

RESOURCES FOR STUDENTS & INDIVIDUALS

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
- Scholly - [COVID-19 Student Relief Fund](#)
 - Scholly is offering \$200 in cash assistance to support students in need during the COVID-19 health crisis. Click the link to apply
- [Emergency Grant Scholarship for Basic Needs](#) (CSUDH Students)
 - Provides small emergency grants for CSUDH students requiring immediate assistance
- Mission Asset Fund - [California College Student Grant](#)
 - 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
- The Jewish Free Loan Association - [Loans Available for Those Affected By Coronavirus](#)
 - JFLA is offering interest-free and fee-free loans to those impacted by coronavirus, to cover childcare, lost wages, and student homelessness. You do not need to be Jewish to apply
- 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
- **California** Social Services - 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](#)
- **California** Employment Development Department – [Unemployment or Disability Benefits](#)
 - Provides general guidance as to what programs are available and what situations may be applicable to your circumstances

Food

- [Food & grocery programs \(LA County\)](#)-Provides a list of organizations that providing food or groceries to individuals.
- Second Harvest Food Bank ([Orange County](#)) - [Pop-Up Drive-Thru Food Distribution](#)
 - Second Harvest Food Bank is hosting weekly drive-thru food distribution of shelf-stable items and produce. Pop ups are held on Saturdays from 9:00AM - noon in the Honda Center Parking Lot
- Los Angeles Regional Food Bank - [Find Your Local Food Pantry](#)
 - Enter your address in the page above to find your local LA food pantry
- [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.)
- [WhyHunger Hotline](#) (800-548-6479)
 - Refers people across U.S to food pantries, soup kitchens, and government nutrition programs
- [Basic Needs Program \(CSUDH Students\)](#)
 - In support of the CSU Basic Needs Initiative, CSUDH Basic Needs Program connects students with food, housing, financial resources and services
- 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

Housing

- 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
- [2019-2020 LAHSA winter shelter program](#) 800-548-6047(Available 24/7)
 - Saturday, December 1, 2019 through Sunday, March 31, 2020
 - Please visit the website for more information: <https://www.lahsa.org/>
- [Homeless response system resources](#)- Connect with organizations that can assist people homelessness.
- [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 regard 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
- [California](#) Executive Order N-37-20 - [Notice of Coronavirus Inability to Pay Rent](#)
 - This is a notice that tenants must give to landlords if they cannot afford to pay rent due to lost income. To avoid evictions, tenants must submit the document above

Mental Health

- [COVID-19 Mental Health Resources](#)- The Los Angeles County Department of Mental Health (LACDMH) put together a list of resources to provide support and wellbeing 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
- [OC-Links](#) - Information and Referral Line ([Orange County](#))
 - (855)-OC-Links (855-625-4657)
 - The number above provides telephone and online support for individuals seeking information or linkage to behavioral health services
- [NAMI CA](#) - Provides trusted sources and advice on staying safe, maintaining mental wellness and more.
 - [COVID-19 Resource and Information Guide](#) – NAMI put together this wonderful resource and information guide.
 - [NAMI OC Warmline](#) - (714) 991-6412 ([Orange County](#))
 - The free and confidential hotline above provides non-crisis emotional support for anyone struggling with mental health concerns
 - Individuals can call or text from 9AM - 3AM Mon-Fri; 10AM - 3AM Sat-Sun
- [Didi Hirsch Warmline](#) – 888-807-7250 ([LA County](#)) or 714-547-0885 ([Orange County](#))
 - The free and confidential mental health or substance use services.
 - Individuals can call from Mon-Fri 8:30am-5:00pm
 - National Suicide Prevention Lifeline - 800-273-8255 (English/Spanish 24/7)
- 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

Meditation and Mindfulness Apps

- Stop, Breathe, & Think -[Cope with stress by managing your breathing.](#)
 - The app offers a variety of exercises and information on the effects of stress on the body.
- [Calm](#) - Improve your focus, happiness, or gratitude by listening to music, meditation sessions, or a calming background image.
- [Smiling](#) mind-This app content is divided by age and incorporates an easy program for both children and adults.
- [UCLA Mindful](#) - Basic meditation exercises in English and Spanish.
 - Informative videos exploring how to get started, supportive meditation postures, and the science of mindfulness.
- 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
- [Nod](#) – Nod an app to help students grow and maintain strong social lives through the COVID-19 crisis.
 - [Read the press release](#)

Information

- [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
- 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

Donations to Support Students' Basic Needs

- **CSUDH** - [Student Emergency Fund](#)
 - All donations provides \$250 to \$1,000 to CSUDH students who would otherwise find it difficult to continue their education.
- California State University (**CSU**) - [Support Student Basic Needs](#)
 - To help Cal State students in need during this critical time, visit the link above & look for the 'donate' option. You can also support a student food pantry to have essential items shipped directly to a CSU campus

FREE Online Courses

[Online Resilience Course](#) - Penn and Coursera have arranged to release Dr. Karen Reivich's online resilience course at no charge for a limited time, to help people during this challenging time.