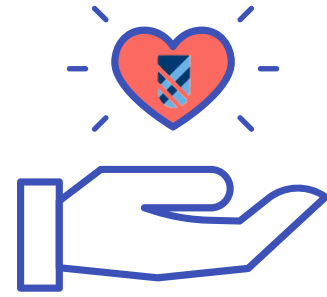


# What If We Need Help?



## RESOURCES FOR YOU AND YOUR FAMILY

Brought to you by Jessamine County Schools

### GET BASIC NEEDS

#### WILMORE/HIGHBRIDGE COMMUNITY SERVICE CENTER:

A “needs assistance” program for residents of Wilmore and High Bridge struggling with basic needs.

Call **859-858-2819**.

Located at 209 E. Main St., Wilmore.

#### SALVATION ARMY OF JESSAMINE COUNTY:

Mon-Thurs, 10am-2pm; Friday 10am-12pm. Call **859-881-4241**

Located at 205 1st Street (South), Nicholasville.

### Reach Out To Your FRYSC!

Contact your child's school to connect with your Family Resource Youth Service Center Coordinator! We are here for ALL Jessamine County Families.



### UNEMPLOYMENT

The Kentucky Career Center Website:  
[uiclaims.des.ky.gov/ebenefit/eben.htm](http://uiclaims.des.ky.gov/ebenefit/eben.htm)

### INTERNET

#### Spectrum Broadband:

To enroll in the service you can call (844) 488-8395, the company says it will waive installation fees for student households.

### GET FOOD

#### JESSAMINE COUNTY FOOD PANTRY:

Jessamine Co. Food Pantry hours for families needing food:

Tues 12pm-4pm, Thurs 3pm-7pm

Bring a photo ID and a utility bill or lease with your name/address on it.

Call **859-312-4003**.

Located at Nicholasville Christian Church at 104 South Second Street.

#### GOD'S PANTRY:

If you have tried all your local resources and still are coming up empty handed, please call **859-259-2308**.

### HOUSING ISSUES

#### Jessamine County Homeless Liaison:

Contact Shainey Marcus at **859-490-0817** for more information.

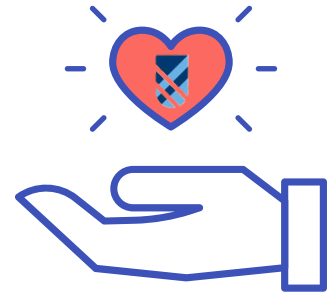
QUESTIONS ABOUT COVID-19

COVID-19 Hotline: (800) 722-5725

# How Can We Help Others?

## IDEAS FOR HOW YOUR FAMILY CAN HELP

Brought to you by Jessamine County Schools



## HELP WITH BASIC NEEDS

### Jessamine County FRYSCs:

Help our Jessamine County Family Resource Youth Service Center Coordinators meet the needs of Jessamine County Families. Donate basic need supplies to our Basic Needs Distribution Center at WJMS at 1400 Wilmore Rd.

Donations can be delivered M-F, 9am-2pm. Ask your FRYSC what is needed.

### Make a Monetary Donation:

Contact Beth Carpenter, Director of Student Services [beth.carpenter@jessamine.kyschools.us](mailto:beth.carpenter@jessamine.kyschools.us) or by calling **859-885-4179 ext. 3009** to support student and family needs and help keep our JCS families healthy.

## HELP WITH FOOD

### Jessamine County Food Pantry:

Food donations can be dropped off M-F between 8:30am-11:00am at Nicholasville Christian Church. Current food items needed: Cans of Chili, Spaghetti O's, Beef O' Roni, Variety of canned Vegetables (corn and green beans not needed), Ramen Noodles.

### Grow Your Own Victory Garden:

Invest today in the food security of the county by growing your own veggies and fruits. No time like the present to start. Check out the resources provided through the Jessamine County Extension Office or follow your Nicholasville Farmers' Market Facebook Page for ideas.

## VOLUNTEER MY TIME

### Jessamine County Food Pantry:

If you are interested in volunteering with Jessamine County Food Pantry, please contact Paul Huber at [paul@jcfoodpantry.org](mailto:paul@jcfoodpantry.org).

### Start In Your Own Neighborhood:

Join NextDoor or start/join a neighborhood Facebook group. Leverage the tools of the internet and create a mutual aid group. Work together as a family to help your isolated neighbors and elderly.

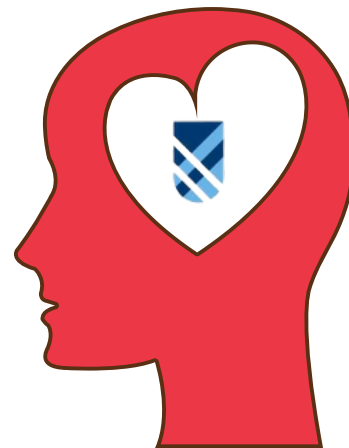


CONTACT YOUR SCHOOL'S FRYSC FOR MORE INFORMATION

# How Do We Take Care of Our Mental Health?

## RESOURCES FOR YOU AND YOUR FAMILY

Brought to you by Jessamine County Schools



## COVID-19 MENTAL HEALTH SUPPORT

**New Vista Local 885-6315**

**24hour Line 1-800-928-8000**

<https://www.newvista.org/mental-health-and-coping-during-covid-19-tips-adults-and-children>

**Counseling Associates of Lexington**

**Daniel Lee, LCSW**

**(859) 278-3465**

**Central Kentucky Counseling Associates**

**859-759-1223**

<https://www.kycounselingassociates.com/>

**Key Assets**

**859-268-5744**

<https://www.keyassetskentucky.com/key-assets-behavioral-health/>

**CRISIS TEXT LINE**

**Text HOME to 741741**

<https://www.crisistextline.org/>

**CDC Helping Children**

[Copehttps://www.cdc.gov/childrenindisasters/helping-children-cope.html](https://www.cdc.gov/childrenindisasters/helping-children-cope.html)

**Reach Out to Your School Counselor!**

*Contact your child's school to connect with your school counselor! As a district we are making an effort to provide support virtually.*

## BASIC STEPS YOU CAN TAKE TODAY

- 1.** Remain Calm
- 2.** Take the extra time to be present with children.
- 3.** Avoid blaming anything or anyone for the situation.
- 4.** Monitor TV and Social Media.
- 5.** Implement a routine at home.
- 6.** Be honest and accurate about information.
- 7.** Review basic hygiene and healthy lifestyle practices for protection.