

# Emergency Resources during COVID-19 Crisis

Middle Tennessee State University is committed to the safety and well-being of all students. In keeping to that commitment, we want to make sure students are aware of available resources during this uncertain time. Listed below are available resources that may be helpful to you. Please use as needed. If there is any additional assistance needed that is not covered by the resources listed please contact; Danielle Rochelle at [Danielle.Rochelle@mtsu.edu](mailto:Danielle.Rochelle@mtsu.edu).

## Food

1. MTSU Student Food Pantry has bags of food and meal vouchers available for students upon request. If you need to get food and/or meal, vouchers please visit the MT One Stop Monday-Friday 9am-4:30pm. Call the number on the door and someone will bring the items out to you.
2. Community Food Pantry
  - a. Greenhouse Ministries; 309 S. Spring St. 37130, (615)494-0499; [www.greenhousemin.org](http://www.greenhousemin.org)
  - b. Nourish Food Bank; 1809 Memorial Blvd. 37129, (615)203-3963; [www.nourishfoodbanks.org](http://www.nourishfoodbanks.org)
3. Supplemental Nutrition Assistance Program (SNAP)
  - a. SNAP is used to supplement your monthly food budget to allow you to get the food you need from month to month.
  - b. You can find the application at <https://faonlineapp.dhs.tn.gov/>

## Safe, Emergency Housing

### 4. Local Shelters

- a. The Journey Home; 308 W. Castle St., (615)809-2644;  
[www.lovegodservepeople.org](http://www.lovegodservepeople.org)
- b. Salvation Army; 1137 W. Main St., (615)895-7071,  
[www.salvationarmykytn.org](http://www.salvationarmykytn.org)

5. For those who may be worried about quarantining in a home where they do not feel safe, help is available from the National Domestic Violence Hotline 24/7/365 at <https://www.thehotline.org/help/> by chat or by calling their hotline at 1-800-799-7233.

#### a. Local Help

- i. Domestic Violence Program; 1423 Kensington Sq. Ct., (615)896-2012; [www.dvpshelter.org](http://www.dvpshelter.org)

## Financial Assistance

6. Emergency Financial Assistance can also be accessed if needed at <https://mtsu.edu/nextstep/EmergencyAssistance.php>

7. Scholly (<https://myscholly.com/relief/>)

- a. Apply today to receive \$200 in cash assistance to help cover expenses during this global crisis. The application takes less than 2 minutes.

8. If you have lost your job due to the Covid-19 emergency, you may be able to apply for the unemployment benefits.

- a. The fastest and most efficient way to file an unemployment claim is to go to [www.Jobs4TN.gov](http://www.Jobs4TN.gov)

9. TN Department of Human Services (TDHS) is offering emergency cash assistance for qualifying families that lost a job because of the pandemic state of emergency.
  - a. Applications are now available at: [https://tdhs.service-now.com/relief?id=relief\\_registration](https://tdhs.service-now.com/relief?id=relief_registration)
  - b. This assistance is available in addition to any unemployment benefits individuals in the family may be receiving.

### Mental Health Services

10. MTSU Counseling Services is available for video counseling. Students can call the main line at (615)898-2670 to schedule.
  - a. The Mindfulness group has resumed online and the next one is Thursday, April 9 at 3 pm. Meetings will be held on Zoom, contact [Jessica.Gann@mtsu.edu](mailto:Jessica.Gann@mtsu.edu) for link to join.

### Moving

11. For students who need to move, Penske rents trucks to 18-23 year-olds without a surcharge and provides a 10% discount to college students, <https://www.pensketruckrental.com/discounts/college/>
12. U-Haul is offering 30 days of free self-storage to college students.
  - a. Visit U-Haul at <https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/>

## Internet Services

- 13.** Comcast is offering free broadband internet access to households below certain income thresholds through their internet essentials program that include increased speeds.
  - a. Visit Comcast at <https://internetessentials.com>
- 14.** Spectrum is offering Spectrum Internet Assist, their high-speed broadband program, to eligible low-income households.
  - a. Visit Spectrum at <https://mobile.spectrum.com/support/article/360040980371/coronavirus-covid19-update>

## Course/ Educational Assistance

- 15.** For tutoring, the schedule will be available at <https://www.mtsu.edu/studentssuccess/tutoring.php>
- 16.** For supplemental instruction, session opportunities can be found at <https://www.mtsu.edu/si/sessioninfo.php>.
- 17.** Many publishers are providing free access to books online, including Barnes and Noble, which is collaborating with VitalSource to loan eTextbooks free until May 25.
  - a. Visit <https://sunybroome.libguides.com/c.php?g=1014672> to get information on the free eTextbooks
- 18.** Zoom technology will be the remote platform for continued delivery of these services. It is expected that ITD will have the Zoom URLs populated for each course on the tutoring online database at <https://www.mtsu.edu/studentssuccess/tutoring.php>