

Dear Jury Families,

This is a list of available food and mental health resources. These are available throughout the year, however in the case of school closures they may be expanded to meet the needs of the community. Please reach out to your teachers if you need additional resources.



Possible items: fruit, veggies, bread, dairy, eggs, meat...*



*while supplies last

The St. Louis Area Foodbank will have the most updated information on mobile food markets and food pantries. Contact Mary Cooper at 314-292-6262.

Location	Phone Number	Requirements	Hours of Operation
Ward Chapel AME, 11410 Old Halls Ferry Rd. 63033	314-741-0112	Photo ID	Tues. 5pm-7pm, Wed. 7pm-8pm, Sat. 10:30am-11:30am
TEAM Food Pantry, 265 St. Catherine, 63033	314-831-0879	Photo ID	M, T, W, Th, F 10am-2pm; Sat. 10am-12pm
Sharing Our Sources, 555 St. Louis Mills Suite 119, 63042		Photo ID	Sun. 11am-1pm
Communit Helping Ministry, 3770 McKelvey, 63044	314-770-2216	Photo ID	M, T, Th. 10am-2pm; W, F 10am-12pm
Urban League, 8960 Jennings Station Rd., 63136	314-388-9840	Photo ID	T, W 9am-12pm, Th. 2pm-4pm
Trinity Church, 3515 Shackelford Rd., 63031	314-838-8820	None	Daily-Call first
Trinity Church, 3515 Shackelford Rd., 63031	314-838-8820	None	Mobile Market last Tuesday every month, 6pm-7:30pm
Helping Hands Food Ministry, 5710 N. Highway 67, 63034	314-741-4222	Photo ID	
Sts. John and James Church, 120 N. Elizabeth, 63135	314-524-0500	Photo ID, SSN for each member of household	T. 9:30am-11:30am

Zion United Church of Christ, 5710 N. Hwy 67, Florissant MO 63034	314-741-159 0	Photo ID	T 9-12:30
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Mental Health Referral Lines

BHR Crisis Hotline 24 hours a day 7 days a week 314-469-4644

Children's Hospital Referral Line Access center line 314- 454-8336 (TEEN)

BJC Behavioral Health: Call center and access to psychiatrists, accepts MC+ 314-729-4004

SSM DOCS/Cardinal Glennon Access center line 1-314-776-3627(SSM DOCS)

Taking Care of Your Mental Health During the Coronavirus Outbreak (www.afsp.com)

1. **Separate what is in your control from what is not.** There are things you can do, and it's helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news (Do you really need to know what is happening on a cruise ship you aren't on?).
2. **Do what helps you feel a sense of safety.** This will be different for everyone, and it's important not to compare yourself to others. It's ok if you've decided what makes you feel safe is to limit attendance of large social events, but make sure you separate when you are isolating based on potential for sickness versus isolating because it's part of depression.
3. **Get outside in nature—even if you are avoiding crowds.** I took a walk yesterday afternoon in my neighborhood with my daughter. The sun was shining, we got our dose of vitamin D, and it felt good to both get some fresh air and quality time together. Exercise also helps both your physical and mental health.
4. **Challenge yourself to stay in the present.** Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.
5. **Stay connected and reach out if you need more support.** Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. You don't have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.