIGAN CHAPTER & BLOOD SERVICES REGION

Blood bank currently accepting donations. Provides emergency disaster services, volunteer opportunities, health and safety education programs, social services for military personnel, and smoke alarms.
313-833-8816
<https://www.redcrossblood.org/give.html/find-drive>

ARAB COMMUNITY CENTER FOR ECONOMIC AND SOCIAL SERVICES – COMMUNITY HEALTH AND RESEARCH CENTER – DEARBORN

Community clinic and health center for children and adolescents.
313-216-2200
<https://www.accesscommunity.org/health-wellness/medical>

ARAB-AMERICAN AND CHALDEAN COUNCIL – PRIMARY CARE CLINIC

Community primary care clinic.
313-846-8156
<http://www.myacc.org/>

BEAUMONT HOSPITAL

*Effective November 9, Beaumont Laboratory will have three COVID-19 testing sites open Monday-Friday, 8 a.m. to 4 p.m. by appointment only. **You must have a physician order.***

<https://www.beaumont.org/services/laboratory/covid-19-laboratory-testing-sites>

BEAUMONT HOTLINE

A community resource for timely, accurate information about COVID-19 symptoms and virtual screening for people who are experiencing symptoms.

1-800-592-4784

CENTRAL CITY INTEGRATED HEALTH – HEALTH CENTER

Community clinic.

313-849-3920

<http://www.centralcityhealth.com/>

COMMUNITY HEALTH AND SOCIAL SERVICE CENTER – CHASS SOUTHWEST CENTER AND ADMINISTRATIVE OFFICES

Community clinic.

313-849-3920

<http://www.casscommunity.org/>

COMMUNITY HEALTH AND SOCIAL SERVICE CENTER – CHASS SOUTHWEST CENTER AND ADMINISTRATIVE OFFICES

Community clinic.

313-849-3920

<https://chasscenter.org/health>

CORONAVIRUS COMMUNITY CARE NETWORK – DRIVE THOUGH TESTING

Offers drive though COVID-19 testing with appointment and prescription.

313-230-0505

<https://detroitmi.gov/departments/detroit-health-department/programs-and-services/communicable-disease/coronavirus-covid-19/coronavirus-community-care-network-drive-thru-testing>

COVENANT COMMUNITY CARE CENTERS

Provides primary medical care and expanded services to help support spiritual, psychological, and social health of patients. Includes family practice, internal medicine, OB/Gyn, pediatrics, cardiology, optometry, dentistry, pharmacy, behavioral health and pastoral care.

313-554-0485

<https://covenantcommunitycare.org/2020/03/27/covid-19-accessing-care-at-covenant/>

DETROIT COMMUNITY HEALTH CONNECTION – DR FELETA WILSON HEALTH CENTER

Community clinic.

313-897-7700

<https://www.dchcquality.org/dr-feleta-wilson-health-center>

DETROIT COMMUNITY HEALTH CONNECTION – DR SOPHIE WOMACK HEALTH CENTER

Community clinic.

313-921-5500

<https://www.dchcquality.org/dr-sophie-womack-health-center>

DETROIT COMMUNITY HEALTH CONNECTION – EAST RIVERSIDE HEALTH CENTER

Community clinic.

313-822-0900

<https://www.dchcquality.org/east-riverside-health-center>

DETROIT COMMUNITY HEALTH CONNECTION – NOLAN FAMILY HEALTH CENTER

Community clinic.

313-369-2600

<https://www.dchcquality.org/nolan-health-center>

DETROIT COMMUNITY HEALTH CONNECTION – WOODWARD CORRIDOR FAMILY MEDICAL CENTER

Community clinic.

313-832-6300

<https://www.dchcquality.org/woodward-corridor-family-medical-ce>

DETROIT COMMUNITY HEALTH CONNECTION – WOODWARD COORIDOR FAMILY MEDICAL CENTER – HEALTHY TEENS COMMUNITY CARE CENTER

Community clinic for youth.

313-832-8060

<http://dchcquality.com/>

DETROIT HEALTH DEPARTMENT HOTLINE

Call for guidance on next steps if you are: A healthcare provider with a possible COVID-19 positive patient; An individual who suspects they have COVID-19. The call center is operational 24 hours per day.

313-876-4000

DETROIT MEDICAL CENTER HOTLINE

Call if you have symptoms or questions regarding COVID-19.

1-888-DMC-3370

DETROIT RESCUE MISSION MINISTRIES - SAY DETROIT FAMILY HEALTH CLINIC

Provides and maintains preventive healthcare for uninsured or homeless adult women (whether single or part of a family). Basic check-ups, doctor's examination are provided, and medical treatment resources. Some specialty services are also available. On-site diagnostic equipment, volunteer medical profession address a variety of health conditions, and health education provided on site for individuals.

313-758-6100

HEALTH RESOURCE LIST

Resources to stay physically and mentally healthy during the coronavirus pandemic.
https://docs.google.com/document/u/0/d/1xuOFtIby9sdkM6VIJ6yHe8df2BHo1w8idSezFxfjRjw/mobilebasic?urp=gmail_link

HENRY FORD HEALTH HOTLINE

Call if you have symptoms or questions regarding COVID-19.

313-874-7500

HUDA CLINIC (THE)

Provides comprehensive outpatient medical services, including general physical examinations, blood pressure screening, chiropractic services, cholesterol monitoring, diabetes screening, general eye exams, prostate cancer screening and breast exams to uninsured individuals. Provides free eye exams for uninsured individuals who are determined to be at risk for diabetic retinopathy, glaucoma, and other eye diseases (by age, race and family history) and have not had an eye exam in 12 months or more. Lab services include glucose testing, occult blood, TB testing, urine dipstick, hemoglobin, beta-hCG and microscopic services. Also offers health education for disease prevention and social workers are available for consultation.

313-865-8446

<https://www.hudaclinic.org/>

MATRIX HUMAN SERVICES

Resources for pregnant moms and children birth to 5. Educational packets with lessons on nutrition, mental and physical wellness, and other prenatal services available for download.

313-526-4000

<http://www.matrixhumanservices.org/covid19/>

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.

