



STUDENT CONDUCT & OUTREACH

The University of Alabama at Birmingham

Community Resources for Students Impacted by COVID-19

Student Outreach, a function of the Office of Student Conduct & Outreach, is available to support students who have been impacted by the 2019 novel coronavirus (COVID-19). Staff members can assist in linking students to appropriate resources both on and off campus and can provide absence verifications to instructors due to any impact. To connect with a Student Outreach staff member, complete the online *Student in Distress Referral* available at uab.edu/studentoutreach. Additional information can also be found on the Student Outreach website.

Student Outreach staff can also assist students in connecting to any of the community resources below. **Prior to using any of the resources, please call the individual provider to obtain updated information on operation times and available services.**

General Resources

- **United Way 2-1-1:** Dialing 2-1-1 connects you to a trainer operator 24/7 that has access to a comprehensive database with a multitude of services in the community. Dial 2-1-1; text or call 888-421-1266, or visit <http://www.211connectsalabama.org/>.
- **City Action Partnership Hand to Hand Resource Guide:** The Hand to Hand Resource Guide lists resources by category (e.g., food, clothing, shelters, transportation) and contains a map of the locations of many of the resources. Visit <https://www.capisdowntown.com/> and click *Hand to Hand Guide* under Quick Links.
- **Aunt Bertha:** Aunt Bertha provides an online database to search for free or reduced cost services like medical care, food, job training, and more. Visit <https://www.auntbertha.com/>.
- **Discounted/Free Services to Students:** Several businesses are providing discounted or free services to students (e.g., Charter/Spectrum: free broadband and Wi-Fi access for 60 days; Enterprise: reducing age minimum and waiving young renter fees; U-Haul: 30 days of free self-storage; Penske: rental truck discounts). Contact the business to gain additional information, including any eligibility requirements.
- **Public Benefits:** Many public benefits programs exist to assist individuals with utilities (e.g., energy, telephone), medical care (e.g., health insurance, prescriptions), cash assistance, and food. Visit <https://www.usa.gov/benefits-grants-loans> for additional information or <https://www.benefits.gov/benefit-finder> to find information for benefits you may be eligible to receive.

Food Resources

- **Community Food Bank of Central Alabama:** The Community Food Bank of Central Alabama maintains an online database of hunger relief agencies throughout Alabama. Visit <https://www.feedingal.org/how-we-help/find-food/>.
- **FoodFinder:** FoodFinder is a mobile and web app that gives food insecure individuals a way to find free food assistance programs quickly. Visit <https://foodfinder.us/>.

- **WhyHungry Hotline:** The WhyHunger Hotline refers people in need across the U.S. to food pantries, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations, especially those that provide access to nutritious foods and nutritional support services. Call 800-5-HUNGRY, text your zip code to 800-548-6479, or use the form at <https://whyhunger.org/find-food/> to locate a local emergency food provider and other support services.
- **SNAP:** If the situation continues and your finances are deeply affected, you may become newly eligible for the Supplemental Nutrition Assistance Program (SNAP). For information, complete the online *Student in Distress Referral* available at uab.edu/studentoutreach or contact Adrian Anderson, Central Alabama SNAP Outreach Coordinator, at 877-833-2550 or <mailto:akirkland@feedingthegulfcoast.org>.

Medical and Mental Health Resources

- **GoodRx:** GoodRx helps individuals located low-cost prescription options. Visit <https://www.goodrx.com/>.
- **Crisis Hotlines:** These crisis lines offer 24-hour support for anyone who needs to talk to someone.
 - *Suicide Prevention Lifeline:* 800-273-8255
 - *Birmingham Crisis Line:* 205-323-7777
 - *Transgender Crisis Hotline:* 877-656-8860
 - *LGBTQ+ Hotline:* 866-488-7386
 - *Rape Response:* 205-323-7273
 - *Graduate Student Help Line:* 800-472-3457
 - *Veterans Help Line:* 800-838-2838
 - *Crisis Text Line:* Text “UAB” to 741741

Housing Resources

- **One Roof:** One Roof connects individuals and families to appropriate resources related to house and service needs. Dial 205-254-8833 or 205-920-1895, email info@oneroofonline.org, or visit <https://www.oneroofonline.org/resources>.

Local Shelters

<i>Name</i>	<i>Phone</i>	<i>Population(s)</i>	<i>Services</i>
Alabama Baptist Children	945-0037	Women and Children	Transitional
Aletheia House	324-6502 279-3999	Women	Residential/Outpatient
Birmingham Hospitality Network	918-0246	Single Fathers with Children; Couples with Children; Single Mothers with at least 1 Male 10+ Years Old	Emergency/Transitional Housing
Children’s Aid Project Independence	251-7148 943-5327 337-3910	Young Mothers (16-21 Years Old) with Children or Pregnant	Housing; Daycare; Transportation
Fellowship House	933-2430	Men and Women	Residential
Firehouse	252-9571	Primarily Men	Emergency/Transitional Housing
First Light	323-4277	Women and Children (1 Male under 7 Years Old)	Emergency

Hannah Home Brookwood	553-0045	Women	Domestic Violence and/or Homeless
Hannah Home Chelsea	618-0300	Women and Children	Domestic Violence and/or Homeless
Hannah Home's Bethany House	930-0144	Women	Domestic Violence and/or Homeless
Hillcrest Behavioral Health	833-9000	Men and Women	Detox Only
Interfaith Hospitality House	591-4302	Single Fathers with Children; Couples with Children; Single Mothers with at least 1 Male 10+ Years Old	Emergency (No Domestic Violence)
Jimmy Hale Mission	328-5878	Men	Night
Lovelady Center	833-7410	Women	Transitional Program
Mary's Home	780-2020	Women and Men	Emergency
Olivia's House	791-2042	Women with Children	Residential
One Roof	254-8833	All	Links Callers to Homeless Service Professionals
Pathways Downtown	322-6854	Women	Day Center/Transitional Emergency
Pearson Hall	923-6552	Men and Women	Residential/Outpatient
Project Hope	252-4673	Teens (13-21 Years Old)	Day Shelter for Homeless Youth; Group Counseling
Salvation Army	252-6616	Women and Children; Men; Youth Services	Night and Transitional
St. Anne's Home	933-2402	Women	Residential
The Foundry	424-4673	Men and Women	Residential
YWCA Pell City	338-8808	Women and Children	Domestic Violence (Not Imminent Danger)