

COVID-19 Kansas City Local & Online Resources

In light of the recent COVID-19 health crisis, we are compiling a running list of helpful resources that are available either in the Greater Kansas City area (Jackson, Clay, Platte, & Cass Counties in Missouri; Johnson & Wyandotte Counties in Kansas) or online.

If you know of additional resources that should be added to this list, please email civory@kcscholars.org

- [Food Assistance](#)
- [Transportation](#)
- [Housing & Utilities](#)
- [Childcare & Family Resources & Childcare](#)
- [Technology Assistance](#)
- [Healthcare](#)
- [Emotional Wellness](#)
- [Employment](#)
- [Debt Assistance](#)
- [Educational Resources](#)

Food Assistance

- NOTE: Most local school districts are offering free meals to all children under the age of 18 (even if your child is not enrolled in the district or not yet in school). There are drive-up and delivery drop-off locations. Please check your nearest school district's website for information.
- [Harvesters Food Assistance Locator](#) - searchable database of food pantries and meal sites
- [Curbside KC](#)- List of local restaurants offering curbside and/or delivery services
- [SNAP Helpline](#) - assistance with applying for SNAP Food Assistance benefits
- [The Rieger/Crossroads Community Kitchen](#) - pay-what-you-can meals
- [Thelma's Kitchen](#) - donate-what-you-can lunches (open M-F 11am-2pm)

Transportation

- [RideKC](#) - all buses in the metro area are currently running and are not charging fares

Housing & Utilities

- NOTE: Evergy, Spire, BPU, Ameren, and KC Water are temporarily suspending disconnections for nonpayment. Evergy & Spire are not charging late payment fees through May 1.
- [Friends of Yates](#) - Emergency Housing
- [KC Area Homeless Shelters](#) - List of shelters, emergency hotlines & resources
- [KC Area Homeless Shelters](#) - United Way 211
- [Community Action Agency of Greater Kansas City](#) - one-time emergency assistance (rent, utilities, etc.)
- [Community Services League](#)

- [Jewish Family Services](#) - food pantry, employment assistance, counseling, driving assistance
- [Bishop Sullivan Emergency Assistance](#)
- [Metro Lutheran Ministries](#) - rent/utility assistance, food & meal pantries, diapers & hygiene items, minor home repair
- [United Way of Wyandotte County Temporary Assistance](#) - rent assistance, medical expenses, emergency food resources
- [Johnson County Outreach Services](#) - utility assistance, medicine cabinet, food pantry
- [Northland Assistance Center](#) -
- [Guadalupe Centers](#) - housing/utilities assistance, food pantry,
- Catholic Charities - food pantry, emergency assistance, housing support & utilities assistance
 - [Kansas](#) - offices in Overland Park, Olathe, KCK, Atchison, Lawrence, Leavenworth & Topeka
 - [Missouri](#) - offices in Kansas City, Warrensburg and St. Joseph
-

Childcare & Family Resources

- [YMCA of Greater Kansas City](#) - daycare for children of essential workers
- [Daycare Connection](#) - daycare resources for parents and providers
- [Happy Bottoms](#) - provides diapers for families in need

Technology Assistance

NOTE: Many phone carriers are now offering unlimited data, free hotspot data and/or free international calling. Check with your provider or view a [list of updates](#)

CaptionCall is a NO-COST phone and service that displays big, easy-to-read text that automatically captions your conversations. It dials, rings, and works just like a regular phone. Link:

www.CaptionCall.com

- [Everyone On](#) - Database of low-cost computers, internet providers, and tech literacy training programs
- [Connecting for Good KC](#) - low-cost desktop computers and laptops; curbside pick-up available
- [Spectrum Internet](#) - 2 months free to new households with students
- [Charter Internet](#) - 2 months free to new households with students
- [Comcast](#) - temporarily suspending late fees, disconnections, and data overages; new service package free for 60 days

Healthcare

- COVID-19 Information
 - Text **888777** to receive updates about KCMO's COVID-19 Response
 - [United Way KC Coronavirus Metro Updates](#)
 - [Corona Virus Frequently Asked Questions](#)
 - En Español: [Respuestas a las preguntas más frecuentes del Coronavirus](#)
- General Healthcare
 - TEL-LINK - Hotline for maternal and child healthcare resources - **800-835-5465**
 - [Missouri Department of Health & Senior Services](#)
 - [Kansas Department of Health](#)
 - [AdventHealth NurseLine](#)
 - [Children's Mercy Nurse Advice Line](#)
 - [HCA Midwest Nurses on Call](#)

