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

**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

**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

**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.
Market resources – South and North Carolina

Even though you’re practicing social distancing, you’re not without support. There are resources in your community to help you. Use this list as your guide to finding just what you need.

Charleston
North Charleston
843-973-5415
Aunt Bertha, zip code specific resource search
Food Pantry N. Charleston
Charleston County Agency on Aging
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here

West Ashley
843-973-5393
Aunt Bertha, zip code specific resource search
Charleston County Food Banks
Charleston County Agency on Aging
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here

Upstate
Anderson
864-332-3098
Aunt Bertha, zip code specific resource search
Food Pantry Anderson
Anderson Senior Resource
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here

Greer
864-655-6615
Aunt Bertha, zip code specific resource search
Food Pantry Greer
Agency on Aging
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here

Homeland Park
864-772-8173
Aunt Bertha, zip code specific resource search
Food Pantry Anderson
Anderson Senior Resource
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here

Orchard Park
864-729-6606
Aunt Bertha, zip code specific resource search
Food Pantry Greenville
Oconee County Agency on Aging
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here

Powdersville
864-729-6626
Aunt Bertha, zip code specific resource search
Harvest Hope Food Bank
Agency on Aging
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here

Seneca
864-364-6380
Aunt Bertha, zip code specific resource search
Food Pantry Seneca
Greenville County Agency on Aging
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here

Spartanburg
864-913-4370
Aunt Bertha, zip code specific resource search
Food Pantry Spartanburg
Agency on Aging
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here

North Carolina
Gastonia
704-648-0460
Aunt Bertha, zip code specific resource search
Feeding America
Gaston County Agency on Aging
Tivity on demand fitness classes, online and via app.
SilverSneakers eligibility check here