



# SUPPORT FOR CENTRAL FLORIDA LGBTQ+ COMMUNITIES DURING COVID-19

Updated 10/02/2020



**[~ HAGA CLIC AQUÍ PARA LEER ESTA GUÍA EN ESPAÑOL ~](#)**

The Central Florida LGBTQ+ Relief Fund is committed to supporting those most marginalized in this crisis, addressing immediate needs that are becoming more critical as each day passes. We have put together this list of resources to help our LGBTQ+ family in Central Florida navigate the crisis. Please [contact us](#) if there are additional resources that you would like to add to this document. We will continue to update it as the situation develops.



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Updated 10/02/2020

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## Table of Contents

<b>~ HAGA CLIC AQUÍ PARA LEER ESTA GUÍA EN ESPAÑOL ~</b>	<b>1</b>
<b>City and County Government Resources</b>	<b>3</b>
<b>Coping with Stress</b>	<b>3</b>
<b>Connecting To Free/Low-Cost Resources &amp; Financial Relief</b>	<b>4</b>
<b>Food / Nutrition Assistance</b>	<b>6</b>
<b>Resources for Youth and Families</b>	<b>6</b>
<b>Immigrant Community Resources</b>	<b>7</b>
<b>Sexual Assault &amp; Intimate Partner Violence</b>	<b>7</b>
<b>Legal Assistance</b>	<b>8</b>
<b>Housing, Rental Assistance, and Homelessness</b>	<b>8</b>
<b>About Us</b>	<b>8</b>



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Updated 10/02/2020

## 1. City and County Government Resources

- Florida Department of Health COVID-19 Resource Guide ([English](#), [Español](#), [Kreyòl Ayisyen](#))
    - Please contact the Florida Department of Health's dedicated COVID-19 Call Center for additional questions by calling 1-866-779-6121 or emailing [COVID-19@flhealth.gov](mailto:COVID-19@flhealth.gov).
  - City of Orlando COVID-19 ([English](#), [Español](#), [Kreyòl Ayisyen](#), [Português](#), [Tiếng Việt](#))
    - The Hispanic Office for Local Assistance (HOLA) will be offering services virtually and residents can call 407.246.4310 or email [hola@cityoforlando.net](mailto:hola@cityoforlando.net).
  - Orange County COVID-19 ([English](#), [Español](#))
  - Osceola County COVID-19 ([English](#))
  - Seminole County COVID-19 ([English](#))
  - Volusia County COVID-19 ([English](#))
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## 2. Coping with Stress

- Homelessness During the Pandemic: What to Do and How to Help <https://www.mymove.com/moving/covid-19/homelessness-during-coronavirus/> Guide includes: An Inclusive Infographic on Homelessness in America, Local Resources, Ways the Community Can Help State and Federal Support Programs
- Check out these tips from the Center for Disease Control on Managing Anxiety & Stress during infectious disease outbreaks in [English](#) or [Spanish](#).
- To connect with a crisis counselor about anxiety, isolation, concerns about school, financial stress, etc. related to COVID-19, text **SHARE** to 741741 for [free, confidential, 24/7 support](#).
- This [texting services](#) provides support for transgender and gender diverse communities who are experiencing stress, anxiety, and isolation related to COVID-19.
- Peer Support Space is running twice daily digital support groups: [peersupportspace.org/covid-response](https://peersupportspace.org/covid-response).



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Updated 10/02/2020

- If you are looking for a mental health resource during this time, The Mental Health Association of Central Florida is here to serve you! They will be completing referrals for mental health providers and resources remotely. Visit [www.mhacf.org/mental-health-connections/](http://www.mhacf.org/mental-health-connections/) or text (863) 866-7025 to chat with a staff member today.
  - Florida Blue has launched their free 24/7 Bilingual Helpline Open to Provide Emotional Support during COVID-19 Health Crisis: 833-848-1762.
  - In response to COVID-19 and its impact on Black and Indigenous People/Person(s) of Color (BIPOC), [The Bros in Convo Initiative](#) in partnership with Liberate Meditation App is hosting community virtual gatherings for BIPOC twice weekly.
  - [26Health](#) has compiled a resource guide for LGBTQ+ individuals impacted by COVID-19 and offers a variety of daily support groups.
  - [Greater Orlando TRN Trauma Recovery Network Humanitarian Assistance Program](#) is providing free counseling services for individuals impacted by COVID-19.
  - SAGE Advocacy & Services for LGBT Elders has added an isolation hotline for older adults struggling with loneliness. Simply call 877-360-LGBT (5428) to talk with someone. Elders can also call SAGE CONNECT to receive information about additional support at 929-484-4160. Visit <https://www.sageusa.org> for more information.
  - Agápē (greek):The essence of agape is goodwill, benevolence, faithfulness, commitment, and an act of the will:  
<https://agapementalhealth.org/rebecca-gallardo>
  - [The Center Orlando](#) offer FREE ONLINE Mental Health Counseling  
Appointments can be made here: [www.calendly.com/thecenterorlando](http://www.calendly.com/thecenterorlando)
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# SUPPORT FOR CENTRAL FLORIDA LGBTQ+ COMMUNITIES DURING COVID-19

