

Story County Community Resources

Transportation Resources

CYRide

Ride FREE and utilize the back door

CyRide is encouraging all passengers to use the back door to get on and off the bus. The front door is still available for those who are not able to safely board through the back or that need the ramp/lift. CyRide will not be collecting fares effective 3/19/2020. Free rides will be for all fixed route and Dial-A-Ride services. Let's keep our social distance through this COVID-19 pandemic.

Durham Bus Services

In an effort to assist Ames Community School District families obtain grab-and-go meals, Durham Bus Services will be providing shuttle routes starting Monday, March 23rd. We would like to reserve the buses for families who do not have access to transportation. If you have transportation available, we ask that you drive to one of these locations to receive meals. We will be following the State and National guidelines of social distancing and will transport no more than 10 individuals on each bus who will be seated 6 feet apart. Please be respectful of others and do not use the shuttle if you are feeling sick.

If you have any questions, Durham will have staff available to help beginning 3/23/20. They can be reached at 515-233-5424 between the hours of 9:00 am to 2:00 pm.

The bus route schedule can be accessed on our website at the URL below.

<https://www.ames.k12.ia.us/wp-content/uploads/2020/03/School-Lunch-Shuttles-Sheet1.pdf>

HIRTA

<http://www.hirtapublictransit.com/fares-and-services>

Mental Health Resources

Online Mental Health Resources

Contact your provider to schedule sessions telephonically or by "virtual visits". All providers are working with insurance agencies/Medicaid to ensure coverage during this time.

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

<https://www.thenationalcouncil.org/covid19/>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

24-hour Crisis Line/Mobile Response

24-hour Crisis Phone Line and Crisis Mobilization Response Team available in the CICS region which includes the counties of: Boone, Franklin, Greene Hamilton, Hardin, Jasper, Madison, Marshall, Poweshiek, Story, and Warren.

Call 844-258-8858

CICS Crisis Text Line

Text HELLO to 741-471

National Suicide Prevention Lifeline

24-hour, toll-free, confidential suicide prevention hotline.

Call 1-800-273-TALK (8255)

In the event of an emergency call **911**

Child Care

Utilize your current support system by...

- Talking to family members and other support people who could possibly help you with temporary childcare.
- Search on Facebook for college students or teachers who are staying home and willing to watch children during this time.

Child Care Resources & Referral

<https://iowaccrr.org/>

COVID-19 DHS Resources

<https://dhs.iowa.gov/COVID19?fbclid=IwAR3AsMnAh95IMwPI-nnOwsHmnMRhEPWjrs3u1zIJ-6g3CM48Fvmf5IQFyc8>

Housing

Governor Reynolds has temporarily suspended evictions and property taxes

Central Iowa Housing Authority

<http://cirhahome.org/>

Emergency Residence Project

<http://www.amesshelter.org/>

Good Neighbor

Good Neighbor is handling all assistance applications and distributions via email (assistance@gnea.org) or phone (515-296-1449)

<https://gnea.org/>

Mid-Iowa Community Action (MICA)

<http://www.micaonline.org/housing>

Employment/Unemployment

DesMoines Register

https://www.desmoinesregister.com/story/money/business/2020/03/17/how-apply-iowa-unemployment-benefits-coronavirus/5068587002/?utm_source=desmoinesregister-Coronavirus%20Watch&utm_medium=email&utm_campaign=baseline_greeting&utm_term=newsletter_greeting&fbclid=IwAR1XgC0bwtrnTgX2rnNZ2zn0phv9Ibi_1BcftHm3Sa_FPuxw4_-Qu3d_O4

Iowa WorkForce

<https://www.iowaworkforcedevelopment.gov/>

IowaWORKS

<https://www.iowaworks.gov/vosnet/Default.aspx>

Hy-ee

<https://www.hy-vee.com/careers/#/search>

Target

[https://jobs.target.com/search-jobs?ascf=\[{%27key%27:%27travel%27,%27value%27:%27320%20South%20Duff%20Ave,%20Ames,%20Iowa,%2050010%27}\]&orGLds=1242](https://jobs.target.com/search-jobs?ascf=[{%27key%27:%27travel%27,%27value%27:%27320%20South%20Duff%20Ave,%20Ames,%20Iowa,%2050010%27}]&orGLds=1242)

Story County Food Resources

Food Pantries

<https://docs.google.com/document/d/1qWHaz-FqdZybF9SXcKfI0giBJW2rO605-M2gy13BTZw/edit?usp=sharing>

Summer Food Program

Ames Community Schools will be providing grab-and-go meals at Meeker, Mitchell, and Sawyer Elementary Schools to ANY child 1 - 18 years of age. Grab and go meals are available from 10 am-1pm Monday-Friday.

<https://www.ames.k12.ia.us/2020/03/grab-go-meals-provided-families-starting-march-23/>

Miscellaneous Resources

https://mailchi.mp/631a804fd6f0/lwv-wellness-check?e=3eff41778f&fbclid=IwAR0m_lhGgLJmLJ0sLi-Qz6qyvJXiTH_Sivo9VKFIV6vgLEJJ85Lfl9nbFrM

<https://foodatfirst.files.wordpress.com/2011/03/resource-guide-2011-03-17.pdf>