



CSUDH Basic Needs COVID-19 Resources

FINANCIAL:

- **Student Relief Fund:**
 - The Student Relief Fund supports students affected by COVID-19-related campus closures. Students who submit a note may gain access to financial assistance, resources, and other solutions.
- **CSUDH Faculty and Staff Student Support Grant (On campus)**
 - This grant is designed for students who are experiencing any financial hardships. Students are able to apply for up to \$250-\$1,000 per academic year. Click on the link to retrieve the [application](#).
- **Jewish Free Loan Association (Off campus)**
 - JFLA provides a homeless student loan for students who have been displaced, are currently couch surfing, staying in a shelter, etc. Students must be currently employed. This loan does not require a co-signer or guarantor. Click on the link to retrieve the [application](#).
- **Scholly - COVID-19 Student Relief Fund (Limited applications)**
 - Scholly is offering \$200 in cash assistance to support students in need during the COVID-19 health crisis. Click the link to apply.
- **Mission Asset Fund - California College Student Grant (Limited applications)**
 - MAF has established the CA College Student Support fund to support California college students during this crisis. Eligible students will receive a \$500 grant to help manage their financial needs.
- **Student Debt Crisis - COVID-19 Student Loan Aid Tool**
 - This automatic sign-up tool is for people who lose their jobs or have hours cut due to COVID-19. Students in this situation may be eligible to have their student loan payment reduced - check the link to determine your eligibility.
- **United States Bartenders' Guild – Bartender Emergency Assistance**
 - USBG is offering loans to bartenders who may be out of work.
- **Freelance Artists - COVID-19 Resources**
- **One Fair Wage - Emergency Financial Aid for Service Workers**
 - One Fair Wage is offering cash assistance to service workers and tipped workers.
- **California Restaurant Association Foundation - Grants for Restaurant Workers**
 - CRAF is offering financial assistance to restaurant workers in crisis. Click the link to find relevant COVID-19 resources or to apply for a grant.
- **Children of Restaurant Employees - COVID-19 Support**
 - CORE is supporting food & beverage service employees with children, who have been medically diagnosed with COVID-19.
- **National Domestic Workers Alliance - Coronavirus Care Fund**
 - The Coronavirus Care Fund (CCF) provides \$400 emergency assistance for qualifying home care workers, nannies, and house cleaners experiencing financial hardship due to the pandemic.

- **Social Services (California)** Access to general relief/unemployment benefits: please click the links corresponding to your county to apply for general relief, CalWORKs, Medi-Cal, and/or CalFresh
 - [Los Angeles County](#)
 - [Orange County](#)
 - [Riverside County](#)
- **Employment Development Dept (California) [Unemployment or Disability Benefits](#)**
 - Provides general guidance as to what programs are available and what situations may be applicable to your circumstances.

FOOD:

- **Los Angeles Regional Food Bank - [Find Your Local Food Pantry](#)**
 - Enter your address in the page above to find your local LA food pantry
 - 1735 E. 41st. St. Los Angeles, CA 90058
 - (323) 234-3030
- **[WhyHunger Hotline](#) (800-548-6479)**
 - Refers people across U.S to food pantries, soup kitchens, and government nutrition programs
- **FoodStampsNow.com - [List of Grocery Stores That Accept EBT Online for Delivery](#)**
 - This article details the online EBT programs of major grocery stores along with how to place an online order for delivery.
- **USDA Food and Nutrition Service – [COVID-19 Waivers](#)**
 - Click the link to see available child nutrition, WIC, and SNAP waivers available during the COVID-19 outbreak.
- **World Harvest Food Bank: <http://www.worldharvest.org> Offers: Groceries and Hot meals**
 - 3100 Venice Blvd. Los Angeles, CA, 90019
 - Phone: (213) 746-2227
- **[AuntBertha.com](#)**
 - Visit auntbertha.com for food bank locations or food resources (along with other free or reduced cost services such as medical care, housing, financial, etc.
- **Food Net - San Pedro Service Center**
 - 769 W Third St., San Pedro CA (310) 519-5091
 - M-F 8am - 5pm appointments only
- **Hope In Action**
 - 2420 PCH, Hermosa Beach (310) 374-4673
 - Hours 9am to 12pm **Wednesday's and Friday's**
 - Can get food once a week bring picture ID
- **Food Pantry LAX**
 - 355 E. Beach St Inglewood (310) 677-5597
 - Hours: 9am -12pm **Tuesday's and Friday's**
- **[New Challenge Ministries Torrance](#): Offers: Hot meals**
 - 21804 Halldale Ave. Torrance, CA – 90501
 - Phone: (310) 320-4171
 - Hours: Monday-Saturday 10:30am - 12:00pm