Updated 10/02/2020

## 3. Connecting To Free/Low-Cost Resources & Financial Relief

- In response to the COVID-19/Coronavirus pandemic, [Heart of Florida United Way](#) has established a fund to support Central Florida residents whose financial stability is being impacted ([English](#), [Español](#)).
  - Experiencing hardship due to decreased hours or unpaid leave? [Search the Heart of Florida United Way online database for services](#).
  - Call or text 2-1-1 for information and support, or [chat online with an operator](#) – whether for financial assistance, health programs, crisis support and more.
- [Seniors First, Inc.](#) is the largest social services organization in the region, providing direct service and programs to our community's vulnerable elderly population. Programs that help older Americans live independently in their own homes have not kept pace with the needs of seniors.
- [Black Trans COVID-19 Community Response Grant Program](#) provides rapid response funds to individuals at their point of need during a government declared crisis. Financial assistance is provided for emergency food, shelter, utilities, transportation and health care to ensure the basic needs of our most vulnerable populations are met.
- To support artists during the COVID-19 crisis, a coalition of national arts grantmakers have come together to create an [emergency initiative to offer financial and informational resources to artists across the United States](#).
- [Integrity: Arts & Culture Association \(IACA\) Mini-Grants](#) generally average \$250, and are intended to assist with such things as: art supplies, recording studio time, exhibits, performances, project related expenses, etc.
- The [One Fair Wage Emergency Fund](#) is providing cash assistance to restaurant workers, car service drivers, delivery workers, personal service workers and more who need the money they aren't getting to survive.
- The [Restaurant Workers' Community Foundation](#) is providing direct financial assistance for short-term needs to restaurant workers affected by COVID-19.
- The [National Restaurant Association Educational Foundation](#) created the Restaurant Employee Relief Fund which will provide \$500 grants to restaurant industry employees who have been adversely impacted by COVID-19, financially, whether through a decrease in wages or loss of employment.



# SUPPORT FOR CENTRAL FLORIDA LGBTQ+ COMMUNITIES DURING COVID-19

Updated 10/02/2020

- United States Bartenders' Guild National Charity Foundation has launched the [Bartender Emergency Assistance Program](#) to provide financial assistance to bartenders that have been impacted by COVID-19.
- SPJ Florida has launched the [Hands Up Fund](#) to provide financial assistance to Florida journalists who have recently been laid off or that have lost work this year because of budget constraints or newsroom downsizing.
- If you've been struggling to pay bills lately, you're not alone. With millions experiencing economic hardship due to COVID-19, many businesses are offering assistance. [From auto insurance to utilities, we've reviewed dozens of company websites. Here's a summary of what we found that some businesses are offering.](#)
- [Pandemic of Love](#) is a mutual aid community of care that was started in response to the COVID-19 epidemic.
- The [Seguimos Brillando emergency fund](#) is an emergency fund created to tend to the needs of LGBTQ+ Puerto Ricans.

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## 4. Food / Nutrition Assistance

- If you are in need of food assistance, visit the [Second Harvest Food Bank's online food locator](#) to find a list of feeding partners near your residency.
  - With schools closed due to the COVID-19 pandemic, the Florida Department of Agriculture and Consumer Services, and the Division of Food, Nutrition, and Wellness encourage families to take advantage of alternative school meals that may be offered at designated locations: Text **FLKIDSMEALS** to 211-211
  - For assistance applying for the Food Assistance Program (SNAP), Temporary Cash Assistance For Families With Children (TANF) or Medicaid, call the Department of Children and Families's ACCESS Florida Helpline: 850-300-4323.
  - [Orange County Public School Grab-and-Go](#) meals are available for pick-up between 10 a.m. and 1 p.m., Monday through Friday, in the car loop of each school site. Students must be present to receive the meals, except ESE students. District staff will distribute the meals directly to those in their vehicles.
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Updated 10/02/2020

