

## Coronavirus (COVID-19) Resources

### Resources for Colrain residents to prepare and respond to coronavirus (COVID-19)

Phone and text options are highlighted in yellow. Changes and updates are highlighted in blue.

*Disclaimer: Due to the rapidly changing status of the COVID-19 coronavirus, parts of this post may be out of date. Updated March 28, 2020.*

#### I. Sign up for emergency notifications:

- Join [Colrain Connect](#) to subscribe to emergency alert notifications by email. Be sure to create an account, verify through email, and set your preferences for emergency notifications.

#### II. General information about coronavirus and COVID-19:

- For general information about the Coronavirus (COVID-19), visit the [Centers for Disease Control's coronavirus page](#) or the [World Health Organization's coronavirus FAQ page](#). Another resource for general information about coronavirus and COVID-19 is the [National Institutes of Health coronavirus web page](#).
- For information about Coronavirus in Massachusetts, visit the [Massachusetts Department of Public Health's coronavirus page](#).
- The Massachusetts 211 line is equipped to answer general questions about COVID-19, as well as other general questions. **Just dial 211 from any phone.**
- **Call the Griswold Memorial Landline at 413-624-3619** on Fridays from 4-7 or Wednesdays from 10-1 with general inquiries of any nature, or email [griswold@colrain-ma.gov](mailto:griswold@colrain-ma.gov). This service is free and confidential to anyone, whether or not they have a library card.
- Community Action Pioneer Valley's "Look4Help" [COVID-19 Updates to Resources page](#) links to local resources and services, from food and meals to addiction and recovery resources, and information for local governments.

#### III. Printable fact sheets:

- [Stop the spread of germs: Respiratory diseases like flu and COVID-19.](#)
- [Help prevent COVID-19 with Social Distancing](#)
- [Know the facts about coronavirus disease 2019 \(COVID-19\) and help stop the spread of rumors](#)

#### IV. Food assistance:

- Grab-n-Go Meals are available for any school-aged child who resides in the Mohawk Trail Regional School District:
  - Colrain Central School  
**Mondays, Wednesdays, and Fridays, 11:30 a.m. to 1:00 p.m.**  
**Two days of meals on Mondays, two days of meals on Wednesdays, one day of meals on Fridays**  
Location: Curbside at back entrance by the gym  
Contact: Amy at [alooman@mtrsds.org](mailto:alooman@mtrsds.org)
- **Grocery bag distribution through the Mary Lyon Foundation and Buckland-Shelburne Elementary School has been discontinued.**
- **Community Action! (West County Emergency Food Pantry): Call 413-773-5029 for hours and information.**

- Note: The Center for Self-Reliance Food Pantry is moving to the Federal Street Elementary School on 125 Federal St. Operating hours are Monday, Tuesday, and Thursday from 11 a.m.-4 p.m. Call 413-773-5029 for more information.
- Greenfield Salvation Army at 72 Chapman Street: bag lunches 11:30-12:30, Mondays-Fridays, or call 413-773-3154 for intake to access their food pantry.

**V. Resources for women, families and children:**

- [Resources for preparing and responding to coronavirus in the home, from CDC.gov.](#)
- [Print and fold a zine version](#) of “Just for Kids: A comic exploring the coronavirus,” or [read the zine online.](#)
- Parents Helping Parents of Massachusetts Parental Stress Line: 1-800-632-8188. Free and confidential, 24/7. [Visit their website to join an online support group.](#)
- National Domestic Violence Hotline: 800-787-3224. Or speak with someone online at [thehotline.org](http://thehotline.org), or text LOVEIS to 22522.

**VI. Services for elders and caregivers:**

- Contact the Information and Caregiver Resource Center at 800-732-4636, or 413-773-5555 for information about in-home care services, pay for caregivers, caregiver grants, caregiver support & respite, legal issues, fuel assistance and more.
- Food Bank of Western Massachusetts – Shelburne Falls (Shelburne Falls Brown Bag): Call 413-625-2502 or visit their website, [Brown Bag Food for Elders](#) for more information.
- Meals on Wheels provides nutritionally balanced noon meals for short-term or long-term homebound elders age 60 and older. Call 800-732-4636 or 413-773-5555, Monday through Friday, 9 a.m. to 5 p.m.

**VII. Mental health:**

- The Disaster Distress Helpline at 1-800-985-5990 is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. More information is available on the [Disaster Distress Helpline web page](#). You can also text TalkWithUs to 66746 to connect with a crisis counselor by text message.
- National Suicide Prevention Hotline: 1-800-273-8255. Free and confidential, 24/7.

**VIII. Volunteers:**

- Colrain residents interested in volunteering, or who are seeking volunteer assistance, should contact Griswold Memorial Library by phone at 413-624-3619 or email [griswold@colrain-ma.gov](mailto:griswold@colrain-ma.gov).
- [Pioneer Valley Time Trading](#): an organized exchange system through which members earn hours (time credits) for time spent helping other members.

**IX. Heating and fuel assistance:**

- The Massachusetts Association for Community Action, 617-357-6086, organizes LIHEAP, the low income heating assistance program. Visit <https://www.masscap.org/heatinghelpma/> to learn if you are eligible for fuel assistance.
- Limited income households that are not eligible for fuel assistance can contact the Good Neighbor Energy Fund operated by Salvation Army: 1-800-262-1320.

**X. Unemployment, and resources for unemployment, small businesses, and resources for gig economy workers:**

- Visit Senator Jo Comerford’s Constituent Guide to COVID-19 for [Resources for Small Businesses.](#)
- Visit Senator Jo Comerford’s Constituent Guide to COVID-19 for [Unemployment and Resources for Gig Economy Workers.](#)