

2020 Coronavirus Outbreak Resources



UNIVERSITY OF
NOTRE DAME

UNIVERSITY ENTERPRISES & EVENTS



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This guide is intended to help those who may wish to have additional information regarding the above information mentioned in the table of contents. In the majority of communities, you may dial 211 or your local United Way to access local service information. To our knowledge, this information was accurate at the time of listing. Please follow up with the listed resource(s) for further information.

For updates and information within the Notre Dame Community

<https://coronavirus.nd.edu/>

What community resources are available to you?

If you are in need of community resources or support during this period, please feel free to contact United Way by calling 211. Additionally, information is available within this guide and at:

<https://www.unitedway.org/our-impact/featured-programs/2-1-1>

For local COVID-19 Resources & Support

<https://southbendin.gov/covid-19-resources-support/>

Please review these guidelines issued by the CDC to protect you and your family from illness.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Locations providing free meals for children while schools are closed

<https://www.abc57.com/news/locations-providing-free-meals-for-children-while-schools-are-closed>

COVID-19 UTILITY & HOUSING SUPPORT INFORMATION

Utilities will not be shut off during the COVID-19 outbreak:

- The City of South Bend announced immediate suspension of all water shutoffs on Monday, March 16.
- American Electric Power (AEP) announced suspension of all electric shutoffs on Friday, March 13.
- NIPSCO announced suspension of all gas shutoffs on Friday, March 13.
- Source: <https://southbendin.gov/covid-19-resources-support/covid-19-utility-support/>

Township Assistance

Township Trustees provide emergency assistance to individuals and families in need who qualify based on township assistance standards. This can include payment of rent, mortgage, or utilities, as well as burial or funeral costs. Individuals can find their township trustee's contact information at <https://www.sjcindiana.com/1615/Townships> and must call before visiting the office in person.

South Bend Heritage – Rent Assistance For SBH Residents

South Bend Heritage will assist a limited number of residents living in SBH apartment communities that are struggling to pay rent due to the negative economic effects of the coronavirus. Eligible residents may apply for rental assistance through the Audrey Gilbert Ratner Housing Fund, managed by South Bend Heritage.

Funds are limited. Residents will be evaluated by SBH staff to determine their assistance eligibility. Preference is given to women with children and restrictions will apply. Visit <https://sbheritage.org/covid19/> to apply.

Mortgage and Rent Payments

President Donald Trump announced Wednesday (March 18, 2020) a sweeping moratorium on foreclosures for homeowners with mortgages backed by Fannie Mae or Freddie Mac or Federal Housing Administration mortgages on single-family homes. On Friday, Federal regulators went a step further by allowing payment deduction or deferral on mortgages backed by Freddie or Fannie for as long as a year for those who have lost income or employment because of the novel coronavirus fallout.

What specific relief a homeowner will get depends on their situation, but terms have not been made public. According to NPR, federal regulators believe the entire mortgage industry will follow suit with providing relief, so **if you're in trouble, contact your mortgage servicer immediately**. (You can find your servicer's contact information on your mortgage statement.)

The moratorium on evictions of public housing residents, the majority of whom are elderly and/or disabled, would apply to more than a million households if every PHA suspended evictions. HUD does not have the legal authority to force PHAs to suspend evictions, but many of the largest PHAs have already done so, including New York, Boston, and Los Angeles. It is likely many others will follow.

The moratorium does not apply to housing voucher holders. HUD Secretary Ben Carson told the Los Angeles Times that a moratorium on FHA-backed multifamily housing could be coming, but housing voucher recipients may need Congressional action.

While these two measures protect millions of Americans, **renters in private-market housing remain vulnerable to eviction should they suffer financial hardship because of the novel coronavirus.**

(Source: [Curbed.com](https://www.curbed.com))

Indiana Evictions during COVID-19 Outbreak

Indiana Governor Eric Holcomb issued an executive order March 19th that prohibits the initiation or continuation of eviction or foreclosure proceedings until Indiana's public health emergency is terminated. However, the order does not relieve individuals from having to pay their mortgages or rent during this time.

