

FOOD RESOURCES DURING EXTENDED BREAK

Who: Urban Gleaners

What: Food distribution

Where: The closest resources for food items for Arleta families will be at:

- Mt Scott Community Center
- Each Saturday at 11:00AM starting on the following dates:
 - 3/14
 - 3/21
 - 3/28
 - 4/4
- Each Saturday at 1:30 PM starting on the following dates:
 - 4/18- remainder of the year

See <https://urbangleaners.org/need-food/> for full schedule and locations.

Please see the direct quote from our superintendent regarding accessing meals for your family, “We are working on identifying ways to provide meals to students next week and will likely identify specific school sites to serve as hubs where meals may be distributed and picked-up. This information will be provided to parents within a few days.”

MENTAL HEALTH RESOURCES

[Multnomah County Crisis Services](#)

Multnomah County Call Center/Crisis Line: (503) 988-4888

[Urgent Walk-In Clinic](#) 4212 SE Division (503) 963-2575 (Like Zoom Care for Mental Health)

DAILY 7am-10:30pm - OHP, insurance not a barrier

Kaiser Crisis Line: (503) 331-6425

[National Suicide Prevention Hotline](#)

English: 1 (800) 273-8255

Spanish: 1 (800) 628-9454

[Oregon Youthline](#): Text: Teen2Teen to 839863 to instantly text with another person

[Trevor Project](#): Text START to 678678 or TrevorLifeLine 1(866) 488-7386

OTHER RESOURCES

Effective Monday, March 16, 2020, Comcast Internet Essentials will provide two free months of Internet service to anyone who signs up: <https://www.internetessentials.com/covid19>

How to talk to your children about COVID-19: https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources?utm_medium=email&utm_source=govdelivery