

Lee County

Housing and Homelessness Resources

- [Affordable Homeownership Foundation](#)
- [Florida Coalition to End Homelessness](#)
- [Florida Housing Search](#) - statewide affordable rental housing locator
- [Lee County Homeless Coalition](#)
- [Lee County Housing Authority](#)
- [Lee County Housing Development Corporation](#)
- [Lee County Human & Veteran Services](#)
- Loans, Credit Card Payments, Car Payments, etc.
 - Contact your lender/credit card agency to request an extension or delay in your loan repayment due to COVID-19
- [Lutheran Services Florida](#) - Oasis Young Shelter (accepting homeless youth ages 10 -17)
- Rent/ Mortgage Tips- There is currently no Moratorium in the state of Florida or Lee County, FL to pause mortgage, rent, and utility payments for a specified amount of time.
 - Mortgages:* Contact your lender to request an extension to delay your mortgage payment due to COVID-19. Contact [United Way 211](#) for information and referrals by dialing 2-1-1 or (239-433-3900).
 - Rent:* Contact your landlord to discuss a payment plan if you are unable to pay your monthly rent related to COVID-19. Contact [United Way 211](#) for information and referrals by dialing 2-1-1 or (239-433-3900).
- [School District of Lee County Homeless Program](#)
- [The Salvation Army Florida Division](#) 904-356-8641
 - Provides rent and utility assistance for individuals in financial crises.
 - Shelter and showers available.
- [We Care Outreach](#) - showers available at White Cross Church

Food Resources

- Blessings in a Backpack SWFL
 - [Grab & Go Meal Pick Up Sites](#) - 18 year old and younger

- [Community Cooperative](#)
 - Meals on Wheels
 - Community Café/Soup Kitchen
 - [Community Mobile Food Pantry](#)
- Florida Department of Children and Families
 - [Grab & Go Breakfast and Lunch provided by Summer BreakSpot](#)
- [Harry Chapin Food Bank of SWFL](#)
 - [Food Locator](#)
 - [Mobile Pantry](#)
- [Hubbell Farms](#)
 - Offers free delivery for Lee County residents and doubles the produce order for those utilizing SNAP/EBT benefit. (i.e.-customer paying with SNAP/EBT will pay \$10 for \$20 worth of produce, plus free delivery). First time customers receive \$5 off purchase price.
 - Call 239-565-2410
- Interfaith Charities of South Lee
 - Food pantry open Monday - Saturday from 9 am - 1 pm
 - Estero/San Carlos Park United Way House 17592 Rockefeller Cir, Ft Myers, FL 33967
 - Call 239-267-3510
 - Registration requires proof of address, photo id for head of household and any form of identification for other household members. Proof of income or legal status are NOT required.
- [Lee County Schools](#)
 - [Grab & Go Breakfast and Lunch](#)
- Lee County Human & Veteran Services
 - [Mobile Pantries/Pick-Up Meals](#) (COVID-19 Emergency Response)
 - [Map](#)
- MidWest Food Bank - 5601 Division Dr, Fort Myers, FL 33905 - [\(239\) 690-1722](#)
- [South Fort Myers Food Pantry](#)
- [Southwest Florida Mobile Food Pantry App by FGCU](#)
- [The Salvation Army - Fort Myers](#)
 - Extended Hours for Food Pantry
- [We Care Outreach](#) - free meals at White Cross Church

Caregiver Resources

- ACCESS Florida -Food assistance program (SNAP), medical assistance (Medicaid) and temporary cash assistance for families with children (TANF).
 - Call 866-762-2237Free Virtual Baby Care Class - Golisano Children's Hospital of Southwest Florida
 - Call to reserve your spot 239-565-8371 or 239-989-7332
- [Caregiver Action Network](#)
- [National Alliance for Caregiving](#)
- [Rosalynn Carter Institute for Caregiving](#)
- [The John A. Hartford Foundation](#) - Resources for Older Adults, Family Caregivers and Health Care Providers
- [Well Spouse Association](#)

Mental Health Resources

- [APA Psychologists' Advice for Newly Remote Workers](#)
- Digital Apps
 - [Aura](#) - emotional health and sleep
 - [Calm](#) - sleep, meditation and relaxation
 - [Depression CBT Self Help Guide](#)
 - [Happify](#) -supports positive thinking and coping with stress
 - [Headspace](#) - meditation
 - [Moodnotes](#) - thought and emotional journal
 - [Moodpath](#) - depression and anxiety
- [Florida Blue](#) Hotline (833-848-1762)
 - Free 24-hour bilingual hotline with behavioral health counselors to support the behavioral and emotional needs of all Floridians during the COVID-19 crisis.
- [Hazelden Betty Ford Foundation](#)
- [Home Base SWFL](#)
- [Lee Behavioral Health](#) - Free Parent/Caregiver Support Groups
 - Tuesdays from 8:30 am - 9:30 am & Thursdays from 12:00 pm - 1:00 pm
 - Please join by calling 1-415-655-0002. The Access Code is 162 374 98.
- [Lee Health YouTube Channel](#) - Guided Meditations
- [Operation Par](#)
 - Medication Assisted Patient Services (MAPS) will continue to operate during this time.
 - Outpatient sessions will all be done using Telehealth.

