

211

211 is a free, confidential referral and information helpline and website that connects people of all ages and from all communities to the essential health and human services they need

State wide: www.uwp.org/programs/2-1-1/

Southwestern PA: <http://pa211sw.org/>

Filing for unemployment

Information on benefits, filing a claim and managing benefits.

Pennsylvania: www.uc.pa.gov/unemployment-benefits

Help with paying utilities

www.puc.state.pa.us/

Help with food and bills

www.pennlive.com/life

412 Food Rescue

412foodrescue.org/covid19/

Parents at home as teachers

parentsasteachers.org/play-and-learn-with-my-child

parentsasteachers.org/

cdn.sesamestreet.org/

www.commonsemmedia.org/

Virtual Tours

Disney: www.youtube.com
Museums: naturalhistory2.si.edu
Zoo: kids.sandiegozoo.org/videos
Sea World: www.visitorlando.com

Self-care

Tapping: www.thetappingsolution.com
QiGong: www.yoqi.com/qigong-videos
Breathing: www.webmd.com/balance/stress-management

Spiritual and faith based

Many faith based organizations and houses of worship have on-line services and support programs. Please take a look at ones that you best identify with.

Center for Victims

24-hour Crisis Hotline

1-866-644-2882

www.centerforvictims.org

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Trauma Informed Community Services & Special Projects

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