

## CSUDH Basic Needs Resource List

### **Financial and Discount Resources:**

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#### **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:**

- 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:**

- 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: <https://www.jfla.org/eligibility/>

#### **Scholly: [COVID-19 Student Relief Fund](#) (*Limited applications*)**

- Scholly is offering \$1,000 in cash assistance to support students in need during the COVID-19 health crisis. Click the link to apply.

#### **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.

#### **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.

**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](#)

#### **Employment Development Dept - [Unemployment or Disability Benefits](#)**

- Provides general guidance as to what programs are available and what situations may be applicable to your circumstances.

#### **CSUDH Scholarships:**

- CSUDH offers a tradition of academic excellence, with a wide selection of academic programs. We are committed to making it possible for more students to access and afford a quality university education from a recognized institution of higher learning. As part of this commitment, CSUDH offers a wide range of scholarship programs to help students finance their degrees. Each year, we award more than \$102 million in scholarships and grants. We strongly encourage you to apply for scholarships today.
- Search for CSUDH Scholarships via the [Scholarship Portal](#).

**EDD Student Assistant: [https://www.edd.ca.gov/about\\_edd/Student\\_Assistant\\_Program.htm](https://www.edd.ca.gov/about_edd/Student_Assistant_Program.htm)**

- Our Student Assistant/Graduate Student Assistant Program offers on-the-job experience in a government setting. You can see what it is like to work for the state and how various programs impact each other and the people of California.
- We have student assistant opportunities throughout the state in a variety of fields, including accounting, administration, marketing, information technology, human resources, and more.

**Classified School Employee Summer Assistance Program:**

- [The Classified School Employee Summer Assistance Program](#) (CSESAP) provides up to a dollar for dollar match on amounts withheld from a participating local educational agency's (LEA's) classified school employees' monthly paychecks during the 2020-21 school year. The classified employees' pay withheld and the state match funds will be paid by LEAs to the LEA's eligible employees in the summer months following the 2020-21 school year.

**Metro Bus/ Railway Discounts for college students:**

- [Metro](#) is partnering with a growing number of colleges to offer reduced fare to a broader range of college students. Participating colleges expedite the process by administering the U-Pass enrollment and TAP stickers. Rates will vary depending on each college's fare subsidy program and will either match the College/Vocational Reduced Fare TAP card rate or provide even greater savings.

**Emergency Broadband Benefit:**

- [The Emergency Broadband Benefit](#) will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

**Amazon Prime Student:**

- [Amazon Prime](#) is one of our favorite resources for college students. Students can get free 2-day shipping, access to Amazon's TV and movie streaming service, special student pricing, and exclusive deals. Try out a free 30 day trial below! After the trial period students get a discounted monthly rate at \$6.49 (versus \$12.99).

**Spotify Music Streaming:** <https://www.spotify.com/us/student/>

- Spotify is a music streaming service. Students can sign up for a student account for \$4.99/month. They will also get access to Hulu and Showtime. A total savings of \$21.98/month. A great all-in-one resource for college students.

**Youtube Premium:** <https://www.youtube.com/premium/student>

- YouTube Premium also offers a student discount for college students. Students will get access to Ad-free videos and the ability to download them offline. Students can also stream music Ad-free through the YouTube music app.

**Apple Music:** <https://support.apple.com/en-us/HT205928>

- Another music streaming service popular among college students. Students will get access to Apple music, as well as Apple TV. Verify your status as a student and you will get special student pricing for up to 4 years.

## **Food Resources:**

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### **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.

### **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.

### **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

### **CA meals for kids: <https://www.cde.ca.gov/re/mo/comeals.asp>**

- The CA Meals for Kids mobile application helps you find nearby California Afterschool and Summer Meal Programs Sites through your iOS, Android, or Microsoft devices.