- [SAMHSA Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#)
- [SAMHSA Talking With Children: Tips for Caregivers, Parents, and Teachers](#)
- [SAMHSA Tips for Health Care Practitioners and Responders](#)
- [SAMHSA Virtual Recovery Resources](#)
- [SalusCare](#)
- [Suicide Prevention](#) Hotline (800-273-8255)
-24/7 free and confidential support for people in distress as well as prevention and crisis resources.
- [Valerie's House](#)
-Virtual Grief Support Groups

Resource Knowledge

- [American Red Cross](#)
- [Cape Coral Chamber - Community Resources](#)
- [Center for Disease Control](#)
- [Current Travel Safety Information](#)
- [Emergency Operations Center Website](#)
- [Florida Chamber](#)
- [Florida Department of Economic Development - Reemployment Assistance Resource Guide](#)
- [Florida Department of Health](#)
- [Greater Fort Myers Chamber - Community Resources](#)
- [Greater Naples Chamber - Community Resources](#)
- [Healthy News Blog](#)
- [Health Well Foundation Grant](#)
-Grant for up to \$250 to assist with ancillary costs associated with COVID-19 including reimbursement assistance to at risk or quarantined individuals for delivered food, medication, telehealth copays and transportation costs associated with COVID-19.
- [Johns Hopkins Coronavirus Resource Center](#)
- [Lee County Human & Veteran Services](#)
-Pet Pantry is offering pick-ups by appointment only. Please call (239) 533-7386 to schedule.
- [Lee County Southwest Florida](#)
- [The Beaches of Fort Myers and Sanibel](#)
- [The Conversation Project](#)
- [Trusted Decision Maker Form](#)

- [United Way of Lee, Hendry, Glades & Okeechobee](#)
-You can call United Way 211 for information and referrals by dialing 2-1-1 or (239-433-3900).
-[211 Data Base](#)
- [World Health Organization](#)

Domestic Violence & Family Resources

- [ACT Abuse Counseling and Treatment](#) (239-939-3112)
- [Better Together](#)
- [Children's Advocacy Center of SWFL](#) (239-939-2808)
- [Florida Department of Children and Families](#) (800-500-1119) or (800-962-2873)
- [Lifeline Family Center](#) (239-242-7238) or Hotline (239-772-4673"HOPE")
- [MHA - Staying Safe During COVID-19](#)
- [National Domestic Violence Hotline](#) (800-799-7233) or TTY (800-787-3224)
- [Shelter for Abused Women and Children](#) (239-775-1101)

Senior Resources

- [Area Agency on Aging for Southwest Florida](#)
- Alzheimer's Association
-24/7 Helpline (800-272-3900)
-[Online Support Group](#)
-[Resources for Health Systems and Clinicians](#)
-[Tips for Dementia Caregivers](#)
-[Training](#)
- [Alzheimer's Project](#)
-[Online support group for caregivers](#)
- [Alzheimer's and Dementia Resource Center \(ADRC\)](#) (407-436-7750)
- [Center for Disease Control and Prevention: COVID-19 Guidance for Older Adults](#)
- [Daily Caring](#)
- [Federal and State Nursing Home & Assisted Living Regulations](#)
- [Lee Memory Care](#)

- [Senior Friendship Centers](#): Free Meals For Seniors 60+
 - Lee County Seniors who need home delivered meals, please call the Meals Hotline (239) 236-8684
- Senior/Vulnerable Individual Shopping Hours
 - Big Lots: Daily from 9 am - 10 am
 - Costco: Tuesdays & Thursday from 9 am - 10 am
 - Dollar General: Daily during first hour of business from 8 am - 9 am
 - Fresh Market: Monday – Friday from 8 am - 9 am
 - Publix: Tuesdays & Wednesdays from 7 am - 8 am
 - Target: Wednesdays from 8 am - 9 am
 - Walmart: Tuesdays during first hour of business from 6 am - 7 am for stores that are not open 24/7
 - Whole Foods Market: Daily during first hour of business from 8 am - 9 am

Veteran Resources

- [The House Committee on Veteran Affairs](#)
- [U.S. Department of Veteran Affairs](#)
- Veteran Crisis Line (24/7): Call (800-273-8255) and press Option 1 or Text 838255 or TTY (800-799-4889)

Prescription Assistance

- [Coast 2 Coast Rx card](#) - Free prescription coupon card provided by community Government.
- [CVS](#) - free delivery of prescriptions and essential items
- [GoodRx](#) - compare prescription costs to save money
- [NeedyMeds](#) - assistance with medication cost
- [Walgreens](#) - prescription delivery