Rely on these resources for help

There are resources in your community to help you create and build social connections.

All-around health support for you
Some health plans may include mental or behavioral health support. Plans may also include virtual appointments for medical or behavioral healthcare, allowing you to receive care without leaving your home. Call the number on the back of your health plan member ID card to see what benefits may be available.

Disaster Distress Line
Call for immediate counseling for anyone who is seeking help in coping with the mental or emotional effects caused by the COVID-19 pandemic.
1-800-985-5990 (TTY: 711)
24 hours a day, seven days a week
www.samhsa.gov

Eldercare Area Agencies on Aging
Find trustworthy, local support resources for older Americans and their caregivers.
1-800-677-1116 (TTY: 711)
Monday – Friday, 9 a.m. – 8 p.m. Eastern time
www.eldercare.acl.gov

Institute on Aging’s Friendship Line
Call this toll-free line for a friendly conversation and the caring ear of a trained volunteer. Accredited for people age 60 and older as well as adults living with disabilities.
1-800-971-0016 (TTY: 711)
24 hours a day, seven days a week

Caregiver Support
Connect with caregiving experts to help you find the right information you need to help you navigate your complex caregiving challenges.
1-855-227-3640 (TTY: 711)
8 a.m. – 7 p.m. Eastern time
www.caregiveraction.org

Learn more about how we’re supporting you
For more information, go to partnersinprimarycare.com/coronavirus-info/.
Partners in Primary Care does not discriminate on the basis of race, color, national origin, age, disability or sex.