### **Food Pantry LAX**

- 355 E. Beach St Inglewood (310) 677-5597
- Hours: 10am -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 (closed Wednesday)- Friday 11:00 am – 2:00/ Saturday 10:00 am - 4:00pm

### **Youth Center on Highland: 3 Hot meals 7:30am-5pm (everyday)/ 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. 9<sup>th</sup> st, San Pedro 310-831-9123 HCit, Harbor Gateway
- M-F 9am to 5pm

## List of grocery stores that accept EBT

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Find stores that accept Calfresh/ Calworks with the EBT locator:

<https://www.ebt.ca.gov/locator/index.html>

Albertson's (various locations) : <https://local.albertsons.com/ca.html>

Safeway (various locations): <https://local.safeway.com/safeway/ca.html>

Vons (various locations): <https://local.vons.com/ca.html>

### [Amazon Fresh store - Irvine](#)

13672 Jamboree Rd

Irvine, CA 92602

Store hours 7 AM - 10 PM

### [Amazon Fresh store - Long Beach](#)

6235 E Spring St

Long Beach, CA 90808

Store hours 7 AM - 10 PM

### [Amazon Fresh store - Ladera Heights](#)

6855 S La Cienega Blvd

Los Angeles, CA 90045

Store hours 7 AM - 10 PM

### [Amazon Fresh store - North Hollywood](#)

5101 Lankershim Blvd

North Hollywood, CA 91601

Store hours 7 AM - 10 PM

### [Amazon Fresh store - Northridge](#)

19340 Rinaldi St

Northridge, CA 91326

Store hours 7 AM - 10 PM

### [Amazon Fresh store - Whittier](#)

15225 Whittier Blvd

Whittier, CA 90603

Store hours 7 AM - 10 PM

### [Amazon Fresh store - Woodland Hills](#)

6245 Topanga Canyon Blvd

Woodland Hills, CA 91367

Store hours 7 AM - 10 PM

Nates Market Plaza

2876 W. Alondra Blvd.

Compton, CA 90220

Family Farm Market  
1534 S. Wilmington Ave.  
Compton, CA 90220

A & D Mini Mart  
910 S. Central Ave.  
Compton, CA 90220

Carson Farmer's Market  
18600 S. Figueroa St.  
Gardena, CA 90248

Jr. Meat Market  
616 W. Alondra Blvd.  
Compton, CA 90220

Riteway Market  
524 W. Alondra Blvd.  
Compton, CA 90220

Arjun Prathana, Inc. #1  
2601 E. Victoria St.  
Compton, CA 90220

The Palace 99 Cent Market #1  
2107 W. Compton Blvd.  
Compton, CA 90220

Aldi #10  
203 Towne Center Dr.  
Compton, CA 90220

Dollar Tree  
1789 Alameda St.  
Compton, CA 90220

Compton Convenient Market  
995 W. Compton Blvd.  
Compton, CA 90220

La Michoacana Market #2  
310 W. Alondra Blvd.  
Compton, CA 90220

Target Store  
1624 S. Alameda St.

Compton, CA 90220

Tadeo's Mini Market #1  
901 W. Compton Blvd.  
Compton, CA 90220

Byby's Bakery  
728 W. Compton Blvd.  
Compton, CA 90220

Bunny's Mini Market  
906 S. Willowbrook Ave.  
Compton, CA 90220

Compton Market  
625 W. Compton, CA 90220  
Compton, CA 90220

H Market  
140 E. Alondra Blvd.  
Compton, CA 90220

Sun Market  
516 W. Compton Blvd.  
Compton, CA 90220

Tdt Community Market  
814 W. Gardena Blvd.  
Gardena, CA 90247

Save Town  
509 W. Compton Blvd.  
Compton, CA 90220

Little Cow Market  
208 E. Alondra Blvd.  
Compton, CA 90220

Food 4 Less  
1900 Rosecrans Ave.  
Compton, CA 90220

Ensenada Meat Market  
851 W. Gardena Blvd.  
Gardena, CA 90247

Gardena Supermarket

1012 W. Gardena Blvd.  
Gardena, CA 90247

Food for Less  
1299 Artesia Blvd.  
Gardena, CA 90248

Family Dollar #11854  
381 W. Compton Blvd.  
Compton, CA 90220

\$1 Plus Store  
1017 W. Gardena Blvd.  
Gardena, CA 90247

Rite Aid  
1001 N. Central Ave.  
Compton, CA 90222

99 Ranch Market  
1340 Artesia Blvd.  
Gardena, CA 90248

Dollar Tree  
132 E. Compton Blvd.  
Compton, CA 90220

### **Grocery Stores in Carson**

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99 Cent Only Store  
619 E. University Dr.  
Carson, CA 90746

Ralphs  
650 E. Carson St.  
Carson, CA 90745

Kmart #4987  
500 Carson Town Center Dr.  
Carson, CA 90745

El Gallo Market  
21002 S. Main St.  
Carson, CA 90745

Stratzen, Inc. #6129  
21313 S. Avalon Blvd.

