

(Researched 4/5/20)

## **IF YOU NEED TO TALK WITH SOMEONE**

### **GCC Health Center**

Is offering remote mental health counseling.  
[www.glendale.edu/healthcenter](http://www.glendale.edu/healthcenter)  
[healthcenter@glendale.edu](mailto:healthcenter@glendale.edu)  
818.551.5189

### **7 Cups**

Connects you to caring listeners for free emotional support  
<https://www.7cups.com/>

### **Her Money**

Offers a variety of articles on keeping mentally healthy, financially healthy and making good decisions during these times  
<https://www.hermoney.com>

### **NAMI**

National Alliance on Mental Health offers on its website the COVID 19 Resource and Info Guide <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

### **County of Los Angeles Helplines**

**FOR 24/7 HELP, CALL THE ACCESS LINE AT [\(800\) 854-7771](tel:(800)854-7771)**  
<https://dmh.lacounty.gov/get-help-now/>

## **FOOD PANTRIES** (Please call the pantry first before going)

### **Sacred Heart Catholic Church**

600 W. Mariposa St. Altadena  
626.794.2046  
Hours: 1st & 3rd Wednesday 7:00 AM-11:00 AM

---

**St. Charles Service Center**

10825 Moorpark Street  
818.985.7365

North Hollywood

Hours: Tuesday - Thursday & Saturday-Sunday 9:00 AM - 11:45 AM

Eligible clients receive free food, clothing, toiletries, books, toys, furniture, and other household items. Pregnant women are provided layettes and other available infant care items. Hot showers and haircuts are provided on Thursdays from 8:30 am to 11:30 am. Hot breakfast is also served Thursdays from 9:00 am to 11:00 am.

**The YWCA (Glendale)**

Offers many services including shelters, food, helping victims of domestic violence.

The link below will offer you info on:

Help for Immigrants

If you Receive an Eviction Notice

Shelters

If you have lost your job

Child Care Assistance

Disability Insurance

<https://www.glendaleywca.org/covid-19-resources/la-county-resources/>

On Wednesday, March 25th, the YWCA Glendale repurposed its existing Community Lending Library Box on the corner of Lexington Drive and Geneva Street to meet the needs of its most vulnerable neighbors during the COVID-19 public health crisis and Shelter in Place Order.

Non- perishable food items will be stocked daily from Monday-Friday. Community members are invited to take what they need from the box – and to donate items to the box for others. The YWCA asks that everyone respect the six foot social distancing health recommendation as they retrieve items.

<https://www.glendaleywca.org/blog/2020/03/26/ywca-glendale-repurposes-lending-library-into-curb-side-food-pantry-to-meet-families-needs-during-covid-19>

**LA Regional Food Bank Partners**

To search for food pantries in your area, please visit

<https://www.lafoodbank.org/find-food/pantry-locator/>

<p><b>WOULD YOU LIKE TO SAY THANK YOU TO FIRST RESPONDERS, HEALTHCARE WORKERS?</b></p>
--

**Operation Gratitude**

Known for all of the outstanding work they do for the military, now, they have an urgent need for letters specifically written to Deployed Troops, First Responders, and Emergency Medical Personnel on the frontlines of the COVID-19 pandemic. See how you can be a letter writer. <https://www.operationgratitude.com/express-your-thanks-virtual/>

## RESTAURANTS NEED YOUR BUSINESS AND HAVE THESE DEALS

(These deals have time limits. It is best to call them first)

### Olive Garden

Olive Garden is bringing back its famous "buy one, take one" deal at a time when people need it most. For \$12.99, you get to choose two classic entrées, your choice of soup or salad and breadsticks. The second entrée is free

### Romano's Macaroni Grill

"Feast for Five" with entrée, Caesar salad and bread. \$25-\$35  
Available Sunday-Thursday

### BJ's Restaurant

Stock up with \$6 take home entrees freshly prepared and chilled entrees that can be microwaved at home. Limit 3

### Subway

<https://www.retailmenot.com/view/subway.com>

Buy 2 footlongs and get 1 free.

(Retail me not has many deals for food, shopping, pharmacy needs, electronics and much more)

### Panda Express

<https://www.retailmenot.com>

\$20 Panda® Family Meal includes 2 large sides and 3 large entrées

## COMPUTERS AT LOW COST

### Discount Computer Depot

PC's, laptops, monitors, parts, office solutions

<https://discountcomputerdepot.com/about-us>

## UPDATE

### Student Loans

If your student loans are held by the federal government, you won't have to make a payment until after Sept. 30<sup>th</sup> and interest will be waived during that time. Also, federal collection efforts on defaulted student loans have been paused.

(source:LATIMES.COM Sunday, April 5, 2020)

**LA COUNTY FIRE DEPARTMENT LAUNCHES A TELEMEDICINE PROGRAM**

Last week a program designed to assist mildly ill patients began. It allows firefighters and paramedics to assist patients remotely and evaluate them by video conference. This is for patients who do not require emergency care but need someone to assess their condition and provide a treatment plan.

(Source: LA DAILY NEWS Sunday, April 5, 2020)