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| **Type of Resource** | **Provider** | **Contact Information** | **Details** |
| Food Assistance  | Community Food Bank of Eastern Oklahoma | <https://okfoodbank.org/> | Located in Tulsa, OK - The Community Food Bank of Eastern Oklahoma distributes food and other grocery items to 350 Partner Agencies in Eastern Oklahoma, including food pantries, emergency shelters, soup kitchens, senior citizen centers and after-school programs. |
| Mental Health |  GLMH (Grand Lake Mental Health) | [www.glmhc.net](http://www.glmhc.net) 918.273.1841 | Counseling Services over the phone, or with a provided iPad whenever you need them. Medication appointments within 2 weeks of starting services. |
| Mental Health | American Psychiatric Association Foundation | [www.workplacementalhealth.org](http://www.workplacementalhealth.org) | Working Remotely During Covid-19 - Your Mental Health and Well Being.   |
| Communication | Martin Hill-Wilson,Founder Brainfood Consulting | [https://www.mycustomer.com/marketing/](https://www.mycustomer.com/marketing/strategy/how-to-communicate-to-customers-in-anxious-times) [strategy/how-to-communicate-to-customers-in-anxious-times](https://www.mycustomer.com/marketing/strategy/how-to-communicate-to-customers-in-anxious-times) | Communicating in Anxious Times. |
| Resources/ Multiple Areas | 211 | <http://211.org/><https://www.211oklahoma.org/>Dial 211 | Dial 211 to discover multiple resources available in your local area. Food, housing, emergency assistance, etc. |
| Resources/Multiple Areas | findhelp.org | <https://findhelp.org/> | findhelp.org is a resource similar to 211. Simply type in your zip code, and select your interest from the tabs for food, housing, goods, transit, health, and more. |
| Employment, and Business  | Oklahoma Department of Commerce | <https://www.okcommerce.gov/covid19/> | Covid-19 Talent Exchange Matching Oklahomans with industries looking to hire.View additional vital resource information under the Covid-19 tab.  |
| Employment | National Labor Exchange | [NeedAJobNow.usNLx.com](https://nvti.us15.list-manage.com/track/click?u=594be144793809c13c7c45c71&id=a3738c87d3&e=de52cb99dc)<https://veterans.usnlx.com> | A job board that lets employers tag their job postings as hiring immediately, it also contains a Veteran’s landing page. |
| Business | SBAUS Small Business Administration | <https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program> | An SBA loan that helps businesses keep their workforce employed during the Covid-19 crisis. |
| Legal | Legal Aid of Oklahoma | [www.oklegalconnect.com](http://www.oklegalconnect.com) 1.888.534.5243 | Assisting individuals with problems created by Covid-19. |
| Internet | OneNet | <https://onenet.net/internet-resources-for-oklahoma-residents-during-public-health-emergency/>  | Internet Resources for Oklahoma Residents During Public Health Emergency – Many providers listed. |
| Child Care | OKDHS | [www.OKDHSLive.org](http://www.OKDHSLive.org) | OKDHS is offering 60 days of subsidized childcare assistance to individuals that qualify, as they job search due to loss of employment as a result of the Covid-19 crisis. Childcare provider must be licensed through DHS. |