2-1-1

<https://www.mi211.org/>

MICHIGAN ASSOCIATION OF PHYSICIANS OF INDIAN HERITAGE

Provides basic health care including physical examinations, nutrition assistance, and diagnosis and treatment of common ailments. Provides eye examinations and a dental clinic once a month.

248-996-9214

<https://www.mapiusa.org/>

MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES

Provides information regarding COVID-19 (Corona Virus) through a statewide hotline and website. Hotline staff can answer health related questions but are not able to provide clinical advice or diagnosis.

517-241-3740 (Main); 888-535-6136 (Statewide hotline)

<https://www.michigan.gov/coronavirus>

PACKARD HEALTH

COVID-19 Update: Services are provided virtually during the COVID-19 pandemic.

Provides comprehensive primary health care including physical examinations, immunizations, family planning, prenatal care, nutrition assistance and diagnosis and treatment of common ailments.

734-971-1073

<https://packardhealth.org/>

PSYGENICS INC.

PsyGenics helps individuals of all ages diagnosed with an Intellectual and Developmental Disabilities or mental illness.

313-340-4442

<https://www.psygenics.org>

SAINT FRANCES CABRINI CLINIC

Offers free primary medical care, medications, some durable medical equipment, laboratory testing, EKG testing, dermatology, mental health services and diabetic education. Registered patients receive free prescription assistance. Referrals for specialty care.

313-961-7863

<http://www.cabriniclinic.org/>

SOUTHWEST SOLUTIONS

Southwest Solutions has moved to telehealth and offers services for children, youth, adults and families.

313-841-7474

<https://www.swsol.org/>

ST. PATRICK SENIOR CENTER

In-home health services for seniors.

313-833-7080

http://www.stpatsrctr.org/SPSC_VirusClosingstatement.pdf

UNITED WAY FOR SOUTHEASTERN MICHIGAN

Provides assistance with connecting to community and state resources for residents under quarantine/isolation orders. 2-1-1 Navigators may also assist using the MI Bridges system in finding state and community resources, applying for all MDHHS assistance programs available through MI Bridges and viewing MDHHS benefits information.

313-226-9200

<https://unitedwaysem.org/covid-19-toolkit/>

VERNOR URGENT CARE CURBSIDE TESTING

Individuals need a written testing order from their primary care doctor or a prescription, a valid ID AND an appointment to use the drive thru testing center.

Testing cost is \$145 without insurance.

313-254-9751

WAYNE COUNTY HEALTH HOTLINE

The Public Health Team is working to provide updated information daily with a situation report that includes case count worldwide, nationally, statewide, and locally.

734-287-7870

WAYNE COUNTY HEALTH, HUMAN, & VETERAN SERVICES

Coordinates and administers health, educational, youth, veteran, senior and social services in order to address the social determinants of health and community wellness.

313-224-0810

<https://www.waynecounty.com/departments/hhvs/home.aspx>

WAYNE COUNTY DEPARTMENT OF HEALTH, VETERANS AND COMMUNITY WELLNESS - WAYNE COUNTY HEALTHY COMMUNITIES - HAMTRAMCK HEALTH CLINIC

Provides basic health care services including physical examinations, immunizations, nutrition assistance and diagnosis and treatment of common ailments. Clients are referred to other providers for specialty care when needed.

313-871-1926

www.waynecounty.com/departments/hvcw/home.aspx

WESTERN WAYNE FAMILY HEALTH CENTERS - TAYLOR CENTER

COVID-19 Update: Services are provided virtually and in person during the COVID-19 pandemic. Provides basic health and general dental care including physical examinations, general laboratory testing, immunizations, family planning, and diagnosis and treatment of common ailments. Additionally, behavioral health and counseling. Providers in pediatrics, family medicine, internal medicine, OB/GYN and behavioral health on site. Nutrition, cooking and exercise classes also scheduled at this location.

734-941-4991

<https://www.wwfhc.org/>

WESTERN WAYNE FAMILY HEALTH CENTERS

COVID-19 Update: Services are provided virtually and in person during the COVID-19 pandemic. Provides basic health and general dental care including physical examinations, general laboratory testing, immunizations, family planning, and diagnosis and treatment of common ailments. Additionally, behavioral health and counseling. Providers in pediatrics, family medicine, internal medicine, OB/GYN and behavioral health on site. Nutrition, cooking and exercise classes also scheduled at this location.

313-561-5100

<https://www.wwfhc.org/>

MENTAL HEALTH COUNSELING

ASCENSION SAINT JOHN PROVIDENCE HEALTH SYSTEM

Provides diagnostic and treatment services for adults who have acute psychiatric disorders, require hospitalization for maximum benefit, and who may be a threat to themselves, to their families or to others if left in the community or placed in a less restrictive treatment setting. Services may include a comprehensive evaluation; 24-hour care in a supportive, therapeutic environment; counseling for the patient and family; adjunctive therapies as needed; group therapy; medication, if required; and an aftercare program following discharge.

800-875-5566

<http://www.stjohnprovidence.org/Providence>

**ARAB COMMUNITY CENTER FOR ECONOMIC AND SOCIAL SERVICES –
COMMUNITY HEALTH AND RESEARCH CENTER – DEARBORN**

Community clinic and health center for children and adolescents.

313-216-2200

<https://www.accesscommunity.org/health-wellness/medical>

ARAB-AMERICAN & CHALDEAN COUNCIL – PRIMARY CARE CLINIC

Community primary care clinic.

313-846-8156

<http://www.myacc.org/>

BEAUMONT HEALTH

Offers complete adult inpatient psychiatric care in an environment that promotes mental wellness. During hospitalization, a team of nurses, social workers, activity therapists, dietitians, psychiatrists and medical physicians care for the patient. The inpatient program focuses on treatment that will move the patient into partial hospitalization or outpatient care as quickly as possible.

248-898-7979

<http://www.beaumont hospitals.com/>

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

Currently offering telehealth mental health and substance use counseling.

