

Additional Student Resources

As with any service provider, before committing to anything, be sure to read their terms of service and contract agreements to make sure you do not sign-up for a paid continuation of the service or agree to other unwanted terms if you do not want them.

Additionally, Highland Community College is only providing the information below to our students and does not endorse any provider or service. We feel it is important to provide our students with possible resources to help meet your academic needs.

CONTACT of Northern Illinois Crisis Line

CONTACT is working with United Way to connect people with needed resources during the pandemic. This service is available for people dealing with a wide range of issues from food insecurity and job loss to medication reminders and deliveries.

- CONTACT Crisis Helpline #: 815-233-4357
- CONTACT is a 24 hour, seven days a week helpline that has been serving the Stephenson County area since 1981.
- The CONTACT helpline helps individuals that are in crisis, looking for particular services, or who need someone to listen.
- In addition to their helpline, CONTACT provides phone calls for medication reminders, Reassurance CONTACT, daily check-ins, kid phone, information, and referrals. Also, during this time, they are coordinating pick-ups and deliveries for medication and food for the elderly or immune compromised that qualify for this service.

Stephenson County and Surrounding Counties Area Online Community Resource Database

- <https://fhn.org/dots-community-resources.asp> (Provided by FHN)
- Doors of Team Support (D.O.T.S.) Community Resources Database

This online community resources database is a search tool for several community programs and services available in Stephenson and surrounding counties. The guide allows you to quickly click on different categories in the database that describe the type of assistance you are trying to find. Some of the various programs and services you might be interested in may require that applicants meet eligibility requirements, sign a contract, etc.... So, please take time to research the options.

Voices of Stephenson County

Voices is a non-profit organization located in Stephenson County that offers support services for all victims and survivors (and significant others) of domestic abuse and sexual abuse.

- Voices Website: <https://voicesofsc.org/>
- Domestic Violence Services available: Domestic Violence 24 hours/seven days a week Crisis Line, Domestic Violence counseling, legal advocacy, knowledge services, transitional housing, virtual legal clinic, support group, safety planning, and more.
- Domestic Violence 24 hours, seven days a week Crisis Line: 815-235-1641
- Sexual Assault Services available: Sexual Assault 24 hours, seven days a week Crisis Line, Sexual Assault and Abuse Prevention Program, Quarterly Meeting for Sexual Assault, and several other services.
- Sexual Assault 24 hours, seven days a week Crisis Line: 815-232-7200

Riverview Center

Riverview is a non-profit agency serving individuals in Jo Daviess County and Carroll County affected by sexual and domestic violence.

- Riverview Center website: <https://riverviewcenter.org/>
- In Jo Daviess County
Sexual Assault Hotline: 815-777-8155
Domestic Violence Hotline: 815-777-3680
- In Carroll County
Sexual Assault Hotline: 815-244-7772
Domestic Violence Hotline: 815-244-1320

Mental Health

The National Alliance on Mental Health (NAMI)

NAMI has published a COVID-19 (Coronavirus) Information and Resources document that covers a wide range of concerns related to anxiety, medications, health insurance, small business assistance programs, concern for an incarcerated family member, and more.

http://dwi.hn.org/files/8715/8436/8035/HelpLine_Coronavirus_Planning.pdf

NEW: Transitions through Covid-19 Support Group for Current College Students or Recent College Student Graduates

This free community support group being offered through Avenues Counseling, LLC in Monroe Wisconsin is an option for current college students or recent graduates that Covid-19 has impacted your college experience. The group meets bi-weekly to share experiences and navigate through these challenging times. If you are interested in the group, please RSVP and ask questions you may have by emailing erin@avenuescounselingllc.com so Avenues Counseling, LLC can best serve the community and use safety measures while meeting in person.

Healthcare

IAFCC: Illinois Association of Free and Charitable Clinics

This organization improves access to free or affordable quality healthcare for income eligible individuals that are underinsured or uninsured. The organization provides a list of clinics and has a lot of helpful information on their website. Please visit the links below for additional information.

IAFCC Main Website: <https://www.illinoisfreeclinics.org/>

IAFCC Clinic Location Link: <https://www.illinoisfreeclinics.org/clinic-search/clinic-directory>

IAFCC Covid-19 Response link: <https://www.illinoisfreeclinics.org/what-we-do/covid-19-clinic-resources>

NAFC: National Association of Free and Charitable Clinics

This organization's goal is to provide quality, affordable healthcare for individuals who are medically uninsured, underinsured and/or have limited or no access to their primary provider, or need prescription or specialty healthcare. Some of the healthcare services provided include medical, vision, dental, pharmacy, and behavioral health services. Please visit the links below for additional information.

NAFC Main Website: <https://nafclinics.org/>

NAFC Clinic Location link: <https://www.nafclinics.org/find-clinic>

NAFC Covid-19 Response link: <https://www.nafclinics.org/content/nafc-covid19-response>

List of Food Pantries open at this time in surrounding counties

For an updated list of Food Pantries in surrounding counties open at this time, please call the CONTACT 24 hours, seven days a week Crisis Helpline #: 815-233-4357. At this helpline number, you can request a list of food pantries currently open in your area along with the days and times they are open.

