



Child Care

[YMCA Virtual Learning Center](#)

[Child Care Partnership Information](#)

[Navigating Childcare in the COVID-19 Pandemic Toolkit](#)

Food/Nutrition

[Eau Claire County Hunger Relief Agencies](#)

Housing

[Sojourner House](#)

The Sojourner House will provide a safe, clean place for single men and women, regardless of what their ambitions or hopes are, to sleep overnight, shower, clean their clothing and have breakfast while ensuring our guest's personal dignity, respect, and safety.

618 South Barstow Street, Eau Claire

715-514-5556

Hope Gospel Mission

Faith-based rescue mission and men's shelter.

715-552-5566

Ruth House

Faith-based rescue mission and women's shelter.

715-834-4000

Salvation Army

When available, offers vouchers for emergency stays in local motels.

2211 S. Hastings Way, Eau Claire
Phone: 715-834-1224

Beacon House

Eau Claire Interfaith Hospitality Network facility offers 30 days for homeless families with children, and pregnant single women.
309 E. Lake Street, Eau Claire
Phone: 715-834-4357

Bolton Refuge House

Provides emergency shelter for victims of domestic violence.
Phone: 1-800-252-4357
Web: www.boltonrefuge.com

Knight Transitional Housing

Phone: 715-834-8060

Mental Health

For a Mental Health crisis, please call:

- Northwest Connections 1-888-552-6642
- National Suicide Hotline 1-800-273-8255
- Wisconsin HOPELINE text HOPELINE 741741

Community Brochure:

[https://www.ecasd.us/ECASD/media/District-Site/Student%20Services/Mental-Health-Brochure-\(1\).pdf](https://www.ecasd.us/ECASD/media/District-Site/Student%20Services/Mental-Health-Brochure-(1).pdf)

Websites

[NAMI Basics on Demand](#) – The National Alliance on Mental Illness (NAMI) is offering a course for parents or caregivers of children/adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but haven't yet gotten a formal diagnosis. It provides you with strategies for coping, education and information.

[Anxiety & Anxiety Disorders in Children: Information for Parents](#) - Recognize the difference between developmentally appropriate signs of anxiety and those that may need additional services or support. Learn strategies to implement at home for supporting children that demonstrate the more typical responses to anxiety.

[How teenagers can protect their mental health during coronavirus \(COVID-19\) 6 strategies for teens facing a new \(temporary\) normal](#) - For teenagers facing life changes due to the outbreak who are feeling anxious, isolated and disappointed, know this: you are not alone. Expert adolescent psychologist, Dr. Lisa Damour, shares what you can do to practice self-care and look after your mental health.

[Helping Children Cope with Changes Resulting From COVID-19](#) – The National Association for School Psychologists (NASP) provides tips for helping your child cope during COVID-19. The website also has other resources for coping and explaining COVID-19 which are available online or for download and in multiple languages.