855-882-2736

<https://ccsem.org/>

CENTRAL CITY INTEGRATED HEALTH

COVID-19 Update: Telemedicine will be provided to help mitigate unnecessary healthcare challenges for behavioral health and primary care services. Performs psychiatric evaluations and provides treatment of individuals who have identified mental or emotional disorders with the objective of helping them to eliminate or

reduce the severity of their symptoms, to mediate disturbed patterns of behavior, to promote positive personality growth and development and to maximize the individual's ability to function as independently as possible. Services include medication management.

313-831-3160

<https://centralcityhealth.com/>

CHALDEAN COMMUNITY FOUNDATION

Provide trilingual therapy telephonically through our LLMSW Social Workers in response to the need to social distance. Our website also lists the acculturation services additionally offered which remain active telephonically.

586-722-7253

<https://www.chaldeanfoundation.org/>

COMMON GROUND RESOURCE AND CRISIS CENTER

Offers 24-hour telephone emergency crisis intervention services for individuals who are in emotional distress; who are at risk of suicide or know someone at risk; or who are unable to cope due to an underlying mental illness. Will provide local information and referrals to community services for additional assistance.

800-231-1127

<http://www.commongroundhelps.org/>

COMMUNITY CARE SERVICES

Provides outpatient mental health and substance use disorder treatment for children, teens, and adults in Southeastern, Michigan online through Telehealth.

313-398-7500

<https://comcareserv.org/>

COMMUNITY HEALTH AND SOCIAL SERVICE CENTER – CHASS SOUTHWEST CENTER AND ADMINISTRATIVE OFFICES

Community clinic.

313-849-3920

<https://chasscenter.org/health/list/Behavioral-Health>

COMMUNITY NETWORK SERVICES

Provides behavioral health services using a variety of evidence-based interventions, including Cognitive Behavioral Therapy (CBT), as well as psychiatric evaluations, case management, and medication management.

248-745-4900

<https://www.cnshealthcare.org/>

COVENANT COMMUNITY CARE

Provides primary medical care and expanded services to help support spiritual, psychological, and social health of patients. Includes family practice, internal medicine, OB/Gyn, pediatrics, cardiology, optometry, dentistry, pharmacy, behavioral health and pastoral care.

248-556-4900

<http://www.covenantcommunitycare.org/>

CRISIS TEXT LINE

Anxious about Coronavirus? Text HOME to 741741 to connect with a crisis counselor. 741741 (text)

DETROIT COMMUNITY HEALTH CONNECTION – WOODWARD CORRIDOR FAMILY MEDICAL CENTER – HEALTHY TEENS COMMUNITY CARE CENTER

Community clinic for youth.

313-832-8060

<https://www.dchcquality.org/woodward-corridor-family-medical-ce>

DETROIT RESCUE MISSION MINISTRIES – SAY DETROIT FAMILY HEALTH CLINIC

Community clinic.

313-758-6100

<https://drmm.org/>

DETROIT WAYNE INTEGRATED HEALTH NETWORK

Network of mental health treatment providers.

313-344-9099

<https://dwihn.org/>

DRUG REHAB SERVICES

The main goal of our site is to help people who are affected by addiction and provide information to help with the prevention of substance abuse. People can search by county or city and have access to all the 70+ types of services we cover in our database, such as treatment, prevention services, language-specific services, & age-specific services. Our site is HONcode Certified and provides reliable, transparent, and ethical health information. On it, you'll find a comprehensive listing of every addiction service available in your state.

800-304-2219

<https://www.addicted.org/>

<https://www.addicted.org/detroit-addiction-services-and-treatment.html>

EASTWOOD BEHAVIORAL HEALTH

Since 1970, Eastwood has provided mental health, and substance abuse treatment services throughout southeast Michigan.

800-626-3896

<https://healthcare.ascension.org/Specialty-Care/Behavioral-Mental-Health/Eastwood-Clinics>

FREE VIRTUAL APPS

A sourced list of sites and apps for stress reduction.

https://docs.google.com/spreadsheets/d/1oweE0dMuhi4F-_byavPljR1u4rzTj0xdiJfrE1QD2vl/edit#gid=0

HEALTH EMERGENCY LIFELINE PROGRAMS

COVID-19 Update: Services are provided virtually during the Covid-19 pandemic. Provides individual therapy for adults dealing with a wide range of mental health conditions or concerns. Will coordinate services with psychiatric providers as needed. Limited family or group therapy may also be available.

313-832-3300 Main, 888-435-5655 Toll Free

<http://helpoffice.org/>

HENRY FORD HEALTH SYSTEM

Provides diagnostic and treatment services for individuals who have acute or chronic mental or emotional disturbances, require hospitalization for maximum benefit, and who might be a threat to themselves, to their families or to others. Provides treatment of individuals who have identified mental or emotional disorders with the objective of helping them to eliminate or reduce the severity of their symptoms, to mediate disturbed patterns of behavior and to promote positive personality.

248-398-3200

<https://www.henryford.com/locations/>

JEWISH FAMILY SERVICE OF METRO DETROIT

Provides clinical behavioral health counseling for individuals, couples, families and groups, including counseling for depression, marriage, divorce, domestic violence, grief and loss, gender issues, interfaith issues, and men's and women's issues.

248-529-2313

<https://www.jfsdetroit.org/>

MATRIX HUMAN SERVICES

Virtual mental health support.

877-931-3248

<http://www.matrixhumanservices.org/covid19/>

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.

2-1-1

<https://www.mi211.org/>

NATIONAL ALLIANCE ON MENTAL ILLNESS METRO – OAKLAND, WAYNE & MACOMB COUNTIES

Offers mental health services to the metro area, including Wayne County.

248-773-2296

<http://namimetro.org/>

PSYGENICS INC.

PsyGenics helps individuals of all ages diagnosed with an Intellectual and Developmental Disabilities or mental illness.

313-340-4442

<https://www.psygenics.org>

SAINT FRANCES CABRINI CLINIC

Offers free ongoing mental health evaluation and treatment provided by Psychiatrists and PhD Psychologist. Appointments are currently conducted via Telehealth due to COVID-19.

313-961-7863

<http://www.cabriniclinic.org/>

SAMHSA DISASTER DISTRESS HELPLINE

SAMHSA has opened a helpline to discuss stress as a result of COVID-19.