Electric Power Services

- ComEd: <https://www.comed.com/News/Pages/coronavirus.aspx>
- Jo-Carroll Energy: <https://www.jocarroll.com/jce-response-covid-19> (includes list of some of the public parking lot wifi hotspots in Jo Daviess county).

The above list only includes some of the local area Electric Power service companies. So, please research all of the different Electric Power service companies you are familiar with or aware of to learn what services they are providing at this time.

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Internet and Technology Services and Resources

The following link gives you access to the interactive "Drive-up Wifi Map" that provides geographic locations for public drive-up Wifi hotspots throughout Illinois. The Wifi hotspots are intended to provide additional remote learning resource opportunities during the disruptions caused by the Covid-19 pandemic.

<http://illinois.maps.arcgis.com/apps/webappviewer/index.html?id=23e8046edd2940bc8ad3ad1725e47cd0&fbclid=IwAR0vmx6UXw3TSFB3xJ1TyQ5wVsUS8lqmHvmAykSiz83ZwQyE83sqX9nwwkg>

Please visit the following websites for the most up to date information and opportunities that each company is providing during the Covid-19 pandemic:

- **Charter/Spectrum**

<https://corporate.charter.com/covid-19-response>

<https://www.spectrum.net/support/internet/coronavirus-covid-19-information-spectrum-customers/>

- **Comcast/Xfinity**

<https://www.internetessentials.com/covid19>

<https://www.xfinity.com/prepare>

<https://corporate.comcast.com/covid-19>

Xfinity community WIFI Hotspots: xfinity.com/wifi

- **Sprint**

<https://business.sprint.com/covid-19/>

- **T-Mobile**

<https://www.t-mobile.com/brand/ongoing-updates-covid-19>

- **AT&T**

<https://www.att.com/help/covid-19/>

- **Verizon**

<https://www.verizon.com/about/news/our-response-coronavirus>

- **Frontier Connections**

<https://frontier.com/resources/covid-19>

The above list only includes some of the local area companies that provide internet, phone, and/or other technology based services. So, please research all of the different internet, phone, and/or other technology companies you are familiar with or aware of to learn what services they are providing at this time.

Highland Community College H.O.P.E. program

Highland students who do not have Internet access at home and/or headphones and financial barriers to purchasing either of these may apply for assistance through the **HOPE fund**. Students will need to meet HOPE fund requirements. More information is available at <https://highland.edu/hope-program/>.

Need a laptop?

Highland's Laptop Loan Program

Highland Community College is aware that the change to alternatively delivered courses for the Summer 2020 term and Fall 2020 semester may pose challenges for students who do not have personal access to a device that is adequate for participating in online instruction. Highland offers a computer loan program, making a limited number of computers available to students for personal educational use. If you need this assistance, contact 815-599-3582.

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Here are some possible options to rent or buy technology:

Rent-a-Center(Freeport location): Has both laptops and computers that you can rent

Aaron's(Freeport location): They only have the option to rent-to-own.

Walmart: Has laptops and Chromebooks to purchase for less than \$150.

Comcast (InternetEssentials.com): Has the option for their customers to purchase a low-cost laptop for \$150.

Best Buy (Rockford location): Students can create a free student account and access different student deals. Also, they have the option of "rent-to-own".

Free online education and tutoring resources outside of Highland:

- <https://www.hippocampus.org/?user=myDistanceMN>
 - HippoCampus is an academic website that provides over 7,000 free videos in 13 different subject areas, animations, and simulations on a variety of general education subjects.
- Purdue Online Writing Lab: Purdue OWL
 - Website: https://owl.purdue.edu/owl/purdue_owl.html
 - Purdue OWL is an online writing lab entirely free for students to use. The site includes writing resources and instructional material that will be very helpful when completing different writing assignments.
- Grammarly
 - Website: <https://www.grammarly.com/>
 - Grammarly has a basic package that is free to its users. The free package provides students with suggestions on ways to improve their writing assignments.
- <https://www.controlaltachieve.com/>
 - This website has A LOT of educational GOOGLE tools, several different google app "how to" guides, and lots of other GOOGLE resources.

Unemployment Resources

For unemployment information:

<https://www2.illinois.gov/ides/individuals/UnemploymentInsurance/Pages/default.aspx>

Stephenson County, Illinois, and federal website resource list to help you stay up to date on current news and information:

Stephenson County Health Department website:

<http://www.co.stephenson.il.us/health/>

City of Freeport website link:

<https://cityoffreeport.org/current-and-changing-developments/>

Greater Freeport(COVID-19)Coronavirus Information link:

<https://greaterfreeport.com/2020/03/13/stephensoncountycovid19/>

Illinois Department of Public Health:

<http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>

CDC website: www.cdc.gov

State of Illinois Response to Coronavirus(COVID-19) link:

<https://coronavirus.illinois.gov/s/>

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Health, Exercise, and Wellbeing Online Resources

YMCA Health and Fitness Videos: The YMCA has several online free health and fitness videos. This is a great resource for all age groups. If interested, please visit <https://ymca360.org/on-demand>. YMCA members may now reserve gym and swim times on the YMCA website.

GoNoodle: This is a great app for kids that offers games to keep them moving and active. If interested, please visit <https://www.gonoodle.com>