- **Youth Center on Highland:** 3 Hot meals 7:30am-5pm/Shower there once a day as well
 - 1118 N. McCadden Place Los Angeles, CA 90038
 - Phone: (323) 860-2280
- **Harbor Interfaith Services** (Serves San Pedro, Wilmington, Lomita)
 - 670 W. 9th St, San Pedro 310-831-9123 HCit, Harbor Gateway
 - M-F 9am to 5pm

HOUSING:

- **211 Hotline**
 - During COVID-19 pandemic, dialing '211' will connect you to a local responder who can give assistance related to food, housing, and childcare concerns
- **Basic Needs Program (CSUDH Students)**
 - In support of the CSU Basic Needs Initiative, CSUDH's Basic Needs Program connects students with food, housing, and financial resources and services.
- **YMCA**
 - Offering free showers various locations from 9am-2pm
 - 8015 Sepulveda Blvd. Westchester, CA 90045
 - 4301 W 3rd St. Los Angeles, CA 90020
 - 9900 S Vermont Ave., Los Angeles, CA 90044
- **U-Haul – 30 days of free storage**
 - U-Haul is offering 30 days of free storage to college students facing unforeseen moves or schedule changes
- **National Domestic Violence Hotline** (800-799-723)
 - For survivors of domestic abuse, staying home to prevent the spread of COVID-19 may further compromise survivors' safety. The link above provides specific tips for survivors in regards to creating safety plans and reaching out for help
- **COVID-19-related Suspensions on Foreclosures and Evictions:**
 - Federal Housing Finance Agency - [Mortgage Assistance for Homeowners Affected by COVID-19](#)
 - Bankrate - [Mortgage Relief Guide](#)
 - Millionacres - [Cities & States That Have Paused Evictions Due to COVID-19](#)
 - There has been a temporary suspension of foreclosures and evictions for: Federal Housing Administration insured mortgages; Fannie Mae and Freddie Mac backed mortgages; and, USDA financed homes across rural America. Click the links for more info
- **Homeless Individuals - Coordinated Entry System (CES)**
 - (310) 831-9123
- **Homeless Family Solution System (HFSS)**
 - (310) 831-0589
- **First 5 LA (Families w/children under 5)**
 - (562)594-9492/ Office open from 8-5pm
- **First 5 LA Hotline 24/7**
 - (562)594-4555
- **Winter Shelter Hotline**

- (800)548-6047

MENTAL HEALTH SERVICES:

- **Leader Self-Care Project** – [Online Virtual Support Circles](#)
 - The Leader Self-Care Project is hosting a series of online virtual support circles to give workers in industries on the frontlines confronting the pandemic a safe space in which to share their experiences with peers along with strategies for survival and self-care. If you are a healthcare, grocery store, janitor/sanitation, warehouse, or transportation worker, email michael@michaelnobleza.com to register
- **Substance Abuse and Mental Health Services Administration (SAMHSA)** – National Helpline (800-662-HELP)
 - Link above leads to tip sheet that provides information for taking care of behavioral health during times of social distancing, quarantine, and isolation
 - [Disaster Distress Helpline](#) (800-985-5990)
Provides immediate crisis counseling for people experiencing emotional distress relating to natural/human-caused disaster
- **Online AA Meetings**
 - Includes links to various websites and apps for virtual AA meetings to respond to suspensions in in-person meetings
- **CDC** – [Taking Care of Your Emotional Health](#)
 - CDC provides general guidelines for coping with stress, anxiety, and grief during emergencies like COVID-19
- **The Guardian** - [Managing Anxiety During COVID-19](#)
 - Read the article above to help take control over your health anxiety
- **Calm** - [Free Meditation Resources](#)
 - Includes different guided meditations and mindfulness resources to help stay calm during the COVID-19 pandemic
- [AMR Therapy](#)
 - AMR Therapy is offering sliding scale mental health therapy and 30-minute phone sessions for donation only. AMR is operated by licensed professionals donating their time and expertise to whatever you are able to afford
- **LA Department of Mental Health** - [Resources for Coping with COVID-19](#)
 - LACDMH provides helpful resources for coping with anxiety and stress during the pandemic. The site also lists various resources for families, parents, children, healthcare providers, and community and peer support
- **CredibleMind** - [COVID-19 Center](#)
 - CredibleMind provides medical information, practical tips, and mental health and wellbeing support in their COVID-10 Resource Center
- **Headspace** - [Weathering the storm \(meditations\)](#)
 - Headspace is offering a collection of meditations and sleep/movement exercises to help you find some space and kindness for yourself and those around you
- **Wysa** - [AI Chat to Cope with Isolation, Anxiety and Depression](#)
 - Wysa is an AI chatbot with exercises to help with stress, depression, and anxiety. They have developed activity packs for Isolation Stress and Pandemic Stress and