1-800-985-5990

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SOUTHWEST SOLUTIONS

Southwest Solutions has moved to telehealth and offers services for children, youth, adults and families.

313-841-7474

<https://www.swsol.org/>

SUNSHINE BEHAVIORAL HEALTH

Keep receiving treatments during the COVID-19 outbreak: a list of online addiction recovery resources.

1-888-525-0708

<https://www.sunshinebehavioralhealth.com/resources/telehealth-addiction-treatment-during-quarantine/>

WELLPLACE MI

Access Center for Detroit Wayne Mental Health Authority.

800-241-4949

<https://www.wellplace.com/>

MENTAL HEALTH COUNSELING (CHILDREN AND YOUTH)

CHILDREN'S CENTER OF WAYNE COUNTY (THE)

COVID-19 Update: Will continue to provide services via telehealth technology, for an appointment please call (313) 262-1212. Offers a variety of counseling services for children, adolescents, their families and extended family groups, either in the home, in school, or the general community. Utilizes evidence-based practices such as the Parent Management Training, Oregon Model (PMTO), Trauma Focused Cognitive Behavior Therapy (IF-PEP), ADHD Groups and Trauma and Loss in Children (TLC).

313-831-5535 (Main) 313-262-1212 (Intake – Immediate Assistance)

<https://www.thechildrenscenter.com/>

STARFISH FAMILY SERVICES - STARFISH BEHAVIORAL HEALTH SERVICES - INKSTER

Works with children, teens, adults and entire families to help with family issues like divorce, separation, parenting, learning or behavioral problems, teen and pre-teen challenges and ADHD, depression and anxiety issues like grief and loss, difficult transitions, postpartum depression, thoughts of suicide, and eating disorders and other child and family issues.

734-261-1842 (Main) 888-355-5433 (Intake – Clinical Service Intake)

<https://www.starfishfamilyservices.org/>

STARFISH FAMILY SERVICES - STARFISH BEHAVIORAL HEALTH SERVICES - LIVONIA

Works with children, teens, adults and entire families to help with family issues like divorce, separation, parenting, learning or behavioral problems, teen and pre-teen challenges and ADHD, depression and anxiety issues like grief and loss, difficult transitions, postpartum depression, thoughts of suicide, and eating disorders and other child and family issues.

248-615-9730 (Main) 888-355-5433 (Intake – Clinical Service Intake)
<https://www.starfishfamilyservices.org/>

STARFISH FAMILY SERVICES - STARFISH BEHAVIORAL HEALTH SERVICES - WESTLAND

Works with children, teens, adults and entire families to help with family issues like divorce, separation, parenting, learning or behavioral problems, teen and pre-teen challenges and ADHD, depression and anxiety issues like grief and loss, difficult transitions, postpartum depression, thoughts of suicide, and eating disorders and other child and family issues.

734-261-1842 (Main) 734-727-1066 (Intake) 888-355-5433 (Intake – Clinical Service Intake)
<https://www.starfishfamilyservices.org/>

UNEMPLOYMENT

DETROIT AT WORK

Career Centers are open.
313-962-WORK (313-962-9675)
<https://www.detroitatwork.com/>

MATRIX HUMAN SERVICES

Community job leads.
313-526-4000
<http://www.matrixhumanservices.org/>

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.
2-1-1
<https://www.mi211.org/>

MICHIGAN TALENT INVESTMENT AGENCY – UNEMPLOYMENT INSURANCE

Provides partial income replacement for a limited period of time for eligible individuals who become unemployed due to COVID-19 pandemic. Also provides a mechanism for problem resolution.
800-638-3994
https://www.michigan.gov/leo/0,5863,7-336-78421_97241---,00.html

STATE OF MICHIGAN

Expanded unemployment benefits for Michigan workers during COVID-19.

RESCINDED.

800-638-3994

https://www.michigan.gov/whitmer/0,9309,7-387-90499_90705-523056--,00.html

UNEMPLOYMENT INSURANCE AGENCY: FACT SHEET

Fact Sheet: Claiming unemployment benefits in Michigan.

https://www.michigan.gov/documents/uia/160_-_Claiming_UI_Benefit_In_Michigan_-_Jan2014_444213_7.pdf

HOUSING

36TH DISTRICT COURT

Eviction actions cannot be filed in Court during the coronavirus crisis. Eviction actions may be filed once crisis has passed for those who did not pay rent during crisis.

313-965-4158

<https://www.36thdistrictcourt.org/>

CITY OF DETROIT HOMEOWNERS PROPERTY TAX ASSISTANCE PROGRAM

Deadlines for Homeowners Property Tax Assistance Program applications have been eliminated. Applications are now approved on an on-going basis.

313-224-3030

<https://detroitmi.gov/departments/office-chief-financial-officer/pay-you-stay>

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.

2-1-1

<https://www.mi211.org/>

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES – STATE EMERGENCY RELIEF

State Emergency Relief can include help with rent payment, rental deposits, utility bills, moving expenses and more.

(586)469-7700

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5531_62127---,00.html

RESOURCES FOR CHILDREN AND FAMILIES IN CRISIS

List of resources for families and children in crisis, including resources for teens and homeless youth.

1-800-241-4949

<https://detroitmi.gov/sites/detroitmi.localhost/files/2020-04/FamilyResources.pdf>

SOUTHWEST SOLUTIONS

Southwest Solutions has moved to telehealth and offers services for children, youth, adults and families.

313-841-7474

<https://www.swsol.org/>

THE SALVATION ARMY

May be able to provide assistance with rental expenses.

<https://centralusa.salvationarmy.org/emi/>

WAYNE COUNTY TREASURER OFFICE

Wayne County committed to no foreclosures in 2020 for coronavirus crisis.

313-224-5990

<https://www.waynecounty.com/elected/treasurer/>

WAYNE METROPOLITAN COMMUNITY ACTION AGENCY

Assistance with housing bills.

313-388-9799 (Detroit residents); 734-284-6999 (Out Wayne); 313-873-6000 (Main Office)

<https://www.waynemetro.org/>

ENERGY

CONSUMERS ENERGY

Whether you're in search of emergency assistance or ongoing aid, our comprehensive [Assistance Resource Guide](#) will guide you toward the best option for your situation.

