

# COMMUNITY RESOURCES

## FOOD

### **Curbside Meals for LaunchEd@Home Students - Fall 2020**

The meals will be available at all 202 OCPS schools for LaunchEd@Home students. Students will use their current meal benefit status (free, reduced or paid) to participate. The entire week of meals can be picked up every Monday starting 30 minutes after dismissal for an hour and a half.

[Second Harvest Food Bank](#): Food assistance provided locally. Search by zip code to find nearby locations. \*Call before arriving to be sure times/locations have not changed!

#### **Locations near Lake Nona High School:**

New Beginnings Church 407-277-0454  
8287 Curryford Rd., Orlando 32822

Real Life Christian Church 407-826-1129  
2413 Goldenrod Rd., Orlando 32822

## FINANCIAL ASSISTANCE

Energy Bill Assistance (LIHEAP)

Effective July 1, phone lines open Monday-Friday 8:30-12PM by calling (407) 836-7429  
<http://www.ocfl.net/FamiliesHealthSocialSvcs/EnergyBillAssistance.aspx#.XzKsxChKiM9>

Orange CARES for Residents

Rental assistance for someone that lost job or has reduction in work hours due to COVID-19. (Adult with COVID impact must be the applicant). Not currently accepting applications at this time. Please check back at a later time.

<http://ocfl.net/EconomicDevelopment/OrangeCARES/SocialServicesandResidentNeeds.aspx#.XzK6XyhKiM8>

## MENTAL HEALTH

[Florida Blue](#): Speak with a specially trained behavioral health counselor about the stress you may be feeling during this time by calling the **toll-free help line 24/7 at 1-833-848-1762**.

Call our neighborhood nurses, community specialists and service specialists for questions about COVID-19, testing site locations, community resources, or ways to stay safe as you start to return to “normal.” Call us if we can help in any way: **1-877-352-5830** Monday-Friday, 9-7PM Saturday 9-4 PM

Crisis Text Line:

**Free, confidential 24/7 support with a Crisis Counselor: Text “HOME” to 741741.**

Aspire Health Partners -Mental Health Assistance & Support. Aspire is offering telehealth services at this time. 24-hour crisis support line. You can access this support by calling (407) 875-3700 and pushing 2 for the COVID-19 support line.

Helpful videos and more info on <https://aspirehealthpartners.com/aspirecares/>

Suicide Prevention Lifeline: The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.  
1-800-273-8255

Mental Health association of Central Florida: Mental Health Connections offer a free Mental Health Connections program for individuals seeking information for themselves, family, or friends. If you are in need of mental health services please contact us by calling office at **407-898-0110**



**NEED A MENTAL HEALTH RESOURCE?**

Email us at [mentalhealthassociationcf@gmail.com](mailto:mentalhealthassociationcf@gmail.com)  
OR Text us at (863) 866-7025 to get started.  
Call +1 (863) 307-8802 to call our WarmLine from 9-11 AM, Monday-Friday.

**#ItsOkaytoGetHelp**

  
MENTAL HEALTH ASSOCIATION OF CENTRAL FLORIDA  
It's Okay to Get Help!

**DOMESTIC VIOLENCE**

Harbor House of Central Florida: This nonprofit provides emergency shelter for families in crisis, as well as counseling, legal advocacy and other services. Pets accepted.

24 Hour Crisis Hotline: 407-886-2856

Email: [contactus@harborhousefl.com](mailto:contactus@harborhousefl.com)

Victim Service Center: This certified rape crisis center in Orange, Osceola and Seminole counties serves victims of sexual assault, violent crime and traumatic circumstances. 24 Hour Hotline: 407-500-4325

**MEDICAL**

Florida Department of Health COVID-19 Hotline - available 24/7: (866) 779-6121

## COVID-19 Testing Sites

Orange County Convention Center  
5980 Destination Pkwy, Orlando, FL 32819  
FREE testing. Opens daily at 9 a.m. and is available for all Central Florida residents and visitors free of charge. \_Must be 18 and older

True Health/ multiple locations in Orlando  
Hoffner Location  
5449 S. Semoran Blvd Suite #14, Orlando, FL 32822  
By appointment only call 407-322-8645.

<https://mytruehealth.org/>

\*\*\*Free PPE for Orange County residents, visit link for more information.

<http://ocfl.net/EconomicDevelopment/EconomicRecoveryTaskForce/PPEforCommunity.aspx#.XzK8hihKiM->  
**INTERNET ACCESS**

**Spectrum Internet Assist**- reduced rates for internet for qualifying families. Visit website to check if you qualify. <https://www.spectrum.com/browse/content/spectrum-internet-assist.html>

**1 Million Project**-OCPS high school students who do not have reliable wireless internet access outside of the school day are eligible for a FREE hotspot and 3GB of data monthly for up to four years through a generous partnership with the Sprint 1 Million Project. For more information visit <http://www.1millionproject.org/>

**Free Microsoft Office for High School Students** - Did you know that all OCPS students get a complete version of the latest Microsoft Office for free to use for as long as they are students? It is true!

[Here is a video](#) showing the steps to download your copy today.

## TRANSPORTATION

- **Find-A-Bus Application** - Go to [www.ocps.net](http://www.ocps.net) then click on Find a Bus (in *Quick Links*) and follow the instructions.
- Check the **route information** posted at the school for times and stop locations. Stop locations are also found in the **Find-A-Bus application**.
- The Transportation Services telephone number is **407-317-3800**.
- Be sure to **update** school records with **your current telephone number** so you will not miss out on important information.
- Be sure your child has some type of **identification** with their name, address, and a contact person's telephone number on them at all times.
- **FAQ's** (Frequently Asked Questions) can be found on the **Transportation Services** website in the *Quick Links* section or by clicking [here](#).