

## Behavioral Health Services

- WCHSC 8:00-5:00 (Call for Apt.)  
1237 W. Divide Ave Door #5  
(701) 328-8888
    - Therapeutic Supports
    - Support Groups
    - Treatment Options
    - Partnership Programming
- Open Access (Waiting Appointment)**  
Mon-Thurs 8:00-10:30  
Tues-Wed 12:00-2:30

## Emergency Health Services

- Sanford Health  
300 N. 7<sup>th</sup> St.  
(701)323-6000
- CHI St. Alexius Medical Center  
900 E. Broadway Ave  
(701) 530-7000

If experiencing symptoms (sore throat, fever, cough, shortness of breath) contact the Hotline Number:

**North Dakota Department of Health COVID-19 hotline 1-866-207-2880**

## Online Resources

How to talk to my child about COVID-19  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

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COVID-19 Multilingual Resources  
<https://www.colorincolorado.org/coronavirus>

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Centers for Disease Control and Prevention (CDC)  
<https://www.cdc.gov/coronavirus/2019-ncov/>

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COVID-19 Parent Resources  
<https://preventchildabuse.org/coronavirus-resources/>

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Tips for dealing with stress  
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation->

# Bismarck Public Schools

College, Career, and  
Community Ready

**Wellness Resources**  
**COVID-19**



**BPS Phone: (701) 323-4000**

<https://www.bismarckschools.org/>

## FOOD SUPPORTS

- Corpus Christi (Call in the morning)  
1919 N. 2<sup>nd</sup> St.  
(701) 255-4600  
Mondays and Thursdays 1:00-1:30
- Trinity Lutheran Free Community Meals  
502 N. 4<sup>th</sup> St. Bismarck  
Tuesdays and Thursdays 5:30-7:00  
Saturdays 11:30  
Sundays 12:00 at Salvation Army  
Salvation Army: 601 S. Washington
- Ministry on the Margins  
201 N. 24<sup>th</sup> St  
(701) 426-8747  
Tuesday Wednesday Thursday 9:30-11:30  
Food/Clothing Pantry  
Thursdays 5:00-7:00 Food Pantry
- Heaven's Helpers Soup Café  
220 N. 23<sup>rd</sup> St.  
(701)751-7687  
Monday thru Saturday 11:00 - 7:00
- Bismarck Emergency Food Pantry  
725 Memorial Hwy Bismarck  
(701) 258-9188  
Mon-Tues-Thurs 1:00-4:00

## BISMARCK PUBLIC SCHOOLS BREAKFAST AND LUNCH OPTION

- BPS will continue to offer a free to-go bagged lunch and breakfast. Bags can be picked up from 11:30 am-12:30 pm at the following schools: Centennial, Miller, Murphy, Northridge, BECEP, Grimsrud, Lincoln, Moses, Myhre, Pioneer, Roosevelt, Solheim, Sunrise, Will-Moore, Wachter, BHS, CHS, SCHS.  
  
Friday food backpacks will be delivered to the above schools and available for pick up on Fridays between 11:30-12:30
- These meals are free for anyone ages 1-18 regardless of which school they attend.

## Students in Transition

Families of students in transition who need additional support during this time can contact Sherrice Roness at (701) 527-4927

*The Bismarck Public School District does not discriminate on the basis of race, sex, color, national origin, religion, age or disability in admission or access to or treatment or employment in its programs and activities. Bismarck Public Schools provides equal opportunity to its programs, activities, and employment. If you cannot fully access the information on any web page of this site, please let us know the accessibility issue you are having by contacting Stacey Geiger at (701) 323-4071. We will provide the information to you in an alternative format that could include accessibility via auxiliary services such as interpreters, large print, braille or recorded material. You may also contact the TTY Relay Service at 711 or 1-800-366-6888 two weeks prior to the event.*

## BASIC NEEDS

- Community Action (Call for Assistance)  
2105 Lee Ave Bismarck  
(701) 258-2240
  - Energy/Fuel Assistance
  - Food
  - Clothing
  - Rental Assistance
- Salvation Army (Call for Appointment)  
601 S. Washington  
(701) 223-1889  
Monday thru Friday  
9:00-12:00 and 1:00-4:00
  - Food Pantry  
Tues-Wed-Thurs 9:00-10:30 AM
  - Rent
  - Utilities

## DEALING WITH STRESS

- Understand the real risk to yourself and those around you. Public perception is often inaccurate.
- Be your own advocate. Ensure you have what you need to feel safe, secure, and comfortable.
- Educate yourself. Ask questions and get information from reliable sources. The resources in this brochure are all from reliable sources.
- Work with your employer. Communicate and ask questions which might be causing you worry.
- Connect with others by telephone, email, texting, and social media
- Use practical ways to cope and relax: deep breathing, stretching, counting. Your child can teach you!