<https://www.consumersenergy.com/residential/programs-and-services/payment-assistance>

DTE ENERGY

Shutoff Protection Plan (SPP) – If you're having trouble managing your energy bill payments, the Shutoff Protection Plan can help. It can put you back on track to paying your overdue balance while avoiding the cost and inconvenience of a service shutoff.

<https://newlook.dteenergy.com/wps/wcm/connect/dte-web/home/billing-and-payments/common/energy-assistance/shut-off-protection-plan>

THE HEATH & WARMTH FUND (THAW)

Utility assistance partnership with agencies across the state of Michigan.

1-800-866-8429

<https://thawfund.org/>

PENFED FOUNDATION

Heating fuel and electric service payment assistance for all veterans, active military service members, and those currently serving in the Reserves and the National Guard who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic.

800-558-9224 (toll free)

<https://www.penfedfoundation.org/>

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.

2-1-1

<https://www.mi211.org/>

MICHIGAN BRIDGES

Michigan Energy Assistance Program application.

(844)799-9876

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES – STATE EMERGENCY RELIEF

State Emergency Relief can include help with rent payment, rental deposits, utility bills, moving expenses and more.

(586)469-7700

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5531_62127---,00.html

WAYNE METROPOLITAN COMMUNITY ACTION AGENCY

Assistance with heat bills.

313-388-9799 (Detroit residents); 734-284-6999 (Out Wayne); 313-873-6000 (Main Office)

<https://www.waynemetro.org/>

FOOD

ALL SAINTS SOUP KITCHEN

Free hot meal service.

855-882-2736

<https://ccsem.org/allsaints/>

ARAB AMERICAN & CHALDEAN COUNCIL PANTRY OF PLENTY

Food pantry located in Highland Park.

248-559-1990

<http://www.myacc.org/pantry-of-plenty/>

AREA AGENCY ON AGING 1-B

Provides a list of resources – including a list of all stores utilizing vulnerable population hours.

(800)852-7795

<https://aaa1b.org/coronavirus/>

BELLEVILLE FIRST UNITED METHODIST CHURCH FOOD CLOSET

Drive-thru emergency food resource.

734-697-9288

<https://www.bellevillefirstumc.org/food-closet>

**BLESSED HOPE CHRISTIAN HOPE CHRISTIAN CHURCH COMMUNITY
OUTREACH**

Provides food to anyone needing help. There are no geographic or income requirements. Meals are provided at noon and 5:00 PM, Monday through Friday. Saturday - Sunday 4:00 pm - 5:00 pm.

313-388-1499

<http://www.blessedhopechurch.net/community.html>

CASS COMMUNITY SOCIAL SERVICES

Cass Community prepares and serves a million meals each year. Lunch is served every weekday at 11:30 a.m.

313-883-2277

<https://casscommunity.org/services/food-services/>

CAPUCHIN SOUP KITCHEN

The Capuchin Soup Kitchen serves three meals a day. Two kitchen/dining room sites serve full-course, nutritious meals to hundreds of men women and children each day. See website for more details.

313-579-2100

https://www.cskdetroit.org/guest_information

CHURCH OF GOD MOUNTAIN ASSEMBLY FOOD PANTRY

Weekly food box distribution in Belleville.

734-699-0981

<https://www.facebook.com/pages/category/Religious-Center/Belleville-Church-Of-God-Mountain-Assembly-148504631890136/>

COVENANT HOUSE ACADEMY

Partnering with Gleaners to provide free groceries for children and families.

313-297-8720

<https://www.covenanthouseacademy.org/>

DETROIT PUBLIC SCHOOLS COMMUNITY DISTRICT

List of all DPSCD schools offering students/families a bag of four pre-cooked breakfast meals and four pre-cooked lunches.

<https://www.detroitk12.org/covid19#Grab-n-Go%20Breakfast%20&%20Lunch>

DETROIT FRIENDSHIP HOUSE

Food pantry serving Hamtramck residents

313-871-7443

<https://www.detroitfriendshiphouse.org>

FAMILY OF GOD

Family of God provides a hot meal to those in our community Monday - Friday evening and Sunday afternoon.

<https://www.fogdetroit.com/ministries>

FORT STREET OPEN DOOR

We are a homeless outreach program that offers a variety of services including food, clothing, hygiene kits/showers, and counseling services.

313-961-4533

<https://www.fortstreet.org/opendoor>

FRANKLIN-WRIGHT SETTLEMENTS

Franklin-Wright Settlements, INC goes out into the community to provide hot nutritious meals, blankets, hygiene kits, warm clothing, and words of encouragement.

313-579-1000

<https://www.franklinwright.org/emergency-assistance>

FISH & LOAVES COMMUNITY FOOD PANTRY

All income-eligible residents of Allen Park, Brownstown Township, Dearborn Heights, Romulus, Southgate, Taylor, and Woodhaven, plus active members of all partner churches, are eligible to enroll at Fish & Loaves Community Pantry for free food assistance.

734-442-0031

<https://www.flcfp.org/need-food.html>

FORD RESOURCE & ENGAGEMENT CENTER

Drive-thru food distributions. Call to determine eligibility.

313-962-4888

<https://fordfund.org/frecsouthwest>

FIRST CONGREGATIONAL CHURCH OF WYANDOTTE – WAYNEWRIGHT COMMUNITY MEALS

Carryout packaged meals and bagged lunches.

313-962-4888

<https://www.facebook.com/WaynewrightCommunityMeals/>

FIRSTWORKS FREESTORE

Free grocery service located in the First Assembly of God of Dearborn Heights.

313-292-1220

<http://1stworks.org/?fbclid=IwAR0Uh4gI7VqRfxWB84UmPMvbX7xVKE1YzAZMaVAGSRIXggONV95SvocFyds>

GIBRALTAR FOOD PANTRY

Curbside food pantry service.

734-676-5266

<https://www.facebook.com/GibraltarFoodPantry/>

GLEANERS COMMUNITY FOOD BANK OF SOUTHEASTERN MICHIGAN

Offers a locator tool to see the current hours, and locations offered by Gleaners' Community Distribution Sites during COVID-19.

