



DC Health Matters During the COVID-19 Public Health Emergency

See links below for updates about operating hours, service delivery and other information on the members of the DC Health Matters Collaborative.

Bread for the City: <https://breadforthecity.org/blog/update-on-covid-19-and-the-bread-for-the-city-community/>

**Free bags of groceries available to pick-up 8:30-12pm to anyone (7th Street NW location)

Children's National Hospital: <https://childrensnational.org/visit/resources-for-families/wellness-resources/coronavirus>

**COVID-19 testing (up to age 22) at Trinity Washington University (referral required)
<https://childrensnational.org/healthcare-providers/refer-a-patient/mobile-testing>

Community of Hope: <https://www.communityofhopedc.org/coronavirus-covid-19>

Howard University Hospital: <http://huhealthcare.com/healthcare/hospital/coronavirus-updates>

HSC Health Care System: <https://hschealth.org/about/coronavirus>

Mary's Center: <https://www.maryscenter.org/medical/coronavirus/>

Sibley Memorial Hospital: <https://www.hopkinsmedicine.org/coronavirus>

Unity Health Care: <https://www.unityhealthcare.org/coronavirus>

More information on COVID-19, local response and resources for providers and families:

From the District of Columbia government: <https://coronavirus.dc.gov/>

From US Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/>

From DC Hospital Association: <https://www.dcha.org/quality-safety/coronavirus>

Available Resources and Support for DC Children and Families in Response to COVID-19 compiled by Children's Law Center: <https://www.childrenslawcenter.org/COVID19resources>

Updates and Resources for DC families compiled by DC PAVE: <http://www.dcpave.org/coronavirus>

DC Mutual Aid Network: <https://www.facebook.com/groups/492881801379594/>

Washington DC Community Resources + Health Information, maintained by GWU medical students:
<https://docs.google.com/document/d/15UNdyR0C-00rBG6xY09LYENf6qWx3Q3HszW9d3oJNTw/edit>

Resilient Communities DC, routinely updated with COVID-19 resources for children, families, and providers on a variety of topics, from living essentials to physical health: <https://www.resilientcommunitiesdc.org/covid19-1>

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Local mental health and behavioral health resources:

Call the D.C. Department of Behavioral Health ACCESS HelpLine to talk to a clinician any time, free and available to all D.C. residents regardless of insurance or diagnosis: 1-888-793-4357 (1-888-7WE-HELP)

If your child experiencing a mental health crisis at home, call the Child and Adolescent Mobile Psychiatric Service (ChAMPS) Hotline: (202) 481-1440

Behavioral Health Services Access During COVID-19 – informational flyer for the community:

http://www.dchealthmatters.org/content/sites/washingtondc/COVID_Behavioral_Health_Resources.pdf

Connecting Your Patients to Behavioral Health Care During Covid-19 – for medical and mental health providers:

http://www.dchealthmatters.org/content/sites/washingtondc/COVID_Connect_to_Behavioral_Health_Resources.pdf

COVID-19 Mental Health Resource Guide (created by DC MAP, the Children's Law Center and the DC Behavioral Health Association): https://bit.ly/COVID19_MHRG

ECIN Guide to COVID-19 Resources: <https://bit.ly/ECINCOVIDResource>

DC Child and Adolescent Mental Health Resource Guide:

<https://www.dchealthcheck.net/resources/healthcheck/mental-health-guide.html>

DC Action for Children COVID-19 Response: <https://dcactionforchildren.org/monitoring-covid-19-response>

ParentWatch, parentwatch2010@gmail.com, 202-718-4834

Total Family Care Coalition, totalfamilycarecoalition@gmail.com, (202) 747-8878

Educational Information

Access to mental health services is always important - more than ever in a public health emergency. We've got resources on what DC residents and providers need to know on our blog:

<https://dchealthmattersblog.org/accessing-behavioral-health-services-during-the-covid-19-crisis/>

Children's National Hospital has partnered with EVERFI, the leading technology education company, to make available an online course on mental health and wellness. The course, Mental Wellness Basics, is appropriate for middle and high school students, particularly grades 8-10. It is offered free of charge to students in DC, Maryland and Virginia from Children's National. <https://everfi.com/k-12/parent-remote-learning/>

Recorded Webinars

Mental and Emotional Well-Being for Seniors in the Time of COVID-19:

<https://webcast.jhu.edu/Mediasite/Play/95f3ec99b0224a69903d1098c83640ee1d>

Self-Care During COVID-19, Mindfulness & Meditation:

<https://www.hopkinsmedicine.org/awomansjourney/covid-19-webcasts.html>

COVID-19: Health Disparities: <https://www.hopkinsmedicine.org/awomansjourney/covid-19-webcasts.html>

Q&A with Child Health Experts at Children's National Family and Youth Town Halls:

<https://childrensnational.org/visit/resources-for-families/wellness-resources/coronavirus/coronavirus-webinars-for-families>

More questions? Email Connect@dchealthmatters.org for more information.

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