

FREE and LOW COST Resources for Recovery in Monroe County

Complete Resource Guide in English/Spanish/Creole at [KeysHelp.org](https://www.keys-help.org)


HELP

Start at United Way's online resource guide for a list of COVID-19 related services, as well as those available at all times.

KeysHelp.org
info@keyshelp.org or 305-735-1929

VACCINE

Register at: <https://myvaccine.fl.gov/> or call **866-201-7069**
 Call the Helpline at **833-540-2081** for information on eligibility, and when & where you can schedule your appointment to get vaccinated.
 Veterans visit: [MonroeCounty-fl.gov/va](https://www.monroecounty-fl.gov/va)



Calls to all agencies are being returned as quickly as possible. Please be patient, check your voicemail & welcome help in many different ways.

FOOD

Go to [KeysHelp.org](https://www.keys-help.org) and click on the blue bar labeled **COVID-19 Local Food and Meal Resources** for a complete list of food pantries, hot meals, and other nutrition resources.

Apply for **SNAP** food benefits at [MyFlorida.com/AccessFlorida](https://www.myflorida.com/accessflorida). Get help applying by calling SOS at 305-699-2262

BABY

Florida Keys Healthy Start Coalition
 Childbirth and breastfeeding education, car seats, diapers, formula, mental health support, transportation to doctor's appointments, prenatal care, parent support & playgroups.
 305-293-8424

Guidance/Care Center
 FREE or low cost counseling, psychiatric care, help for substance abuse & suicide prevention.
 305- 434-7660 (For 24/7 Crisis Hotline, option #8)

RENT & UTILITIES

Catholic Charities Assistance for residents at risk of homelessness. 305-292-9790
Samuel's House Assistance for families. 305-296-0240
FKOC Help for individuals and families at risk of homelessness. 305-295-7741
A.H. Monroe Primarily for residents who are HIV Positive. 305-296-6196
Cornerstone Assistance for residents at risk of homelessness. 305-797-7691
KAIR Assistance for residents in Marathon at risk of homelessness. 305-743-4582
Low Income Home Energy Assistance Program (LIHEAP) is administered by Monroe County Social Services. 305-292-4408
Facing Eviction? DHHS-CDC declaration form for landlord: <https://tinyurl.com/y3my6hcb>
Legal Services of Greater Miami Inc.
legalservicesmiami.org/covid-19 866-686-2760

HEALTH CARE

Womankind, Key West
 Primary Care for all adults & teens, including lab testing & ultrasounds. 305-294-4004
Keys-AHEC Health Centers
 Free primary care for children at schools
 M - F, 8 am - 3 pm, 305- 743-7111 ext 210
Rural Health Network, Key West
 Primary care for Adults , Dental Care for All, COVID Testing. Translation Available.
 M - F, 8 am- 5 pm, 305- 517-6613
CHI, Marathon and Tavernier
 Primary Care & Pediatrics at both locations, OB/GYN & Dental in Marathon.
 Marathon: (305) 743-4000
 Tavernier: (305) 743-0383
Good Health Clinic, Marathon
 Primary Care, Women's Health, Walk-in/Urgent Care and lab testing. 305-853-1788

COVID TESTING

Find a location: monroe.floridahealth.gov/covid19 click "Testing Sites"

FREE BY APPOINTMENT: Department of Health Monroe: 786-910-9764