313-923-3535 ext. 223

<https://www.gcfb.org/community-distribution-sites/>

THE HELM AT THE BOLL LIFE CENTER

Offers meals to senior citizens with Meals on Wheels and carry-out lunches.

313-882-9600

<https://helmlife.org/>

HELPING HANDS FOOD PANTRY – COMMUNITY LUTHERAN CHURCH OF FLAT ROCK

Food pantry for Flat Rock residents.

734-782-0563

<https://www.clcflatrock.com/helping-hands/>

HELPING HAND FOOD PANTRY & THRIFT STORE

Food pantry for families in need living in Romulus, New Boston, or Belleville. Call first.

734-941-5323

<https://www.greatstart.org/food>

<https://www.greatstart.org/findhelp>

HELP'S ON THE WAY – FOOD PANTRY & CLOTHING CENTER

Food pantry and clothing in Dearborn Heights.

734-941-5323

<https://helpsontheway.org/>

JEWISH FAMILY SERVICE OF METROPOLITAN DETROIT

In partnership with the National Council of Jewish Women, Jewish Family Service delivers kosher meals to people age 60 and older who are home bound, or under 60 years of age but disabled, and in need of kosher food. Meals are available up to 7 days per week.

248-592-2313

<https://www.jfsdetroit.org/find-help/older-adults/kosher-meals-on-wheels/>

MARY'S MEALS

Bi-monthly hot meal program provided by St. Mary Our Lady of the Annunciation Parish in Rockwood.

734-379-9248

<http://www.stmaryannunciation.org/marys-meals.html>

MATRIX HUMAN SERVICES

Bi-monthly food distribution for families with children.

313-526-4000

<http://www.matrixhumanservices.org/covid19/>

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.

2-1-1

<https://www.mi211.org/>

MICHIGAN BRIDGES

State food assistance application. Michigan is currently providing maximum household allowances to those receiving SNAP benefits.

844-799-9876

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

MICHIGAN DEPARTMENT OF EDUCATION

Offers a list of all locations currently providing meals to students out of school unexpectedly.

517-241-7001 OR 517-373-3324

<https://www.mcgi.state.mi.us/schoolnutrition/>

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES FOOD ASSISTANCE PROGRAM

Temporary food assistance for eligible low-income families and individuals.

313-372-6200

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5527---,00.html

MUSLIM FAMILY SERVICES FOOD PANTRY

Food pantry. All families are eligible.

313-366-6800

<https://muslimfamilyservices.org/>

PERRY OUTREACH CENTER EMERGENCY FOOD

Food pantry for anyone in need.

313-749-7324

<http://perryoutreach.org/>

RUTH ELLIS CENTER

Provides emergency food boxes to LGBTQ individuals during the COVID-19 crisis.

313-252-1950

<http://www.ruthelliscenter.org/>

RESPOND FOOD PROGRAM

Westminister Church of Detroit meal service.

313-341-2697

<https://wcodetroit.org/about/>

THE SALVATION ARMY

Acquires food products through donations, canned food drives, food bank programs, or direct purchase and distributes the food to individuals who are in emergency situations.

<https://centralusa.salvationarmy.org/emi/>

SOUTHPOINT CHURCH FOOD PANTRY

Drive-up food service offering one week of food. Located inside the Southpoint Church of Trenton

734-675-7575

<https://www.facebook.com/SouthpointTR/>

ST. CHRISTINE'S SOUP KITCHEN

St. Christine's Soup Kitchen provides hot, nutritious meals on Tuesdays and Saturdays. Open to all.

313-535-7272

<http://sccsdetroit.org/programs/soup-kitchen/>

ST. MARY CATHOLIC CHURCH FOOD DEPOT

Food resource.

734-326-2234

<https://stmarywayne.org/66>

ST. PATRICK SENIOR CENTER

Carry-out lunches.

313-833-7080

http://www.stpatsrctr.org/SPSC_Virus_Cosing_statement.pdf

ST. PHILIP LUTHERAN CHURCH OF TRENTON FOOD PANTRY

Downriver food pantry.

734-676-7141

<https://www.facebook.com/stphiliplutheranelca/>

UNITED WAY FOR SOUTHEASTERN MICHIGAN

Provides assistance with connecting to community and state resources for residents under quarantine/isolation orders. 2-1-1 Navigators may also assist using the MI Bridges system in finding state and community resources, applying for all MDHHS assistance programs available through MI Bridges and viewing MDHHS benefits information.

313-226-9200

<https://unitedwaysem.org/covid-19-toolkit/>

WAYNE METROPOLITAN COMMUNITY ACTION AGENCY

Assistance with food.

313-388-9799 (Detroit residents); 734-284-6999 (Out Wayne); 313-873-6000 (Main Office)

<https://www.waynemetro.org/CARES/>

ZZ MARKET & GRILL

Free meals to students.

313-816-0003

<https://www.facebook.com/zzmkt/>

WATER

DETROIT WATER & SEWAGE DEPARTMENT

Working to restore home water services. Visit their webpage for the City of Detroit's "Coronavirus COVID-19 Water Restart Plan" and instructions for your water turn on service. Also offers a 10/30/50 payment plan for customers with past due balances and/or are delinquent on accounts.

313-267-8000

<https://detroitmi.gov/departments/customer-care/water-and-sewerage-department/coronavirus-covid-19-water-restart-plan>

THE HEATH & WARMTH FUND (THAW)

Utility assistance partnership with agencies across the state of Michigan.

1-800-866-8429

<https://thawfund.org/>

PENFED FOUNDATION

Water service payment assistance for all veterans, active military service members, and those currently serving in the Reserves and the National Guard who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic.

800-558-9224 (toll free)
<https://www.penfedfoundation.org/>

MICHIGAN 2-1-1

Provides a list of resources available for Michigan residents.

2-1-1
<https://www.mi211.org/>

THE SALVATION ARMY

May provide assistance with water bill payments or shutoff costs.