With the coronavirus (COVID-19) pandemic forcing thousands of Hoosiers into financial hardships, Indiana Attorney General Curtis Hill asked Hoosiers to file complaints with the Office of the Attorney General should eviction or foreclosure proceedings initiate or continue during this public health crisis.

File a complaint with the Office's Consumer Protection Division at <https://indianaattorneygeneral.secure.force.com/ConsumerComplaintForm>

A summary of tenants' rights can be found at <https://www.indianalegalservices.org/inrentinghandbook>

If you have any questions you may call the Consumer Protection Division at 1-800-382-5516 or 317-232-6330.

LANGUAGE RESOURCES

Free online resources through Mango languages

<https://cslc.nd.edu/about/resources/technology/mango-languages/>

Bilingual resources for Spanish speaking residents

La Casa de Amistad Bilingual Resources | Recursos Bilingues La Casa de Amistad

[La Casa de Amistad](https://www.lacasadeamistad.org/) will continue to answer phones and return messages to help connect residents, especially Spanish-speaking residents, to local services. La Casa de Amistad can be reached at (574)233-2120.

[La Casa de Amistad](https://www.lacasadeamistad.org/) continuará respondiendo teléfonos y devolviendo mensajes para ayudar a conectar a los residentes, especialmente a los hispanohablantes, con los servicios locales. Se puede contactar La Casa de Amistad al (574) 233-2120.

Source: <https://lacasadeamistad.org/>

FOOD PANTRY LOCATIONS

Please visit <https://feedindiana.org/food-pantries> to find food pantry locations by county for **Northern Indiana**. These counties include the following; Elkhart, Marshall, St. Joseph, LaPorte, Kosciusko, and Starke County.

Please visit <https://www.foodpantries.org/st/michigan> to find food pantry locations by city in **Michigan**.

UNEMPLOYMENT ASSISTANCE

Unemployment Claims

Claims must be completed on-line through your state website www.in.gov. You need your last pay stub and your employer's mailing address as well as your social security number. You may be able to get help at your

state workforce development department but you should call first to be sure they are there. You can apply from your smartphone.

Benefits & Assistance for Michigan residents

Michigan Bridges will enable residents to identify their needs and connect to community resources. These resources include community programs and organizations through a partnership with **Michigan 2-1-1**. Emergency Funding should go through MDHS. The office is not open; everything is done by phone at 269-934-2000 or online at <https://www.michigan.gov/mibridges>.

COVID-19 FREE SOUTH BEND COMMUNITY SCHOOL BUS WI-FI

South Bend Community Schoolbus WI-FI

For parents with children in SBCSC: “We are deploying 22 buses to 44 sites. In order to spread the Wi-Fi to more students and locations, we will alternate locations every other day. Buses will be in one location Monday, Wednesday, and Friday, and in another location Tuesday, Thursday, and Saturday. They will be in their locations 10 a.m. to 6 p.m.

Student's Chromebooks will automatically connect to the available Wi-Fi. The public can login to SBCSC-Bus-Public with no password.

Students and families, for safety and health purposes, will not be allowed on the buses at this time. We are attempting to park near benches or covered areas. Call 574.393.7000 with questions.”

Source: http://sb.school/district_information/departments/transportation/bus_wi-fi.

Bus Locations

Monday, Wednesday, Friday - 10 a.m. - 6 p.m. [See map](#)

