



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.



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](#)