

# Marquette County & Alger County Community Resources 2020

## Mental Health Resources:

**\*\*If you are in immediate crisis, call 911\*\***

### **Pathways Community Mental Health**

- CRISIS SUPPORT: 24/7 crisis support call 1-888-PATHWAY (1-888-728-4929)
- Alger County Office: (906) 387-3611
- Marquette County Office: (906) 225-1181

### **Great Lakes Recovery Center**

- Call (906) 228-9696 or toll free at (855) 906-GLRC (4572)

### **UP Health Systems Marquette Behavioral Health**

- Call (906) 449-1600 or 1(800) 562-9753, ext. 3994

**211.org** To get expert, caring help today in Alger and Marquette Counties.

- Call 211
- Text your zip code to 898-211
- Toll-Free Alternative Number: (800) 338-1119
- Alternative Number (906) 786-4701

### **Dial Help**

- Crisis Call: 800-562-7622 or 906-482-HELP
- Crisis Text: 35NEEDS (906-356-3337)
- Go to the website to chat with a person online: <https://dialhelp.org/contact>
- Click on the white “chat now” button.

### **National Suicide Helpline**

- Crisis Call: 1-800-237-(8255)TALK
- Crisis Text: HOME to 741741

### **Apps available to reduce stress, nervousness, and anxiety:**

- Headspace: meditation, stress relief - free with in-app purchases
- Rootd: mindfulness, deep breathing, emergency contacts - free with in-app purchases
- Stop Panic and Anxiety Self-Help - free
- Relax & Rest Guided Meditations: mindfulness, meditation - \$1.99
- Calm: mindfulness, meditation - free with in-app purchases
- Stop Breathe and Think: mindfulness, meditation - free
- Colorify: digital adult coloring book - free with in-app purchases
- Nature Sounds Relax and Sleep - free with in-app purchases

### **Stress Relievers: Tips to Tame Stress**

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/ar>

[t-20047257](#)

**Helpful Articles:**

[Coping With Stress During Infectious Disease Outbreaks](#)

[Mental Health and Coping During COVID-19](#)

[How to practice self-care during coronavirus](#)

[Helping Teens Cope with the Stress of Isolation](#)

[Guide to self-care: Coping with coronavirus](#)

<https://www.thetraumatheapistproject.com/podcast/bruce-perry-md-phd-staying-emotionally-close-in-the-time-of-covid-19/?fbclid=IwAR2YqdKSeVCsQ51tGYR3BtaaSX9bLL27GWtCtBoTQlrGK0eKicXKANagQ4>

**Online AA meetings:** <http://aa-intergroup.org/directory.php>

**Food Resources:**

[AuTrain-Onota Public Schools](#)

- Alger Packs - Pick up sites in AuTrain (AuTrain Grocery) and Deerton (School).
- See ATO Facebook page and AC3 Facebook Page for pickup dates and times.

[Burt Township School District](#)

- Pick up from 11:00 a.m. - noon on Monday, Wednesday and Fridays.
- Delivery to Germfask (Ruff-Cut Music) from noon-1:00 p.m. on Monday, Wednesday and Fridays.
- Home delivery as arranged.

[Gwinn Area Community Schools](#)

- Pick up 11:00 to 12:00 on Mondays, Wednesdays, and Fridays at Sawyer Elementary and Gwinn High School canopy doors.

[Ishpeming Public Schools](#)

- Pick up 11:00 a.m. -1:00 p.m. Monday through Friday on the Pearl street entrance of MS/HS
- Pick up 11:00 a.m. - 1:00 p.m. Mondays and Thursdays at Christ the King Church.
  - Parents/Guardians can pick up for all of their children and/or can pick up for multiple days at one time.

[Marquette Area Public Schools](#)

- Pick up 8-9 a.m. and 11:30-12:30 at MSHS,
- Pick up 10:50-11:10 a.m. at Graveraet,
- Pick up 11:20-11:40 a.m. at Superior Hills parking lot,
- 12:00-12:20 p.m. Cherry Creek parking lot

[Munising Public Schools](#)

- Pick up 12-1 p.m. at Munising Middle/High School
- Delivery available to locations in the Wetmore, Shingleton, Van Meer, Christmas and AuTrain areas.