- Boehm Park, 1600-1698 Edison Rd., South Bend, Indiana 46617
- Boland Park, 3206 Sugar Maple Ct., 46628
- Charles Black Center, 3419 W. Washington St., South Bend, IN 46619
- Cinemark Movies 14, 910 W. Edison, Mishawaka - right by Hickory Village
- Corby Homes, 1022 Patty Ln., South Bend, IN 46615
- Grace Chapel, 59888 Crumms St., North Liberty, IN 46554
- Harber Homes, 300 Boston Dr., South Bend, IN 46619
- Indiana University South Bend, 1700 E Mishawaka Ave, South Bend, IN 46615
- LaSalle Intermediate Academy, 2701 W. Elwood Ave., South Bend, IN 46628
- Laurel Woods Apartments, 5110 Lindenwood Dr. W., South Bend, IN 46637
- Miami Hills Apartments, 3534 High St., South Bend, IN 46614
- Monroe Circle, 526 W Western Ave., South Bend, IN 46601
- Monroe Park Apartments, 526 Fellows St., South Bend, IN 46601
- Prairie Apartments, 2630 Prairie Ave., South Bend, IN 46614
- Pulaski Park, 1308 Huron St., South Bend, IN 46619
- Robinson Center, 921 N Eddy St., South Bend, IN 46617
- South Bend Avenue Apartments, Woodworth Street, 46617
- Southeast Neighborhood Park, Fellows St. at Wenger, South Bend, IN 46601
- Studebaker Park, 718 E. Calvert St., South Bend, IN 46613

- Sunrise Cafe, 1805 Lincoln Way West, South Bend, IN, 46628
- Transformation Ministries, 1519 Portage Ave., South Bend, IN 46616
- Virginia M. Tutt Branch Public Library, 2223 Miami St #2938, South Bend, IN 46613

Tuesday, Thursday, Saturday - 10 a.m. - 6 p.m. [See map](#)

- Beacon Heights, 3790 Curtiss Dr. N., South Bend, IN 46628
- Belleville Park Apartments, 4940 Belleville Cir., South Bend, IN 46619
- Boys and Girls Club, 502 E Sample St., South Bend, IN 46601
- Charles Martin Youth Center, 802 Lincoln Way W., South Bend, IN 46616
- Countryside Village, 1001 S. Mayflower Rd, South Bend, IN 46619
- Coquillard Park, 1235 Chalfant St., South Bend, IN 46617
- Goodson Street Event Center, 1905 Goodson Ct., South Bend, IN 46613
- Indian Springs Apartments, 2609 Bow Ct., South Bend, IN 46628
- LaSalle Landing, 2300 Portage Ave., South Bend, IN 46616
- Mt. Olive Baptist Church, 1123 Miner St., South Bend, IN 46617
- Oaken Bucket, 1212 S Ironwood Dr., South Bend, IN 46615
- Prosper South Bend, 3001 E. Jefferson Blvd., South Bend, IN 46615
- Ray and Joan Kroc Center, 900 W. Western Ave, South Bend, IN 46601
- Riverside North Apartments, 1643 Riverside Dr, South Bend, IN 46616
- Rum Village Park, 2626 S. Gertrude St., South Bend, IN 46614
- South Bend Heritage Center, 803 Lincoln Way W., South Bend, IN 46616
- Southmore Mutual Housing Corporation, 500 Southmore Dr., South Bend, IN 46614
- St. Adalbert Catholic Church, 2505 W Grace St, South Bend, IN 46619
- University Park Apartments, 5630 University Park Dr., Mishawaka, IN 46545
- Washington Apartments (King Center), 118 N, Walnut St., South Bend, IN 46616
- Western Manor, 421 S. Eastview Ln., South Bend, IN 46619

HEALTHCARE

General Health Appointments

Please remember to follow up with your local physician to schedule regular non-life threatening care for your family members and yourself during this time. This could include blood pressure, diabetes, and other general checkups. Most physicians are conducting appointments via phone or video before in person visits, some are not allowing appointments to be scheduled at this time and some are asking patients to call back in 6 weeks. Please be diligent in taking care of yourself and your family during these times!

Notre Dame Wellness Center

Available to benefit-eligible staff. Phone: 574-634-WELL (9355)

Pharmacy: 574-271-5622. Pharmacy Hours: Mon-Fri 7:30am - 7:30pm; Saturday 8:00am-12:00pm

Prescription Drugs

There are several apps and programs available to access better prices on prescription drugs such as www.goodrx.com. These can be accessed by computer or smartphone. You can save coupons to your phone for use when you pick up your prescription. In addition, some local pharmacies will have their own discount

cards available if you ask. *Notre Dame benefit eligible employees*, please also view the **Wellness Center** hours to pick up prescriptions by visiting <https://hr.nd.edu/benefits/ndwc/>.

