

Financial, Mental Health & Wellness COVID-19 Response Guide



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Resources to our workforce, their families & anyone needing help:

A. Facts & Information about COVID-19

- 1) Center for Disease Control & Prevention <https://www.cdc.gov/>
- 2) World Health Organization <https://www.who.int/>
- 3) New Mexico Dept of Health <https://nmhealth.org/>

B. Benefits; Finances, Rent, Food, Utilities

- 1) NM Dept of Workforce Solutions UNEMPLOYMENT <https://bit.ly/2xpcLhQ>
- 2) State of NM Assistance <https://bit.ly/2WSvD3R>
- 3) Childcare New Mexico Kids www.newmexicokids.org
- 4) Seniors & Disabled Aging & Long-Term Services Dept <https://bit.ly/3drw371>
- 5) Supplemental Nutrition Assistance Program FOOD <https://bit.ly/2QKgEEX>
- 6) Utilities Electric / Gas Assistance <https://bit.ly/2QJQeZ>
- 7) Keep America Connected Pledge INTERNET FCC <https://bit.ly/2xk4wDU>
- 8) Mortgage Federal Housing Finance Agency <https://bit.ly/2JemDOs>
- 9) Traffic Fine or Penalty Extension <https://bit.ly/3btwtrL>
- 10) Tax Revenue Extension 90 days <https://bit.ly/3ailMXI>
- 11) Rent Evictions Halted by NM Supreme Court <https://bit.ly/2UhRJuQ>

C. Mental Health, Counseling, Therapy

- 1) CDC Manage Anxiety & Stress <https://bit.ly/2UgmkJ1>
- 2) National Institute of Mental Health <https://bit.ly/2UCxWVB>
- 3) TalkSpace Free Online Therapy <https://bit.ly/3drnbhO>

D. Home School / Distance Learning

- 1) US Dept of Education <https://www.ed.gov/coronavirus>
- 2) Khan Academy <https://bit.ly/2UdctUq>
- 3) UNESCO Distance Learning Solutions <https://bit.ly/2UjF9LH>
- 4) New Mexico Higher Education Dept <https://bit.ly/2xpkfSk>

E. Fitness, Exercise, Physical Activities to Destress

- 1) Planet Fitness Facebook Live Streams Daily Workouts <https://bit.ly/39jj5om>
- 2) Barry's Bootcamp Strength & Cardio Instagram Live <https://bit.ly/2JfEVi1>
- 3) Yoga with Adriene 500+ free classes <https://bit.ly/33JDHoD>
- 4) Dance, Zumba at 305 Fitness <https://bit.ly/39jjMOW>

F. Activities to Do While Home

- 1) Visit your favorite animals via live webcam
 - a. San Diego Zoo <https://bit.ly/2WlrAqG>
 - b. Monterey Bay Aquarium <https://bit.ly/2WDRQct>
 - c. Puppies Cam on Explore.Org <https://bit.ly/3bheR2a>
- 2) Learn New Skills like Coding at Harvard.edu for Free <https://bit.ly/3bqBql6>
- 3) Virtual Tours
 - a. Louvre Museum Paris, France <https://bit.ly/39gfp78>
 - b. Yosemite Park <https://bit.ly/2UgoBE3>
- 4) Arts & Crafts
- 5) Read a New Book
- 6) Learn to Cook a New Dish
- 7) Learn a New Language
- 8) Clean, Fix, Organize
- 9) Science Experiments at Home
- 10) Plan a bucket list, vacation, or to plant a healthy garden

Need more help or have any questions? Contact your Company Employee Assistance Program 505-254-3555, Union Hall or Cecilia Finch 505-796-5455

Need Help? Emergency Resources

911Emergency

- +1 (800) 273-8255 National Suicide Prevention Lifeline
- +1 (800) 799-7233 National Domestic Violence Hotline
- +1 (800) 996-6228 Family Violence Helpline
- +1 (800) 784-2433 National Hope line Network
- +1 (800) 366-8288 Self-Harm Hotline
- +1 (800) 230-7526 Planned Parenthood Hotline
- +1 (800) 222-1222 American Association of Poison Control Centers
- +1 (800) 622-2255 Alcoholism & Drug Dependency Hope Line
- +1 (800) 233-4357 National Crisis Line, Anorexia and Bulimia
- +1 (888) 843-4564 GLBT Hotline
- +1 (866) 488-7386 TREVOR Crisis Hotline
- +1 (800) 221-7044 AIDS Crisis Line
- +1 (800) 422-4453 The Child help National Child Abuse Hotline
- +1 (877) 565-8860 The Trans Lifeline