**Here are some helpful resources within the Fillmore Community and surrounding areas that could be beneficial to you and your family during this time.**

**The following articles are a two examples of how parents could have conversations with their children regarding COVID-19.**

“Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children” <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

“Talking to children about COVID-19 (Coronavirus): A Parent Resource" from the National Association of School Psychologists and the National Association of School Nurses. <https://www.lrsd.org/cms/lib/AR02203631/Centricity/Domain/4/Talking%20to%20Children%20about%20COVID-19.pdf>

**Allegany County Department of Social Services**: DSS is continuing to provide services (SNAP, Temporary Housing, HEAP, Employment Activities and Children and Adult Services) however, asking all business be complete via phone or mail. DSS has also placed drop boxes at each entrance of the County Building which can be utilized for any applications, supporting documentation, correspondence, payments, etc. These boxes are locked and will be checked daily. Anyone making a payment will receive a receipt in the mail. Individuals/Families can call with questions or concerns at (585)268-9316 or (585)268-9622.

**Fillmore Food Pantry**: 25 Minard St.  (585)567-2293

Fillmore Food Pantry is still open. The next food pantry is Wednesday 3/25. The food pantry will have the same process however, will be expanding hours from 1pm-5pm. This is to allow families to get in and out of the food pantry in a timely manner.  Additionally, if you or your family do not feel comfortable going into the church, there will be curbside pickup available. If you have any questions, please contact Mrs. Smith at the above number.

**Mental Health Services:**

**Clarity Wellness:** <https://www.claritywellnesscommunity.org/services>

This link is regarding how Clarity is continuing to provide services to the community.

[**http://wellsvilleregionalnews.blogspot.com/2020/03/wellsville-clarity-wellness-community.html**](http://wellsvilleregionalnews.blogspot.com/2020/03/wellsville-clarity-wellness-community.html)

People in need of mental health assistance are encouraged to call the clinic that is closest to them (Wellsville, Warsaw or Arcade).  There is a secretary at each location who is answering the phone.  If your student or someone in their family is already enrolled with Clarity, the secretary will take their verbal message and also transfer the person to their clinician's voicemail.  At this point, all of the clinicians are working however, counseling sessions will be completed over phone or video conferencing.  If the person calling is not established with a clinician, the secretary will guide them through the intake process.

\*Warsaw: 39 Duncan St. (585)786-0190

\*Arcade: 1 Liberty St. (585)492-2601

\*Wellsville: 4220 State Rt. 417 W (585)593-7071

**Spectrum Human Services:**

\*Warsaw: 34 N. Main Street (585)786-0220

Individuals in need of mental health assistance are being encouraged to call the clinic. Counselors are working however, limiting face to face contact. If you are enrolled as a client, the clinician will be contacting you regarding your session. All groups are cancelled at this time.

**The Allegany County Crisis Hotline** is staffed 24 hours/day, 7 days a week.  Families can speak to a therapist at any time by calling 1-888-448-3367.  The Wyoming County 24 hour Crisis Hotline is 1-800-724-8583.   Other numbers to publish are: 24 Hour National Crisis Text Line: TEXT "Got 5" to 741741 and 24 Hour National Suicide Prevention Lifeline 1-800-273-TALK (8255) <https://suicidepreventionlifeline.org/>