- [Mosaic Community Nurse Line](#)
- [Kansas City Medicine Cabinet](#) - financial assistance for medical supplies, emergency dental care, vision exams and select prescriptions

Emotional Wellness

- [Mental Health KC](#) - emotional wellness resources and support
- Mental Health & Crisis Lines
 - Missouri Mental Health Crisis Line (open 24/7) - 1-888-279-8188
 - [Johnson County Mental Health Crisis Hotline](#) (open 24/7) - 913-268-0156
 - * [Wyandotte County Mental Health Crisis Hotline](#) (open 24/7) - 913-788-4200
 - [Crisis Text Hotline](#) - Text HOME to 741741
 - [National Suicide Prevention Hotline](#) - 1-800-273-TALK (8255)
 - [Compassionate Ear Warmline](#) 1-800-WARM-EAR (927-6327) (open 4-10pm)
 - * [National Domestic Violence Hotline](#) 1-800-799-7233 or text LOVEIS to 22522
 - [MOCSA](#) - Sexual Assault Advocacy & Crisis Line (open 24/7)

*Disponible en español

- Physical & Emotional Wellness Online Resources
 - [Calm](#) - Free Meditation App
 - [Down Dog Yoga](#) - customizable yoga sessions; free membership til July 1
 - [Peloton](#) - fitness classes, free 90 day membership
 - [YMCA Online Exercise Videos](#)
 - [Jewish Community Center](#) - online fitness, nutrition and cultural classes and activities
 - [How to Maintain Mental Health during Social Isolation](#)

Employment

- Unemployment Resources
 - [Kansas Labor Department Resources & FAQs](#)
 - [Missouri Labor Department Resources & FAQs](#)
 - [Full Employment Council \(Missouri\)](#) - career assistance & job training (phone calls only)
 - [Workforce Partnerships \(Kansas\)](#) - career assistance & job training (phone calls only)
 -
- Local Employment Immediate Opportunities
 - [Amazon Employment](#)
 - [Aldi](#)
 - [Cosentino's Grocery Stores](#)
 - [CVS](#)
 - [Hy-Vee](#)
 - [Missouri One Start](#) - List of employers in Missouri with open positions
- Online Employment Opportunities
 - [Flexjobs](#) - Directory of remote/work-from-home jobs (full & part-time)

- [SwagBucks](#) - Earn free gift cards by completing surveys & watching videos
- [Amazon Mechanical Turk](#) - complete marketing and academic surveys to earn cash
- [1000+ Remote Jobs Currently Hiring](#) -

Debt Relief

- [Federal Student Loans](#) - information about temporarily pausing payments for federal student loans
- [Credit Cards](#) - list of credit card companies offering hardship/assistance programs or payment deferrals
- [Auto Loans](#) - list of banks and lenders offering assistance to borrowers impacted by COVID-19

Educational Resources

- Digital Library Branches - free access to ebooks, audiobooks, magazines, videos, & hundreds of online learning resources
 - [Kansas City Public Library](#)
 - [Midcontinent Public Library](#)
 - [Kansas City Kansas Public Library](#)
 - [Johnson County Public Library](#)
- General
 - [Scholastic Learn at Home](#)
 - [Khan Academy](#) - daily schedule for online learning for grades K-18
 - [Brainfuse](#) - free online tutoring and digital literacy training
 - [Brainfuse Webinar](#) - walkthrough of how to register for and use Brainfuse
- Pre-K-5th Grade
 - [How to Talk to Your Children About the Corona Virus](#)
 - [Virtual Museum Tours](#) - Tour over 500 museum
 - [Lunch Doodles](#) - learn to draw with Kennedy Center Artist-in-Residence
 - [Virtual Field Trips](#) - live cams at zoos, aquariums and museums
 - [Good Energy @ Home](#) - Movement and mindfulness videos & activities for children
 - [Khan Academy for Kids](#)
 - [Storytime Online](#) - free videos of children's literature, read by actors and actresses
- Just For Fun!
 - [Online Board Games](#) - connect with friends online to play Monopoly, Chess, Uno, and more!