are currently offering those for free to the public. They are also offering their entire platform for free to frontline healthcare workers

- **Sanvello** - [Free Premium Access During COVID-19 Crisis](#)
 - Sanvello is an app that provides exercises for managing stress, anxiety, and depression. They are providing premium access- all content, coping tools, and peer support, for free during the crisis
- **Happify** - [Free Tracks for COVID-19](#)
 - Happify is an app and website designed to help users overcome negative thoughts, stress, and life's challenges using evidence-based solutions. They are offering a free set of tracks during this time to help users care for their mental health
- **National Alliance on Mental Health (NAMI)**
 - South Bay Office (310) 533-0705
- **Exodus Recovery**
 - 923 S. Catalina Ave, Redondo (310) 792-5454
- **LA County Mental Health**
 - 24/7 Access Line (800) 854-7771
- **San Martin De Porres Counseling Center**
 - 15342 Hawthorne Blvd, Lawndale (310) 644-3300
- **Department of Mental Health San Pedro**
 - 150 W. 7th St, San Pedro (310) 519-6218

INFORMATION:

- **Charter Communications** – [Free Wi-Fi for 60 Days](#)
 - Charter will offer free Spectrum broadband and Wi-Fi access for 60 days for households with K-12 and/or college students who do not currently have Spectrum broadband subscription
- **NAFA: Association of International Educators** – COVID-19 [Resources from Organizations Serving International Education](#)
 - NAFSA provides links to various resources surrounding COVID-19 and its impact on international education
- **Employment Development Department (California)** – [Support services to individuals affected by COVID-19](#)
 - EDD details how workers and caregivers can apply for disability, unemployment, or family leave during pandemic
- **Student Debt Crisis** - COVID-19 Student Loan Relief and Policy Updates [Webinar](#)
 - Student Debt Crisis will hold a webinar on April 11th to explain new benefits that can assist people struggling to make their student loan payments during this unprecedented time. Click the link to register

ADVOCACY

- **Swipe Out Hunger & Rise** – [Student Basic Needs Petition](#)
 - Add your name to the petition to support a bill to provide \$1.2 million in emergency aid to college students affected by COVID-19-related campus closures
- **LA Consumer & Business Affairs:** [Awareness of Price Gouging](#)

- When the government declares an emergency, increasing the price of goods & services by 10%+ may be price gouging. The link above provides general guidelines for identifying and reporting instances of price gouging
- **California Immigrant Youth Justice Alliance** – [Resources for Undocumented People](#)
 - CIYJA compiled this crucial resource guide (in English and Spanish) for undocumented Californians during the COVID-19 pandemic. The guide provides information to help undocumented individuals access healthcare, food, and family resources
- **National Alliance to End Homelessness** – [Letter: Tell Congress to Include Emergency Funds for Homelessness in COVID-19 Response](#)
 - Allows individuals to request that their Members of Congress provide funds to homelessness and housing programs during the pandemic
- **Rent Strike 2020 (California)** – Governor Gavin Newsom: [Suspend Rent, Mortgage, Utility Payments](#)
 - Links to a Google Doc petition by Rent Strike 2020 to temporarily suspend rent, mortgage, and utility payments during COVID-19 crisis to protect workers who must skip work for the sake of the health of their community
- **US Senate Committee on Health, Education, Labor & Pensions** - [Info on COVID-19 Bill \(Senator Murray\)](#)
 - NASFAA Fact Sheet - [Supporting Students in Response to Coronavirus Act](#)
 - This bill would provide more than \$3 billion to address education-related issues during COVID-19 pandemic
- **LAist** - [LA Renter Rights](#)
 - This guide details the rights individuals have as renters in Los Angeles
- **OnCampus Research** – [Student Response to COVID-19 Survey](#)
 - OnCampus researchers will assess and share the results of this survey to better understand and address the ways in which COVID-19 has altered campus climates

