

## FAQ: Locating Assistance During the COVID-19 Crisis

### How do I find local food pantries?

ComPsych recommends that you search <https://www.feedingamerica.org/> and enter your ZIP code for local information and resources.

### How do I find local rental assistance?

ComPsych recommends that you search <https://www.rentassistance.us/> and enter your ZIP code for local information and resources.

### How do I find prescription assistance?

ComPsych recommends that you search <http://www.needymeds.org/> and <http://www.xubex.com/> for low-cost prescription assistance.

### How do I find emergency shelter?

ComPsych recommends that you search <https://www.homelessshelterdirectory.org/> and then click on your state followed by your county for resources in your area.

### How do I find utility assistance?

ComPsych recommends that you search <https://liheapch.acf.hhs.gov/> for local information and resources.

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program that helps low-income households pay their home heating and cooling bills. It operates in every state and the District of Columbia, as well as on most tribal reservations and U.S. territories. The LIHEAP Clearinghouse is an information resource for state, tribal and local LIHEAP providers, and others interested in low-income energy issues. This site is a supplement to the LIHEAP-related information the LIHEAP Clearinghouse currently provides through its phone line (406.494.8662) and newsletter.

### How do I find funeral and cremation assistance?

ComPsych recommends that you search <https://funerals.org/>. You can find a local affiliate, which is arranged by state and then by county or area.

### How do I find local elder care resources or a specialist to talk with?

ComPsych recommends that you search <https://eldercare.acl.gov/> and enter your ZIP code for local information and resources.

### How can I find information about Medicare and covered services?

ComPsych recommends that you search <https://www.medicare.gov/> for information about Medicare benefits, plan options, and covered services. You can also contact the Medicare Helpline for assistance: 1.800.MEDICARE (1.800.633.4227).

### How can I locate emergency child care information?

ComPsych recommends you visit <https://crimcheck.net/resources/child-care-license-verification/> to locate your state's child care licensing site. Please note that many states are still in the process of configuring emergency child care. Many states are limiting this type of care to first responders and health care workers.

### What should I do if daycare options are not available?

Another child care option for families in need of emergency back-up care is a nanny. Some nanny agencies that serve families throughout the United States include [www.care.com](http://www.care.com), [www.urbansitter.com](http://www.urbansitter.com), and [www.sittercity.com](http://www.sittercity.com).

*These links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by ComPsych.*

Contact us anytime for confidential assistance.