Carson, CA 90745

Walmart Neighborhood Market  
20226 S. Avalon Blvd.  
Carson, CA 90746

Miracle Market  
800 W. Alondra Blvd.  
Carson, CA 90746

**Restaurant Meals:** <https://dps.lacounty.gov/en/food/meals.html>

- This is a CalFresh Program that allows you to use your Golden State Advantage (EBT) card to purchase prepared meals from participating restaurants. This program is available to you if you meet one of the following conditions:
- Homeless
- Elderly - age 60 years or older and his/her spouse (husband, wife, common-law husband, common-law wife)
- Disabled and his/her spouse (husband, wife, common-law husband, common-law wife) - Receiving Social Security Disability Benefits; Railroad Retirement Benefit Annuities; or Cash Assistance Program for Immigrants (CAPI).

**Budget with Calfresh:** <https://cuesa.org/article/eating-well-food-stamp-budget>

**Saving with Calfresh:** <https://cuesa.org/article/good-and-cheap-how-one-author-learned-cook-4-day>

**Online grocery stores:**

Amazon Fresh (free delivery with Prime account) and Walmart: <https://www.cdss.ca.gov/ebt-online#:~:text=Individuals%20and%20families%20can%20purchase.%2C%20Safeway%2C%20and%20Vons%20locations.>

Use Calfresh at select retailers via **Instacart:** <https://instacart.oloiyb.net/c/2453138/1094708/7412>

**Farmers Markets**

Farmer's markets, including all of CUESA's (<https://cuesa.org/article/10-things-know-about-calfresh>) accept CalFresh benefits. Redeem your CalFresh benefits by visiting the farmers market info booth. Let the market staff know how many benefits you want to redeem, swipe your EBT card, and receive market coins or paper scrip to use at individual farmers market stands. CalFresh coins can be used to purchase any food product except hot foods or food made for immediate consumption.

- *Market Match* (<https://cuesa.org/market-match>) : At participating farmer's markets, CalFresh shoppers can double their food dollars, receiving additional market coins *for free* to spend on fruits and vegetables only.



## **Housing:**

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### **211 Hotline:** <http://www.211.org/>

- 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:** <https://www.yocala.org/blog/mayor-announces-y-will-open-showers-homeless>

- 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

### **National Domestic Violence Hotline:** <https://www.thehotline.org/> (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

### **Winter Shelter Hotline**

- (800)548-6047

## **Mental Health Services:**

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### **CSUDH Student Psychological Services:**

- Student psychological services provides a wide variety of therapist who assist students.  
<https://www.csudh.edu/sps/>

### **Leader Self-Care Project – Online Virtual Support Circles - link gave me an error message**

- 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](mailto: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

### **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

### **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

### **Ten Percent Happier: <https://www.tenpercent.com/mental-health-share>**

- Ten Percent Happier has [created a collection](#) of free guided meditations and additional resources for anyone who might need emotional support during this time.

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### **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) 519-6900

#### **Misc Information:**

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#### **Employment Development Department** – [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

#### **Undocumented Assistance**

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/](https://www.chirla.org/avada_portfolio/community-education/)

#### **Trans/Queer Assistance**

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

#### **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 Information:**

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### **Eligibility Status for Health Care Options**

- (800) 430-4263

### **Denti-Cal Provider Search**

- (800) 322-6384

## **U.S. VETERAN SERVICES**

### **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**

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**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:**

Salvation Army/Beach Cities (310) 318-2827 /9am-4pm Monday- Friday

Torrance, Lomita (310) 542-3434/8:30am-2:30pm Monday-Friday

## **Emergency Services:**

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

## **Domestic Violence Helplines:**

Rainbow Services 310-547-9343 1736  
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 - *not active*

## **Suicide Hotline**

Los Angeles 24 hrs. 877-727-4747