



# Helpful Resources During COVID-19



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## Federal Government

- CDC — Managing Stress and Anxiety During COVID-19 Pandemic:  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- CDC – COVID-19 and Pregnancy:  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>
- USDA Food and Nutrition Service – US Dept. of Agriculture (SNAP, WIC and MyPlate):  
<https://www.fns.usda.gov/disaster/pandemic/covid-19>

## Missouri State Government

- State of Missouri:  
<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>
- MO Department of Social Services UPDATES:  
<https://dss.mo.gov/covid-19/>
- MO Department of Labor & Industrial Relations (Unemployment Information and Workers Compensation):  
<https://labor.mo.gov/coronavirus#mini-panel-coronavirus-tabs1>

## Kansas State Government

- State of Kansas:  
[http://www.kdheks.gov/coronavirus/COVID-19\\_Resource\\_Center.htm](http://www.kdheks.gov/coronavirus/COVID-19_Resource_Center.htm)
- Kansas WIC (Women, Infants and Children):  
<http://www.kansaswic.org/>
- KS Department of Labor:  
<https://www.dol.ks.gov/covid19response>

## Kansas City Metro

- City of Kansas City, Missouri:  
<https://www.kcmo.gov/city-hall/departments/health/coronavirus>
- Harvesters – Food Assistance Locator:  
<https://www.harvesters.org/Get-Help/Service-Locator>
- Full Employment Council (Employment Location Assistance):  
<https://www.feckc.org/>
- United Way of Greater Kansas City (Request for Individual Assistance with Rent, Utility Bills, Health, etc.):  
<https://uwgkc.myresourcedirectory.com/> or call **211**

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- **Community Action Agency of Greater Kansas City (CAAGKC)** – Offers support in Clay, Jackson and Platte, MO counties, including case management, food and toiletry pantries, emergency services for children including clothing, utilities and other services.
  - Call 816.858.5153 or visit [caagkc.org](http://caagkc.org)
- **Jewish Family Services** – Extends food, housing and employment assistance to those in both Kansas and Missouri.
  - Call 913.327.8250 or visit [jfskc.org](http://jfskc.org)
- **Catholic Charities of NE Kansas** – Provides a safety net for people of all faiths who are trying to make ends meet, including food support, rent and housing support, utilities and more.
  - Call 913.621.1504 or visit [catholiccharitiesks.org](http://catholiccharitiesks.org)
- **Metro Lutheran Ministry** – Offers support to people in both Kansas and Missouri for rent and utility support, emergency assistance and provisions for basic needs.
  - Call 816.931.0027 or visit [mlmkc.org](http://mlmkc.org)
- **Cross Lines Community Outreach** – Provides programs for rent and utility assistance, case management, food pantry and commodities, shower and laundry services and a community kitchen distributing sack breakfast and lunch.
  - Call 913.281.3388 or visit [cross-lines.org](http://cross-lines.org)
- **Catholic Charities of Kansas City** – St. Joseph offers emergency assistance including a network of food pantries, assistance with baby supplies, and connections to other community resources.
  - Visit [catholiccharities-kcsj.org](http://catholiccharities-kcsj.org)