FREE ONLINE FITNESS ACCESS

Orangetheory - At Home

<https://orangetheory.com>

Goodhousekeeping cites 25+ free fitness classes

<https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>

UEE Facebook Group

Check out the University Enterprises & Events Facebook Group where Jess De Fina from UEE, goes live weekly with fitness videos!

MENTAL HEALTH & REMOTE WORK RESOURCES

Notre Dame LifeWorks: 888-267-8126

The University's Employee Assistance Program, [LifeWorks](#), is a comprehensive source to help you face life's everyday challenges. The program offers a real person to talk to when you need answers to a question; support on a wide range of issues; or referrals to resources, services, and support groups in the community. www.lifeworks.com. Username: notredame; Password: gond

Emotional-Support Helpline: 1-866-342-6892

Free access to specially trained mental health specialists to support people who may be experiencing anxiety or stress following the recent developments around COVID-19. Provided by Optum, the toll-free helpline number, 866-342-6892, will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone.

Other Tele-Therapy Resources (sign up and pay for sessions with a licensed counselor)

- Talkspace Online Therapy – online counseling by text, audio or video messaging at an affordable cost www.talkspace.com
- Better Help – professional online counselors available 24/7, private and affordable www.betterhelp.com

Crisis Counseling

There is a disaster distress hotline 800-985-5990 that provides live crisis counseling and is toll free, multilingual and confidential-or-you can text "Talkwithus" to 66746 to connect to a trained crisis counselor.

Mental Health Hotlines – Local and National

- Crisis Text Line – free, 24/7, confidential text message service for those in crisis – text UAB to 741741 www.crisistextline.org
- Recovery Resource Center – local support for substance use concerns/help 205-458- 3377

- Suicide Prevention Lifeline: (800) 273-8255
- Transgender Crisis Hotline: (877) 656-8860
- LGBTQ+ Hotline: (866) 488-7386
- Veterans Helpline: (800) 838-2838
- Mental Health Association of St. Joseph County: 594-234-1049
- OakLawn: 594-533-1234
- Secure Counseling Services: 594-235-0044

Mental Health Apps

These apps are best suited for smartphone usage. Please be sure to read all terms of conditions before consenting to utilize the app.

[Virtual Hope Box](#)

The Virtual Hope Box is a smartphone application that contains simple tools to help with coping, relaxation, distraction, and positive thinking. You can personalize the VHB content on your own smartphone according to your specific needs. The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.

[Mood Tools](#)

Tools to deal with depression developed by the Anxiety & Depression Association of America.

[Woebot: Your Self-Care Expert](#)

Self-care app using Cognitive Behavior Therapy (CBT).

[PTSD Coach](#)

PTSD Coach provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. Users can customize tools based on their preferences and can integrate their own contacts, photos, and music.

[Breathe2Relax](#)

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

[Daylio Journal](#)

Mood tracker and private journal.

[FearTools](#)

Tools to deal with anxiety developed by the Anxiety & Depression Association of America.

[Remente: Self Improvement](#)

Goal setting and self-improvement.

[Wysa](#)

Mood tracker, mindfulness exercises, mental health assessment, powered by AI.