<https://centralusa.salvationarmy.org/emi/>

WATER ACCESS VOLUNTEER EFFORT (WAVE) FUND

Assistance with access to safe drinking water and sanitation services for low-income families during crisis. When funds are available, WAVE provides up to \$500 to enter the DWSD 10/30/50 Payment Plan.

313-267-8000
<https://detroitmi.gov/departments/water-and-sewerage-department/bill-assistance-and-credits/how-do-i-keep-my-water-flowing>

WATER RESIDENTIAL ASSISTANCE PROGRAM (WRAP)

Financial assistance for residential water.

313-386-9727
<https://www.waynemetro.org/wrap/>

WAYNE COUNTY VETERANS FINANCIAL HARDSHIP SERVICES

Financial assistance via Wayne County Soldiers & Sailors Relief and Michigan Veteran Trust Funds.

313-224-5045
<https://www.waynecounty.com/departments/hhvs/veteran-s-services.aspx>

WAYNE METROPOLITAN COMMUNITY ACTION AGENCY

Provides service restoration and payment assistance to Detroit Water and Sewerage Department customers who have had their service interrupted due to nonpayment or is at risk of shut-off. The State of Michigan will pay the \$25 fee to restore service for 30 days. After 30 days, households will pay \$25 monthly to keep their services on. Past due amounts do not need to be paid until after the COVID-19 situation passes.

313-388-9799 (Detroit residents); 734-284-6999 (Out Wayne); 313-873-6000 (Main Office)
<https://www.waynemetro.org/>

WE THE PEOPLE OF DETROIT

Volunteer-run community group distributing water to those in need in the Detroit area. Water is also available for pickup at various locations.

844-429-2837

<https://www.wethepeopleofdetroit.com/get-help>

EMERGENCY FINANCIAL ASSISTANCE

MATRIX HUMAN SERVICES

Assistance with delaying bill payments, financial counseling, and referral programs for emergency services.

313-526-4000 ext. 1411

<http://www.matrixhumanservices.org/covid19/>

MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES STATE EMERGENCY RELIEF PROGRAM

Up to \$175 per year in assistance to qualifying low-income households.

2-1-1

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES EMERGENCY SERVICES

Provides additional assistance beyond State Emergency Relief.

2-1-1

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

PENFED FOUNDATION

Financial assistance for all veterans, active military service members, and those currently serving in the Reserves and the National Guard who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic. Payment assistance includes automobile, heating fuel, mortgage, rent, water, and electric service.

800-558-9224 (toll free)

<https://www.penfedfoundation.org/>

ST. PATRICK SENIOR CENTER

Offers benefits navigation for senior citizens.

313-833-7080

http://www.stpatsrctr.org/SPSC_Virus_Cosing_statement.pdf

UNITED STATES SMALL BUSINESS ADMINISTRATION – MICHIGAN DISTRICT OFFICE

Business disaster loans for small businesses or private, non-profit organizations that suffer substantial economic injury as a direct result of the declared disaster COVID-19 pandemic.

313-226-6075

<https://www.sba.gov/funding-programs/disaster-assistance>

TRANSPORTATION

DETROIT DEPARTMENT OF TRANSPORTATION (DDOT)

DDOT will be reducing its weekday schedule and suspending some its “express” routes. Service will be maintained Monday through Friday on a standard Saturday schedule. Weekend service will not change at this time. Fare is free.

313-933-1300

<https://detroitmi.gov/departments/detroit-department-transportation>

JEWISH FAMILY SERVICE OF METROPOLITAN DETROIT

Licensed and insured drivers provide rides older adults and people with disabilities, offering door-through-door assistance when needed, including wheelchair transportation.

248-592-2266

<https://www.jfsdetroit.org/find-help/older-adults/transportation/>

THE HELM AT THE BOLL LIFE CENTER

Offers free transportation (PAATS rides) for qualified riders..

313-343-2580

<https://helmlife.org/>

LYFT

App based transportation service. Practicing safety and cleanliness in response to COVID-19.

<https://www.lyft.com/safety/coronavirus#community-health>

MATRIX HUMAN SERVICES

Senior transportation to grocery stores, pharmacies, and other appointments for individuals who are 55+.

313-526-4000 ext. 1230

<http://www.matrixhumanservices.org/covid19/>

PACE OF SOUTHEAST MICHIGAN

Service for seniors providing transportation for non-emergency medical appointments.

855-445-4554

<http://www.pacesemi.org/pace-services>

SMART BUS SERVICE

Public transportation in Macomb County. Operating on a reduced schedule and utilizing sanitation services. NEW Connector COVID-19 Rules Effective April 20, 2020

866-962-5515

<https://www.smartbus.org/About/News/new-connector-covid-19-rules>

ST. PATRICK SENIOR CENTER

Transportation to medical appointments for senior citizens.

313-833-7080

[http://www.stpatsrctr.org/SPSC Virus Cosing statement.pdf](http://www.stpatsrctr.org/SPSC%20Virus%20Cosing%20statement.pdf)

UBER

App based transportation services. Offering 24/7 service to healthcare workers and safe, clean rides for other essential workers in response to COVID-19.

<https://www.uber.com/us/en/coronavirus/>

CHILD & YOUTH LEARNING SERVICES

ARCADEMICS

Boost student engagement & fact fluency with our free multiplayer educational games, math games, language arts games, and more!

<https://www.arcademics.com/>

DETROIT PUBLIC SCHOOLS COMMUNITY DISTRICT

Resources for K-12 students and families for online learning. Includes resources for students with exceptional learning needs, academic activity packets, a homework hotline, information to teach K-12 youth about COVID-19, and more.

<https://www.detroitk12.org/covid19#Grab-n-Go%20Breakfast%20&%20Lunch>

DETROIT PUBLIC SCHOOLS COMMUNITY DISTRICT HOMEWORK HOTLINE

A free resource available for all DPSCD students that encourages outstanding achievement by giving students an additional platform to ask for help and emphasize problem solving skills. Students and families can call in for help with Literacy and/or Math homework. The Homework Hotline is provided in partnership with United Way for Southeastern Michigan.

1-833-466-3978

<https://www.detroitk12.org/Page/9660#calendar16189/20200330/month>

MATH PLAYGROUND

Looking for a way to motivate your child to practice their math facts? Math Playground engages students in games that are tailored to their math needs.