## 5. Resources for Youth and Families

- The Florida Department of Education has built a dedicated [COVID-19 Response](#) page with information for students, parents/caregivers, and educators.
- Equality Florida, Side by Side, and All Rainbow And Allied Youth, Inc. have compiled a [comprehensive statewide youth and families guide](#), with resources ranging from FAQs regarding COVID-19, mental health support, Florida-specific services and information, and entertainment and activities to do at home.
- [Gender Spectrum](#) is coordinating a series of daily virtual support groups for youth and their families.
- [The Trevor Project](#) runs a series of resources for LGBTQ+ youth impacted by COVID-19:
  - Trevor Lifeline: The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ+ young people under 25, available at 1-866-488-7386.
  - TrevorChat: A free, confidential, secure instant messaging service for LGBTQ+ youth that provides live help from trained volunteer counselors, open daily.
  - TrevorText: A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention, available daily by texting **START** to 678678.
- [Orlando Youth Alliance](#) is hosting online meetings for LGBTQ+ youth on Tuesdays & Thursdays from 6:15 to 7:15 pm. Email [info@orlandoyouthalliance.org](mailto:info@orlandoyouthalliance.org) to get connected to a text line that gives out the online links.
- [Q Chat Space](#) provides online discussion groups for LGBTQ+ teens ages 13 to 19. It is not a forum. It is live and chat based; there is no video or audio. Everyone is chatting during the same pre-scheduled time.

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## 6. Immigrant Community Resources

- United We Dream has compiled a [resource guide](#) for navigating healthcare access for undocumented communities in the time of COVID-19.



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Updated 10/02/2020

- The Florida Immigrant Coalition has a statewide hotline to one on one support to callers in the areas of COVID19 information: 1-888-600-5762.
- Magnolia Immigration Law: They are providing FREE 30 min virtual personalized strategy session to go over individuals' immigration options and answer questions. Appointments can be made here: <https://calendly.com/courtney-mil/thecenterorlando>

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## 7. Sexual Assault & Intimate Partner Violence

- [Victim Service Center of Central Florida](#) has activated its 24/7 Crisis Hotline, available for people who experience sexual assault during this time and need a forensic exam evidence collection kit done: 407-500-4325.
- [Harbor House of Central Florida](#) has activated its 24/7 hotline, staffed by advocates to help people get through this time when they may be in close quarters with someone who is abusive: 407-886-2856
- If you or a loved one are in need of support, call the 24-hour [National Domestic Violence Hotline](#) (1-800-799-7233) or text **LOVEIS** to 22522 anytime, for free and confidential support.

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## 8. Legal Assistance

- [Community Legal Services of Mid-Florida, Inc.](#) has activated their HELPLine (1-800-405-1417) to support those in need of legal assistance (e.g. filing for unemployment assistance, understanding your tenants/renters rights, etc.).
  - Find out how you can get help from a staff attorney or pro bono attorney by contacting the [Legal Aid Society of Orange County Bar Association](#).
  - You can also call the Florida Bar for a referral for a lawyer at (800) 342- 8011 or locally to the Orange County Bar Association for a referral for a lawyer at (407) 422-4551 for lease issues.
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# SUPPORT FOR CENTRAL FLORIDA LGBTQ+ COMMUNITIES DURING COVID-19

Updated 10/02/2020

## 9. Housing, Rental Assistance, and Homelessness

- No one should be without safe shelter, nutritious meals, clean clothes, or access to showers. The [Coalition for the Homeless of Central Florida](#) offers a variety of emergency services to meet the needs of our community.
- [Homeless Services Network of Central Florida](#) provides referral services for permanent and rapid rehousing services.
- [Legal Services Clinic of the Puerto Rican Bar Association](#) is available to assist residents with orientation regarding tenant rights.
- [Orange County Government](#) worked with [Community Legal Services of Mid-Florida](#) to put together answers to some of the most frequently asked questions, received from residents, to help navigate tenant rights, evictions and other housing assistance information. FAQs are in English, Spanish and Creole. You can find them at [ocfl.net/HousingFAQ](http://ocfl.net/HousingFAQ).

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## About Us

The Central Florida LGBTQ+ Relief Fund is meant to assist Orlando area LGBTQ+ community members who are most in need as a result of the COVID-19 crisis. Anchored by the Contigo Fund, The LGBT+ Center, QLatinx, the One Orlando Alliance, and it's 42 member organizations, this grassroots effort is led by LGBTQ+ community members, nonprofit leaders, and allies. Together, we stand united to support our community. To make a contribution to our relief fund or to apply for financial assistance visit [www.gofundme.com/central-florida-lgbtq-relief-fund](http://www.gofundme.com/central-florida-lgbtq-relief-fund). For inquiries regarding this resource, please contact the Central Florida LGBTQ+ Relief Fund Steering Committee at [LGBTQReliefFund@gmail.com](mailto:LGBTQReliefFund@gmail.com).