



Resources for Individuals in Recovery Residences / COVID-19

Unemployment – As a result of COVID-19 and business closures, the one week waiting period in applying for unemployment in Pennsylvania has been waived. Apply [here](#).

Evictions – The Pennsylvania Supreme Court has halted all evictions. No landlord can evict a tenant because of a failure to pay rent payments for at least the next two weeks. If you have been evicted or have questions, please call the Office of Consumer Protection for assistance at (814) 871-4371 or 1-800-441-2555.

Online Recovery Support – PRO-A has compiled a list of online recovery resources. As Covid-19 closes most recovery meetings, having access to online recovery support meetings has assisted the recovery community in this time of great need. Link to meetings [here](#).

ZOOM- Most recovery support meetings are now being held using Zoom Meetings. To download Zoom, click [here](#). For an online tutorial on how to use zoom click [here](#).

NARR- The National Alliance For Recovery Residence has compiled a best practices and resources guide for residents, providers and staff members of recovery residences, available [here](#).

United States Department of Housing and Urban Development- COVID-19 ("CORONAVIRUS") Information and resources, click [here](#)

How to be prepared - Access what you can do to prepare yourself in case COVID-19 spreads in your community by clicking [here](#).

Protecting yourself and Others – Protecting yourself and others from being exposed is important in flattening the curve. Learn strategies for protecting yourself by clicking [here](#).

Self-Care- During this time of uncertainty managing your mental health and recovery are very important. Take time to manage your feelings and to practice self-care. From Yoga, to music, to prayer, we all take care of ourselves in differing ways. For a list of self-care ideas click [here](#). The Substance Abuse and Mental Health Service Administration also offers Tips for Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak, click [here](#)

Easing your Coronavirus Anxiety - These simple tips will help you relax and put things in perspective. Taking care of your mental health is very important. Click [here](#).

Staying Connected – Utilizing social platforms, texting, calling, virtual face to face meetings are a great way to stay connected. The World Health organization recommends that we stay in within a physical distance of others but to remain socially connected. More info [here](#)

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Web site: www.pro-a.org

Twitter Feed: <https://twitter.com/PAREcoveryOrg>

Facebook: www.facebook.com/PaRecoveryOrganizationAlliance/