

Bethel Student Resources for COVID-19

Bethel Student FAQs: <https://www.bethel.edu/covid-19/faq/students>

Up-to-Date Information about COVID-19:

- Minnesota Department of Health:
<https://www.health.state.mn.us/diseases/coronavirus/index.html>
- Minnesota Department of Health COVID-19 hotline: **651-201-3920** Monday - Friday from 8 a.m. to 4:30 p.m.
- Measures to stop the spread of COVID-19: [wash your hands](#) with soap and water often and [stay away from large social gatherings](#).
- MPR News section on COVID-19: <https://www.mprnews.org/health/covid-19>
- MPR News, Your COVID-19 Questions Answered:
https://live.mprnews.org/Event/Your_COVID-19_questions_answered

Resources for Academics and Support Off Campus

Academic Help

- Connect with the Academic Enrichment and Support Center (AESC):
<https://www.bethel.edu/undergrad/academics/support/>
- Office of Accessibility Resources and Services: <https://www.bethel.edu/disability/>
- 20 Tips for Working/Learning at Home:
<https://blog.hubspot.com/marketing/productivity-tips-working-from-home>

Internet Resources

- Two Free Months of Comcast Internet Essentials for Low-income Households:
<https://www.internetessentials.com/covid19>
 - Can also call 855-846-8376
- [Spectrum/Charter – free broadband/wifi for 60 days](#)
 - “To enroll, call 1-844-488-8395. Installation fees will also be waived for new student households.”
- [Wi-Fi Free Spot](#) - Check this website to find locations with free wi-fi in your area.
- Mediacom - upgrading its low-cost Connect2Compete internet program and offering 60 days of free service for qualifying families who subscribe before May 15.
<https://mediacomcable.com/about/news/corona-company-initiatives/>

- FCC “Keep Americans Connected” <https://www.fcc.gov/keep-americans-connected>

Food Shelves (Support)

- A Growing List of Programs and Restaurants offering Food to Families in Minnesota: <https://givemethemike.com/2020/03/15/a-growing-list-of-programs-and-restaurants-offering-food-to-families-in-minnesota/>
- Hunger Solutions Minnesota (directory): <http://www.hungersolutions.org/find-help>
- Loaves and Fishes: <https://www.loavesandfishesmn.org/>
- Neighborhood House Food Support Program: <http://neighb.org/program/foodsupportprogram/>
- Pillsbury United Communities Food Shelf: <https://pillsburyunited.org/programs/food-distribution/>
- Groveland Food Shelf: <https://www.grovelandfoodshelf.org/>
- Christian Cupboard Emergency Food Shelf: <https://ccefs.org/>

Restaurants

- List of restaurants offering curbside pickup <https://minnesota.cbslocal.com/2020/03/15/restaurants-in-the-metro-area-with-curbside-pick-up/>
- List of restaurants offering free meals for kids: <https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJPs7E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0>

If you are uninsured/would like help trying to get health insurance:

- <https://porticohealthnet.org/>
- <https://www.justushealth.org/healthinsurance>

Low-Cost/Community Clinics (Health Support)

****If you think you have COVID-19, please call before going to any health care provider****

- Free Clinics Directory, Saint Paul: https://www.freeclinics.com/cit/mn-saint_paul
- Free Clinics Directory, Ramsey County: <https://www.freeclinics.com/co/mn-ramsey>
- Free Clinics Directory, Hennepin County: <https://www.freeclinics.com/co/mn-hennepin>
- Free Clinics Directory, Minneapolis: <https://www.freeclinics.com/cit/mn-minneapolis>

Mental Health

- Visit <https://www.bethel.edu/counseling-services/> to set up a telehealth appointment with a Bethel Counselor or to find additional mental health resources.

- 20 Questions to help with COVID-19 Anxiety:
<https://theanxiousoverachiever.substack.com/p/20-questions-to-help-with-covid-19>

Social Distance Connections

- Ways Minnesotans can help others during pandemic:
<https://www.mprnews.org/story/2020/03/16/here-are-some-ways-to-help-others-during-the-pandemic>
- Netflix Party Movie Nights:
<https://www.usatoday.com/story/entertainment/tv/2020/03/17/coronavirus-netflix-party-lets-friends-do-movie-nights-quarantine/5072347002/>
 - Netflix Party lets friends have movie nights while social distancing.

Housing

- One month free at select U-HAUL storage locations for students in need:
<https://www.uhaul.com/Articles/Tips/16119/One-Month-Free-Storage-AT-U-Haul-Self-Storage-Locations/>
- Midland Terrace Apartments offering month to month leasing options.
<https://tyconco.com/midland-shoreview>
- Shoreview Hill Apartments offering 3 month leases with first lease term fee waived.
<https://www.shoreviewhillsapartments.com/>