UNDOCUMENTED COMMUNITY

- Resource guide created by California Immigrant Youth Justice Alliance available at <https://ciyja.org/covid19/>
- CHIRLA (Coalition for Humane Immigrant Rights Los Angeles) has a free hotline you can call if you think you have the Coronavirus at 888-624-4752. In California, immigrants have access to emergency care regardless of immigration status. More information here: https://www.chirla.org/avada_portfolio/community-education/

TRANS/QUEER RELIEF

- Trans/ queer relief assistance form: https://docs.google.com/forms/d/e/1FAIpQLSfO1Ws5YgKFMXKu9CSh_WUVCznsExW6bnJpom5JsP24XwCLQ/viewform

- Navigating COVID-19 and Chest Binding: Tips for respiratory health for Trans and Non-Binary people who bind their chest: <https://www.instagram.com/p/B9u3L6mJg8x/>
- The Coronavirus: What Trans People Need to Know: Creating a Plan of action for trans folk: <https://transequality.org/covid19>
- Queer Elder Hotline for Stress or Anxiety: SAGE, an advocacy & services group for LGBT Elders, has a national 24/7 hotline for elders if they are feeling stress or anxiety at 1-877-360-LGBT / 1-877-360-5428 more info here: <https://www.sageusa.org/coronavirus/>

TEENS & YOUTH SERVICES:

- **California Youth Crisis Line - Live Chat 24 hr.**
 - (800) 843-5200
- **Dept Children & Family Svcs for Transitional Housing for Former Foster Youth ages 18-21**
 - (213) 351-0190
- **Emergency Shelter for Youth ages 10-17**
 - 1736 Family Crisis Ctr (24 hr.) drop in center 1736 Monterey Blvd, Hermosa (310) 379-3620
- **SSG/Occupational Therapy Training Program**
 - 19410 S Vermont Ave Ste. L102, Torrance (310) 323-6887
- **Teen Line**
 - 7 days 6:00 pm to 10:00 pm PST toll-free from anywhere in California (310) 855-HOPE (4673) Text us by texting “TEEN” to 839863

MEDI-CAL INFO:

- **Eligibility Status for Health Care Options**
 - (800) 430-4263
- **Denti-Cal Provider Search**
 - (800) 322-6384

U.S. VETERAN SERVICES (US)

- **US Vets Initiative (Men Only)**
 - (310) 348-7600 Inglewood
 - (562) 200-7300 Long Beach
- **Los Angeles Vets Center Counseling Center**
 - 1045 W Redondo Bch Blvd, #150, Gardena (310) 767-1221
- **1736 Crisis Center - Veterans' Outreach**
 - Referral Line (866) 249-2557

SENIORS

- **Older Adult/Senior Abuse LA-In-Home** (877) 477-3646 Care Facility (800) 231-4024
- **Older Adult Case Management:**
 - Beach Cities Health District (310) 374-3426 x256

- SCAN Independence at Home (562) 637-7116
- **Meals-on-Wheels:**
 - Beach Cities (310) 318-2827 /9am-4pm Monday- Friday
 - Torrance, Lomita (310) 542-3434/8:30am-2:30pm Monday-Friday

EMERGENCY SVCS:

- Life threatening Emergency - 911
- Child abuse Hotline – 800-540-4000

Domestic Violence Helplines:

- Rainbow Services 310-547-9343 1736
- Family Crisis Center 310-370-5902
- Asian/Pacific Islander 800-339-3940
- Los Angeles County 800-978-3600
- Legal Aid Foundation 562-435-3501
 - 800-399-4529

Rape & Sexual Assault Hotline:

- Asian/Pacific Islander 800-339-3940
- YWCA 877-943-5778
- Treatment Ctr UCLA 310-319-4000
- Area Services 800-656-4673

Suicide Hotline

- Los Angeles 24 hrs. 877-727-4747