



Crisis Resource List

Tampa, FL

Federal Resources

Federal Assistance

- [Unemployment Benefits](#) – To the extent employees are eligible for unemployment for reasons related to unforeseen circumstances, as determined by state agencies, additional funds may be available. Contact your state unemployment agency for further information.
 - <https://www.dol.gov/coronavirus>
 - <https://www.dol.gov/coronavirus/unemployment-insurance>
 - www.floridajobs.org

Florida Health Department

- [Health Information](#) – Click on the link below to find out more about current health information.
 - <http://www.floridahealth.gov/>
 - [COVID-19 Call Center](#) – 1 (866) 779-6121

Local Resources

Local Assistance

- [Metropolitan Ministries](#) – Emergency assistance for those who are homeless, at risk of being homeless, or experiencing hardships.
 - <https://www.metromin.org/covid-19response/>

Food Assistance

- [Feeding Tampa Bay](#) – According to their website, Feeding Tampa Bay offers a number of different ways to bring food to your table and are ready to deploy resources to support their community. Click on the link below to learn how you can receive resources.
 - <http://feedingtampabay.org/find-a-pantry/>

Alorica Resources (for Alorica Employees only)

- [Employee Assistance Program/Manage Health Network, Inc.](#) – Professional support for emotional, family and other personal matters and guidance on financial and legal issues (register with the company code: Alorica).
 - <https://members.mhn.com/web/public/default/MyBenefits>
- [Virtual Doctor Visit Benefit](#) – If you're enrolled in the Alorica medical plans administered by Century Health (MEC), HPI or BlueCross BlueShield and don't feel well for any reason, a virtual doctor visit benefit may be available to you.
 - Century Health (MEC) – Visit <https://member.healthiestyou.com/user/sign-in> and click "Register Now" or call 1-866-703-1259
 - HPI – Visit doctorondemand.com/health-plans-inc or call 1-800-997-6196
 - BlueCross BlueShield – Visit www.bcbstx.com/member or call 1-800-521-2227

- [Alorica PerkSpot](https://alorica.perkspot.com/) – PerkSpot has some amazing cash-saving opportunities for you such as coupons for groceries and discounts on GrubHub and Postmates, click on the link below for more saving opportunities.
 - <https://alorica.perkspot.com/>
- [PayActiv \(US Employees only\)](https://www.payactiv.com/employees/) – Alorica employees have the option to sign up for PayActiv which gives employees the opportunity to get financial relief between paychecks. To learn more about PayActiv click on the link below.
 - <https://www.payactiv.com/employees/>

General Resources

- [Centers for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html) – About COVID-19.
 - <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
- [World Health Organization](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen) – Updates on COVID-19.
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>
- [National Association of School Psychologists](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=342989428%C2%A0) – Talking to Children about COVID-19.
 - https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=342989428%C2%A0
- [Financial Planning](https://www.familycredit.org/resources) – Every day you make many decisions about how to spend your money. Whether your grocery shopping, driving to work, paying bills or just watching TV, there are small things you can do to spend less. This booklet has 100 ways to help you start saving money today.
 - <https://www.familycredit.org/resources>
- [Auntbertha.com](https://www.auntbertha.com/) – Aunt Bertha’s network connects people seeking help and verified social care providers that provide services like medical care, job training, food, financial assistance and more.
 - <https://www.auntbertha.com/>
- [National Domestic Violence Hotline](https://www.thehotline.org/help/) – 1 (800) 799-7233 (SAFE) or TTY 1 (800) 787-3224.
 - <https://www.thehotline.org/help/>
- [National Suicide Prevention Lifeline](https://www.suiceline.org/) – 1 (800) 273-8255