Recognizing Distress — a Self-Checklist

- Increased anxiety, worry, fear, and feelings of being overwhelmed
- Depressive symptoms that persist and/or intensify

- Inability to focus or concentrate accompanied by decreased academic performance
- A feeling of hopelessness and/or a paralyzing fear about the future
- Sudden anger and disruptive behaviors or noticeable changes in personality
- Sleep difficulties
- Excessive crying
- Isolating or withdrawing from others, fear of going into public situations
- Unhealthy coping (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors)

Mental Health Tips

1. Acknowledge reactions. Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties of the future.
2. Maintain your day-to-day normal activities and social outlets. Resist withdrawing and isolating yourself from the support and caring that others can provide.
3. Seek accurate information from the [Centers for Disease Control & Prevention \(https://www.cdc.gov/\)](https://www.cdc.gov/) and limit exposure to social media and news reports that provide no new information.
4. Pay attention to positive news instead of only focusing on negative and fear-producing reports.
5. Follow the protection and prevention tips given by medical professionals, national medical authorities, and your own medical doctor.
6. Practice calming rituals: Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening.
7. Seek support and use campus resources. Reach out to friends and family and learn about campus resources available. If you or someone you know has high distress that does not seem to be lessening, talk about it with others or come to the counseling center. Your campus community is here to help!

Avoid Stigmatizing or Generalizing

- Be aware of your behavior or attitude change towards others from another country.
- Avoid generalizing anyone who is sick as potentially having the coronavirus (COVID-19).
- Examine any irrational or rigid thoughts that can exist when there is uncertainty.
- *Source for recognizing distress, mental health tips, and avoid stigmatizing or generalizing <https://wp.stolaf.edu/counseling-center/covid-19/>

Other Well-being Resources

Anxiety workbook for coping with coronavirus

<https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>

25 Coronavirus Declarations

https://ignitinghope.com/igniting-hope/25-coronavirus-declarations/?mc_cid=43599481a0&mc_eid=376dee8edc&fbclid=IwAR0CCl4u9DZ4h4-LZwd5pF1F2DfB6wGRsrzz8zXd9v3pl_SLaUNj0CV7Vx4

Mental Health America

<https://mhanational.org/covid19>

Mental Health and Coping During COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

COVID-19 Resource and Information Guide

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Managing mental health during COVID-19

<https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19>

Working Remotely During COVID-19

<http://www.workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

Helping Children Cope

<https://www.anthem.com/coronavirus/blog/well-being-and-community/helping-children-cope/>

New to remote work and it's causing you stress? Check out these great tips!

- Dress the part.
 - Get dressed! Look good to feel good, plus you will be ready for any video chats.
- Keep your calendar current.
 - If someone is looking for your help and you're not in the office, it's important to share when you are available to chat.
- Know when to step away from your desk.
 - Everyone needs a break from screens. Step away, go outside and recharge before you continue working.
- Figure out how you focus best.
 - Do you need music or a quiet room to help you concentrate? Take note of what works for you.
- Honor quitting time.
 - It can be hard to separate work from personal life. When the workday is over, put everything away and enjoy the rest of your day.

CAMPUS RESOURCES & WEBSITES

Campus Ministry

<https://campusministry.nd.edu>

Compassion Fund & United Way 2-1-1

<https://unitedway.nd.edu/compassion-fund/>

Notre Dame OIT

<https://oit.nd.edu>

Remote Work Resource Kit

<https://hr.nd.edu/nd-faculty-staff/forms-policies/alternative-work-site/remote-work-toolkit/#staff>

University Coronavirus Updates

<https://coronavirus.nd.edu/>

NOTRE DAME EMAIL AND PASSWORD ASSISTANCE

If you are in need of assistance to reset your password to access your Notre Dame email, Okta Guidance, or any other technical assistance please contact OIT. You may reach them by calling (574) 631-8111, or emailing oithelp@nd.edu.

OIT is open Monday through Friday 6:00am to 7pm, Saturday 10am to 5pm, and Sunday 1pm to 5pm.

*Please note that OIT is closed on Wednesday's from 12pm to 1:30pm for staff meetings.

KEEPING PERSONAL INFORMATION SAFE FROM CYBER SCAMS

The internet can be a lifeline to the outside world with online games, online product ordering, or connecting with friends and family from the comfort of their home. This is the perfect time to talk to family members and friends about how to protect their identity and avoid cyber scammers taking advantage of COVID-19. Please go to the following site to learn how to keep your information safe.

<https://www.anthem.com/coronavirus/blog/well-being-and-community/cyber-safety-identity-protection/>