

# Community & Emergency Resources for Students and Families

<p>911</p>	<p>If emergency assistance is needed now or if you have been the victim of a crime, please call 9-1-1 or get in contact with your local police department.</p>
<p>City of La Crosse Covid-19 Resources</p>	<p>A collection of community resources to help La Crosse residents and businesses. This resource provides information on various topics such as housing, food and basic needs, parenting and child care support, mental health support, and transportation. <a href="#">City of La Crosse Covid-19 Resources.</a></p>
<p>School District of La Crosse Meal Sites</p>	<p>Breakfast and lunch is available for pick up at many sites throughout the city. <a href="#">Free Meals Information/Sites List</a></p>
<p>Drive Up Food Distribution Site</p>	<p><b>What:</b> Drive-up Fresh Produce (vegetables, fruit, and dairy) Food Distribution Site  <b>Where:</b> Logan High School parking lot by stadium  1500 Ranger Dr., La Crosse, WI 54603  <b>When:</b> Mondays, Wednesdays, and Fridays from 11:00 a.m. to 1:00 p.m.</p> <p>Northside community families are encouraged to drive to this location to receive a free bag of fresh produce and dairy products (based on availability). A bag of food will also be provided to community members who walk to the site. Food will be available on Mondays, Wednesdays, and Fridays starting at 11 a.m. and will continue until 1:00 p.m. (unless all of the food is distributed prior to 1:00). Please note that social distancing will be practiced to keep everyone safe. Community members who arrive via car are encouraged to remain in their vehicle and communicate with volunteers via the window. Community members who arrive by foot will also be asked to practice social distancing. Our plan is to be there rain, snow or shine.</p>
<p>La Crosse Area YMCA Meal Distribution</p>	<p>The La Crosse Area Family YMCA is partnering with the La Crosse School District and Boys and Girls Clubs to distribute free suppers to children. The meals are prepared by the school district and distributed by the Y at three locations. The meals are available for anyone 18 and under. There are three locations in which you can pick up those free meals:</p> <ul style="list-style-type: none"> <li>● The North Community Library at 1522 Kane St. from 4:00-4:20 pm</li> <li>● The YMCA Community Teen Center at 1105 King St. from 4:30-5 pm</li> <li>● Poage Park at 500 Hood St. from 5:10-5:30 pm</li> </ul>

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<p style="text-align: center;"><b>WAFER</b> 403 Causeway Blvd. 608-782-6003</p>	<p>WAFER is the largest food pantry serving all of La Crosse County. <a href="#">WAFER Brochure..</a></p>
<p style="text-align: center;"><b>First Free Church</b> 12 Mason Street Onalaska 608-782-6022</p>	<p>Drive-through food pantry available. Call for an appointment.</p>
<p style="text-align: center;"><b>River of Life Church</b> 1214 Cty. Rd. PH Onalaska 608-782-2780</p>	<p>Food Pantry is open on Thursdays. Call for an appointment. Drive up without an appointment from 10am-12pm.</p>
<p style="text-align: center;"><b>Great Rivers 211 – First Call for Help</b></p>	<p>Great Rivers 2-1-1 offers free, confidential community information and referrals 24 hours/day. Dial 2-1-1 or (800) 362-8255 to talk to an information and referral specialist. They also offer a Crisis Hotline 24/7. Dial 2-1-1 or (800) 362-8255 to talk to a crisis specialist. Speak with a community resource specialist in your area who will help you find services and resources that are available to you including:</p> <p>Supplemental food and nutrition programs, shelter/housing options, utilities assistance, emergency information, disaster relief, employment and education resources, health care, vaccination, and health epidemic information, addiction prevention and rehabilitation programs, mental health or special needs support groups, domestic abuse victim assistance.</p>
<p style="text-align: center;"><b>La Crosse County Mobile Crisis/Crisis Intervention</b> 608-784-HELP(4357)</p>	<p>Services are available to adults and children living or experiencing a mental health crisis in La Crosse County. Their services aim to keep children and adults in their home/community setting.</p>
<p style="text-align: center;"><b>La Crosse County Child Protective Services</b></p>	<p>If you believe that a child (a boy or girl ages 0 to 17) has been</p> <ul style="list-style-type: none"> <li>• abused (physically, sexually, or emotionally),</li> <li>• neglected (physically or emotionally),</li> <li>• or is at risk of abuse or neglect,</li> </ul>

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	<p>you should report your concerns to La Crosse County Department of Human Services:</p> <p><b>Phone: 608-784-4357 (HELP)</b></p> <p><b>Business Hours: Monday through Friday from 8:00 AM - 4:30 PM</b></p> <p><b>After Hours/Weekends/Holidays: Call 911 in the event of an emergency</b></p>
<p><b>CouleeCap Covid-19 Financial Assistance Program</b></p>	<p>For low-to-moderate wage workers whose employment has been ended or reduced due to the COVID-19 public health emergency. This program will provide limited financial assistance for critical expenses, emergency budgeting help, and referrals to programs available to people in need. Residents seeking assistance can complete an application at <a href="http://www.Couleecap.org">www.Couleecap.org</a>. For phone assistance, residents may contact Sara Berger at 608-632-6512 but given the volume of calls Couleecap is receiving, online assistance will be faster.</p>
<p><b>UW Extension Financial Resources</b></p>	<p>UW Extension offers some facts about getting through financial hardships that may be occurring due to Covid-19. <a href="#">More information located here.</a></p>
<p><b>SAMHSA's National Helpline</b></p>	<p>1-800-662-HELP (4357)</p> <p>SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.</p>
<p><b>National Domestic Violence Hotline</b></p>	<p><b>(800) 799-SAFE (7233) <i>If you're unable to speak safely, you can log onto <a href="http://thehotline.org">thehotline.org</a> or text LOVEIS to 22522.</i></b></p> <p><b>Thehotline.org</b></p> <p>National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information, educational services and referral services in more than 200 languages. Visitors to this site can find information about domestic violence, online instructional materials, safety planning, local resources and ways to support the organization 24/7.</p>

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<b>Crisis Text Line</b>	<p>Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.</p> <p>Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained volunteer to support people in crisis and bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. Text from anywhere in the USA to text with a trained Crisis Counselor.</p>
<b>Suicide Prevention Lifeline</b>	<p>800-273-TALK (8255) or <a href="#">Chat online.</a></p> <p>The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.</p>
<b>The Trevor Lifeline</b>	<p>The Trevor Project offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text.</p> <p><u>Trevor Lifeline</u> 1-866-488-7386. The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25</p> <p><u>Trevor chat</u> A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors, open daily.</p> <p><u>Trevor Text</u> text START to 678678.</p> <p>A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention</p>