

Quick-stop Information

Metro State COVID-19 Updates

<https://www.metrostate.edu/notices/covid-19>

Metro State COVID-19 email

covid-19@metrostate.edu

Metro State COVID Reporting Form

<https://www.metrostate.edu/COVID>

MinnState Updates

<https://www.minnstate.edu/coronavirus/>

Center for Academic Excellence- Tutoring and Testing

<https://www.metrostate.edu/academics/success/cae>

www.tutor.com

Center for Accessibility Resources

<https://www.metrostate.edu/accessibility>

Counseling Services

<https://www.metrostate.edu/students/support/counseling>

- METRO CARES Counseling Phone Line: Call: 651-793-1568
- Crisis Text Line: Text HOME to 741741 to text with a trained crisis counselor
- United Healthcare is offering an emotional support help line for all students through one of their subsidiary companies called Optum. Their toll-free help line number, 866-342-6892, will be open 24 hours a day, seven days a week, for as long as necessary and the service is free of charge and open to any student
- Coping with Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

D2L

<https://metrostate.learn.minnstate.edu/>

Discrimination/Harassment Reporting Form

<https://www.metrostate.edu/sites/default/files/2018-06/discrimination-harassment-complaint-form.pdf>

E-mail access via website

<https://outlook.office.com/mail/inbox>

Engage

<https://www.engage.metrostate.edu>

E-services

<https://eservices.minnstate.edu>

Financial Aid/FAFSA Information

<https://www.metrostate.edu/finances/aid>

Food for Thought Food Pantry

<https://www.metrostate.edu/students/support/food-for-thought>

Gateway Student Services

<https://www.metrostate.edu/students/support/gateway>

International Student Services

<https://www.metrostate.edu/students/support/international>

Library

<https://libguides.metrostate.edu/covid-19>

Metro State Student On-Care (medical support)

<https://www.metrostate.edu/students/support/oncare>

Microsoft Office (can be used on up to 5 computers)

<portal.office.com>

Multicultural and American Indian and Retention Services

<https://www.metrostate.edu/students/support/culturally-responsive-support>

Human Resources (Metro State)

<https://www.metrostate.edu/about/departments/hr>

Information Technology

<https://www.metrostate.edu/about/departments/its>

Star ID Support

<https://starid.minnstate.edu/>

Student Life and Leadership Development Programming

<https://www.metrostate.edu/students/life>

Student Parent and Resource Center

<https://www.metrostate.edu/students/support/student-parent-center>

Zoom

<minnstate.zoom.us>

Making Zoom accessible: <https://zoom.us/accessibility/faq>

Financial/Basic Needs

County Financial Assistance

- Ramsey County: Financial Assistance Services: All Financial Assistance intake appointments will be completed over the phone. If you need to schedule an appointment or speak with your financial worker please call 651-266-4444. For questions regarding Ramsey County METS Medical Assistance cases, call 651-266-3870.
<https://www.ramseycounty.us/residents/health-medical/current-health-issues/coronavirus-disease-2019-covid-19/coronavirus-impacts-county-services>
- Hennepin County: https://www.hennepin.us/~/link.aspx?_id=8F78F590254A448CAB70BB2CD8DDE006&_z=z

Minnesota Help Info. Line

- Details medical waivers, accessibility modifications, assistance for seniors/people with disabilities, employment services, transportation and people experiencing homelessness. <https://www.minnesotahelp.info/Index>

Services for Homeless/ Highly Mobile

- Catholic Charities will keep their shelters and services open with additional measures to ensure the safety of clients: <https://www.cctwincities.org/plans-to-prevent-and-respond-to-covid-19-faqs/>

Unemployment

- Workers that are experiencing a loss of job or hours due to temporary closures and or if you are a parent that will lose work hours due to childcare then you may be eligible for unemployment benefits to support you during this time. Please visit the MN Unemployment Agency website to apply:
<https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp>