<https://www.mathplayground.com/>

MATH SCORE

Provides adaptive math practice in the form of self-guided lessons, perfect for students who are working on their math concepts at home. The site is organized by grade level, featuring content for kindergarten through high school students.

<http://www.mathscore.com/>

MATRIX HUMAN SERVICES

Online interactive youth programming for ages 10-17. Free Samsung tablet for current and new enrollees who qualify while supplies last.

586-557-4952

<http://www.matrixhumanservices.org/covid19/>

PBS LEARNINGMEDIA

DPTV and PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more for teachers like you

<https://www.pbslearningmedia.org/>

RESOURCES FOR CHILDREN AND FAMILIES IN CRISIS

List of resources for families and children in crisis, including resources for teens and homeless youth.

1-800-241-4949

<https://detroitmi.gov/sites/detroitmi.localhost/files/2020-04/FamilyResources.pdf>

SOUTHWEST SOLUTIONS

Southwest Solutions has moved to telehealth and offers services for children, youth, adults and families.

313-841-7474

<https://www.swsol.org/>

STARFALL

Free, interactive educational activities and games for children in grades K-3.

<https://www.starfall.com/h/>

STUDY JAMS!

A fun site that offers children fun, informative videos and practice on concepts related to math and science. Kids can learn about place value, fractions, decimals, plants, matter, the solar system, and more as they watch animated videos and take online tests to check their mastery of the content.

<http://studyjams.scholastic.com/studyjams/>

QUIZLET

Quizlet is a great learning tool that allows you to create quizzes about any topic.

Additionally, there are several quizzes already made that correspond with pretty much any topic imaginable.

<https://quizlet.com/>

UNITED WAY FOR SOUTHEASTERN MICHIGAN

Provides assistance with connecting to community and state resources for residents under quarantine/isolation orders. 2-1-1 Navigators may also assist using the MI Bridges system in finding state and community resources, applying for all MDHHS assistance programs available through MI Bridges and viewing MDHHS benefits information.

313-226-9200

<https://unitedwaysem.org/covid-19-toolkit/>

YOUTUBE LEARNING

YouTube has partnered with educational content creators to make sure that students have access to high-quality educational videos during the school closure. Click on the links to check out YouTube Learning's curated age-appropriate educational content for preschoolers, ages 5 and up, and ages 13 and up.

<https://learnathome.withyoutube.com/>

INTERNET & CELL PHONE SERVICES

AT&T

AT&T expanded eligibility to their Access from AT&T to any household participating in the National School Lunch Program and Head Start. AT&T customers will receive two months free service.

<https://about.att.com/pages/COVID-19.html>

COMCAST

New Comcast customers will receive two months of free service. Comcast's Internet Essentials packages have increased data speeds and suspended broadband data caps for homes during the crisis.

<https://www.internetessentials.com/>

XFINITY WIFI PUBLIC HOTPOTS

Xfinity WiFi Public Hotpots are now open to everyone on the "xfinitywifi" SSID.

<https://wifi.xfinity.com/>

CLOTH FACE MASKS

DETROIT AREA AGENCY ON AGING

Providing cloth face masks to seniors in need on select days and times. Homebound seniors can have masks delivered.

313-446-4444

www.DetroitSeniorSolution.org

FAITH IN ACTION - NATIONAL

Provides a care package which includes one (1) face mask and one (1) bottle of hand sanitizer per registration form.

202-544-8411

<https://masks.rocs.online/>

MDHHS - WAYNE COUNTY ADULT MEDICAL SERVICES DISTRICT OFFICE

Provides reusable cloth face masks to individuals.

313-664-6900

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - CONNER SERVICE CENTER

Provides reusable cloth face masks to individuals.

313-926-8600

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - GRAND RIVER/WARREN DISTRICT OFFICE

Provides reusable cloth face masks to individuals.

313-361-7300

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - GRANDMONT SERVICE CENTER OFFICE

Provides reusable cloth face masks to individuals.

313-493-7801

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - GRATIOT/SEVEN MILE DISTRICT OFFICE

Provides reusable cloth face masks to individuals.

313-372-6200

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - GREENFIELD/JOY DISTRICT OFFICE

Provides reusable cloth face masks to individuals.

313-943-5200

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - GREYDALE/GRAND RIVER DISTRICT OFFICE

Provides reusable cloth face masks to individuals.

734-762-3900

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - HAMTRAMCK/WOODY PLAZA DISTRICT OFFICE

Provides reusable cloth face masks to individuals.

313-892-0180

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - INKSTER SERVICE CENTER DISTRICT OFFICE

Provides reusable cloth face masks to individuals.

313-792-7700

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - SOUTHWEST SERVICE CENTER OFFICE

Provides reusable cloth face masks to individuals.

313-554-8300

<https://www.michigan.gov/mdhhs>

MDHHS - WAYNE COUNTY - TAYLOR DISTRICT OFFICE

Provides reusable cloth face masks to individuals.

313-375-2500

<https://www.michigan.gov/mdhhs>

MICHIGAN ECONOMIC DEVELOPMENT CORPORATION

Provides online platform for businesses to submit requests to procure non-medical grade Personal Protection Equipment (PPE) including face masks, face shields, gloves, goggles and other materials to keep their employees and customers safe as they begin resuming in-person operations.

888-552-0103

<https://www.michiganbusiness.org/ppe/>

SENIOR ALLIANCE (THE)

Providing free cloth face masks to individuals who need them to combat the spread of COVID-19. Masks will be mailed to individuals who need them.

734-722-2830, 800-815-1112

<https://thesenioralliance.org/>

AT HOME WORKOUT GUIDES

30-DAY WORKOUT PLAN

Free online workouts.

<https://www.nbcnews.com/better/30-day-workout-plans>

CROSSFIT AT HOME

Free online workouts.

<https://www.crossfit.com/at-home>

VIRTUAL EXERCISE CLASSES

List of gyms offering free online workouts and live streaming (from CBS News).

<https://www.cbsnews.com/news/coronavirus-free-online-workout-gyms-live-stream-classes-during-outbreak/>