- If you would pick up a lunch at a location in one of these areas, please call **906-387-2103, ext. 2193**, and let us know the area and how many lunches you would pick up.

#### [Negaunee Public Schools](#)

- Pick up 11-1 p.m. at Negaunee Middle School, Negaunee Township Hall and Richmond Township Library

#### [NICE Community Schools](#)

- Patriot Packs program is still operating. Weekly food packs will be available for pick up on Fridays, at Christ the King Church in Ishpeming, and anytime prior to 5 p.m. on Fridays, at Bartanen's Auto Body in Ishpeming.

#### [North Star Montessori Academy](#)

- Pick up 12-1 p.m., bus stop drops at scheduled afternoon drop-off time on Thursdays of each week

#### [Powell Township Schools](#)

- Students of Powell can have meals delivered to their residence.

#### [Republic-Michigamme Schools](#)

- Food for any student and their family, pick-up from 10-1 on Wednesdays and Thursdays

#### [Superior Central Schools](#)

- Alger Packs - Pick up sites in Chatham (Village Pub) and Trenary (Silver Dollar).
- See SC Facebook page and AC3 Facebook Page for pickup dates and times.

#### [Where Students Can Get Meals](#)

- Map of Michigan indicating all meal locations sponsored by schools. The map is hosted by the Michigan Department of Education.

#### **Jackson's Pit Restaurant**

- Negaunee- Free sack lunches for kids from 11-4 pm

#### **Travel Marquette**

- Free food pantry for restaurant, hospitality, and bar workers.

#### **Burger King**

- Nationwide- 2 free kids meals with purchase of adult entree while supplies last

#### **Internet Resources:**

#### **Charter Spectrum**

Broadband and WiFi services can be installed for free in new student households for 60 days. The offer is available to both K-12 and college students. Call **1-844-488-8395** to enroll

	<p><b><u>Peter White Public Library</u></b>  Free Wi-Fi available in the parking lot. Network name is <b>PWPL-ParkingLot</b></p>
<p><b>Educational/Parenting Resources:</b></p>	<p><a href="#">Here's The Entire List of Education Companies Offering Free Subscriptions Due to School Closings</a></p> <p><a href="#">Child Care options for residents of Marquette County and Alger County</a></p> <p><a href="https://www.weareteachers.com/free-online-learning-resources/">https://www.weareteachers.com/free-online-learning-resources/</a></p> <p><a href="https://childmind.org/coping-during-covid-19-resources-for-parents/#resources">https://childmind.org/coping-during-covid-19-resources-for-parents/#resources</a></p>
<p><b>Homeless Resources:</b></p>	<p>To find the Homeless Liaison contact person in your school district please locate them on the following list: <a href="#">Full U.P. District Liaison Contact List</a> or contact the <b>U.P. Coordinator, Rayme Martineau at <a href="mailto:rmartineau@maresa.org">rmartineau@maresa.org</a> or office: 906-226-5139.</b></p>
<p><b>Temporary Employment:</b></p>	<p><b><u>Michigna Works!</u></b></p> <ul style="list-style-type: none"> <li>Connecting people looking for work with employers needing temporary employees. Contact them directly at <b>(906) 228=3075 ext. 0</b></li> </ul> <p><b><u>Manpower</u></b></p> <ul style="list-style-type: none"> <li>Looking for workers to clean. Contact them directly at <b>(906)226-2211.</b></li> </ul> <p><b><u>Domino's</u></b></p> <ul style="list-style-type: none"> <li>Looking for delivery drivers. Apply online at <a href="http://jobs.dominos.com">jobs.dominos.com</a></li> </ul>
<p><b>Utilities:</b></p>	<p><b><u>SEMCO</u></b></p> <ul style="list-style-type: none"> <li>Announced that it is suspending customer disconnections and waiving late fees for anyone unable to pay their monthly natural gas bill.</li> <li>If you are concerned about your gas service or struggling to pay your bill, please contact SEMCO at <b>1-800-624-2019</b> to speak with a customer service representative.</li> </ul> <p><b><u>United Way</u></b></p> <ul style="list-style-type: none"> <li>Has an economic relief fund to help with bills, food and rent -call <b>1-866-211-9966</b> and provide your zip code to be given a list of local agencies that will provide assistance.</li> </ul>

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