United Way 2-1-1

- If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, contact the United Way 2-1-1 at (651) 291-0211 or visit their website: <http://www.211.org/>

Utilities

- Excel energy suspends service disconnections: https://www.xcelenergy.com/covid-19_response
- Water Shut Offs: Each city has different orders about this, contact the United Way 2-1-1 (651-291-0211) to find out what your city has available. CAP agencies can also help with energy of water shut-offs. Visit MN Community Action Partnerships to locate your CAP agency: <https://www.minncap.org/>
- Mn Cold Weather Rule: https://accel.minnesotaenergyresources.com/home/cold_weather.aspx

Metropolitan State University Emergency Financial Assistance for unforeseen basic need emergencies.

- Metropolitan State University students that are facing unforeseen emergency situations regarding basic needs can contact the student parent and resource center for more information regarding emergency financial assistance for unforeseen emergencies. Appointments will be offered through alternative options including email, phone, and zoom appointments. Schedule an appointment here: <https://calendly.com/studentparentresourcecoordinator/60min>

Twin Cities Queer and Trans Mutual Aid

https://docs.google.com/forms/d/e/1FAIpQLSdAIOLU9hOKMjwX4W2sQKF69FAF3ow_fSPzjKC67_ iyYDRLaQ/viewform

For **City of SAINT PAUL** residents:

- Eligible families will have:
 - Income at or below 40% Area Median Income, which is [\\$40,000 for a family of four](#),
 - At least one minor child present in the household, and
 - Experienced a loss of income due to COVID-19.
- Grant of up to \$1000
- Visit: <https://www.stpaul.gov/bridge-fund>

Food Resources:

Metropolitan State University Food For Thought Food Pantry

- Offers prepackaged emergency food bags for Metropolitan State University Students and their families. Contact us to schedule an appointment for Tuesdays and Thursdays anytime between the hours of 10 am – 4 pm. Schedule an appointment here: <https://calendly.com/foodforthoughtpantry/food-for-thought-food-pantry-emergency-food-pick-up>

Hunger Solutions

- Hunger Solutions can help you search for your local food shelf: <http://www.hungersolutions.org/find-help/>

Food Pantries

- <https://www.foodpantries.org/> offers information regarding food banks in MN

Free Meals Across the Twin Cities

- <https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJPs7E641tMHmPvWXPQxf4DvcREOzyA/edit?fbclid=IwAR2HCjei42Wdz91wwi5fKebXITZbG4Vegm89NRyfNCehbeRsBGphiTmbvYs#gid=0>
- https://givemethemike.com/2020/03/15/a-growing-list-of-programs-and-restaurants-offering-food-to-families-in-minnesota/?fbclid=IwAR39ZN3zRMO4XYBKE21eXXWebs5dceEzmYvs3zhnCVI-FbroWh_FHEyL9gY

Open Boundary Food shelves

- A list of open boundary food shelves available to all:
<http://support.2harvest.org/pdf/SNAP/Food%20Shelves%20with%20Open%20Boundaries%202017.pdf>

Saint Paul Public Schools Offers Meals Access During Closure

- Starting on Wednesday, March 18, school bus routes will be utilized as meal pickup locations. Parents are asked to accompany children, and each child will be provided a 1-week supply of meals.
- Bus stops will be scheduled each Wednesday, Thursday and Friday. School bus drivers will be following their normal morning routes and making their normal bus stops and times on their designated day.
- Please refer to the daily schedule below. All families are welcome to meet the bus at their regular bus stop to receive meals.
 - Every Wednesday: Bus Routes for schools with a regular 7:30am start time
 - Every Thursday: Bus routes for schools with a regular 8:30am start time
 - Every Friday: Bus routes for schools with a regular 9:30am start time
 - Additional meals will be available for curbside pickup at designated schools. To check the delivery schedule visit: https://www.spps.org/Page/38722?fbclid=IwAR1KCrRY7hkglulnn-5K00pZLjBCChEVG5fVdMhonxNOGj1r4cW_mrmo0-c