



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

Updated 4/17/2020



**[~ CLICK HERE TO READ THIS GUIDE IN ENGLISH ~](#)**

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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## 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

- 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).
- 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.



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- 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.

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### 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](#).



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- [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.
- 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.

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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



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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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## 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 virtual support groups for youth and their families.
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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.
  - 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.
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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



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- 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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## 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.

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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



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[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).