

COVID-19 RESOURCES

1. **Emergency Financial Resources:**

1. Restaurant Workers Community Foundation
[//www.restaurantworkerscf.org/](http://www.restaurantworkerscf.org/)
 1. Please go to site for updates on how to access emergency funds for restaurant workers impacted by COVID-19 Funds
2. CA Employment Development Department -File a California Unemployment Claim
 1. Online <https://edd.ca.gov/>. Phone: English 800-300-5616 Spanish 800-326-8937 Cantonese 800-547-3506 Mandarin 866-303-0706, Vietnamese 800-547-2058, TDD 800-815-9387
 2. Salvation Army- once per year bill and utility payment assistance; Bring a copy of the bill and CA Identification card and call ahead of time for assistance; 140 N Eastman Ave Los Angeles CA 90066 323-263-7577
- a. SoCalGas announced they will not disconnect services to customers who can't pay their bills, United Way- One time energy assistance bill pay up to \$100 dollars, call 211 in LA County and ask for bill pay assistance services
- b. Bartender Emergency Assistance Program application www.usbgfoundation.org/beap
- c. Restaurant Workers Community Foundation
[//www.restaurantworkerscf.org/](http://www.restaurantworkerscf.org/) Please go to site for updates on how to access emergency funds for restaurant workers impacted by COVID-19 Funds
- d. CA Employment Development Department -File a California Unemployment Claim Online <https://edd.ca.gov/> Phone: English 800-300-5616; Spanish 800-326-8937; Cantonese 800-547-3506; Mandarin 866-303-0706; Vietnamese 800-547-2058; TDD 800-815-9387
- e. Salvation Army- once per year bill and utility payment assistance; bring copy of bill and CA Identification card and call ahead of time for assistance; 140 N Eastman Ave Los Angeles CA 90066 323-263-7577
- f. Apply for Social Security Disability benefits <https://secure.ssa.gov/iClaim/dib>
- g. Apply for employment assistance for individuals receiving Social Security Disability Insurance or Social Security Insurance <https://www.ssa.gov/work/>
- h. Provides Income eligible individuals good driving records access to low-cost liability required auto insurance through the state of California <https://www.mylowcostauto.com>
- i. Child Support Services LA County: Updates on office Closures and how to receive an electronic payment <https://cssd.lacounty.gov>
- j. Resources for Angelenos Economically Impacted by COVID-19 <https://lajobsportal.org>

- k. Los Angeles County Economic Development Corporation – Worker Resources (e.g., who’s hiring now, paid family leave and unemployment insurance, incentives your employer can obtain to keep you hired) and Business & Employer Resources <https://laedc.org/coronavirus/>
- l. Los Angeles Area Chamber of Commerce – Education and Student Resources (e.g., L.A. Tech Talent Pipeline Virtual Guest Speaker Series), Resources for Employees of California Small Businesses Impacted by COVID-19, Small Business & Startups <https://lachamber.com/resources/covid-19-coronavirus-resource-guide/>
- m. California Labor & Workforce Development Agency – Support Services for Workers, Rights and Protections for Workers, Benefits for Workers Impacted by COVID-19 <https://www.labor.ca.gov/coronavirus2019/>
- n. Governor’s Office of Business and Economic Development <https://business.ca.gov/coronavirus-2019/>
- o. California Association for Local Economic Development – Business Resources by city <https://caled.org/economic-development-resources-for-the-novel-coronavirus-and-covid-19/>
- p. State of California Department of Industrial Relations FAQs <https://www.dir.ca.gov/dlse/2019-Novel-Coronavirus.htm>

1. Social Connections During Social Distancing Tips

- 1. <https://dchsblog.com/2020/03/11/we-want-social-distancing-not-social-isolation/>

1. Housing Needs

- 1. Los Angeles Homeless Services Authority <https://www.lahsa.org/news?article=677-winter-shelter-program-update-24-hour-activation>
- 2. LA County 211 Referrals for Health & Human Services; Dial 211 or 800-339-6993 TTY 800-842-9710
- 3. Dept. of Mental Health Enhanced Emergency Shelter Program 213-738-6194. Youth 18-25 with urgent housing needs, serious emotional needs or mental illness. LA County 211 Referrals for health & human Services Dial 211 or 800-339-6993 TTY 800-842-9710
- 4. Jovenes Inc. For homeless youth seeking emergency shelter & housing services 18-24. 323-260-8035 or help@jovenesinc.org
- 5. The Healthy Housing Foundation
 - 1. Low-cost housing Single Room Occupancy for low-income individuals & families that earn between \$7,200 & \$30,000 per year
 - 2. Rents starting at \$400 per studio & \$500 a month for Family Unit, complete application online
 - 3. <https://www.healthyhousingfoundation.net/apply/>
- 6. Students 4 Students LA
 - 1. Emergency Student Shelter in Santa Monica, complete application online

2. <https://www.s4sla.org/get-a-bed>
7. TSA Housing
 1. Affordable housing waitlists open to low income families and individuals. Waitlist range from 6 months to 5 years and can shorten at any time. Rents starting at \$700 for a 1 bedroom.
 2. Must call apartment unit you are interested in to get on waitlist and verify eligibility https://www.tsahousing.com/for_rent.php
 3. Dept. of Mental Health Enhanced Emergency Shelter Program 213-738-6194; Youth 18-25 with urgent housing needs seriously emotional needs or mental illness
 4. AMAAD Institute- House of Resiliency welcomes youth gay identified men who need temporary residence and linkage to community resources; email Kenneth kenneth@amaad.org or call [323-569-1610](tel:323-569-1610), 10221 Compton Ave #105, Los Angeles, 90002
 5. [Rent Assistance: put in your zip code and they list agencies that can help](#)
 6. [Emergency Shelter during COVID-19](#)
 7. [APAIT Free 5 day Motel Voucher for Individuals Diagnosed with HIV 213-375-3830](#)

2. Relocation Assistance

1. U-Haul is offering 30 days of free storage to students who are displaced due to the Corona Virus. <https://www.fox61.com/mobile/article/news/health/coronavirus/u-haul-offering-limited-free-self-storage-to-college-students/97-b22a6d68-bf9d-4a49-91b2-115c78d6fd20>

3. Staying Healthy Suggestions

1. [Student Health Center webpage](#)
2. Los Angeles County Department of Public Health <http://publichealth.lacounty.gov/media/Coronavirus/>
3. California Department of Public Health <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
4. Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
5. World Health Organization <https://www.who.int/health-topics/coronavirus>
6. LA County residents can also call 2-1-1
7. <https://www.presence.io/blog/9-things-you-can-do-right-now-to-support-students-through-the-covid-19-epidemic/>

4. Mental Health Resources

1. Center for Discovery's Free Online Support Groups for individuals Recovery hosted on Zoom

2. Eating Disorder Recovery- Mondays 5-6 PM PST, 2nd & 4th Monday Monthly Meeting ID 447-118-922 <https://centerfordiscovery.zoom.us/j/447118922?status=success>
3. Binge Eating Disorder Support Group. Wednesday 7-8 PM Meeting IT 976-447-9755 <https://centerfordiscovery.zoom.us/j/9764479755>
4. SMART Recovery. Daily online support groups and meetings for individuals looking to resolve problems with any addiction including
5. Support Group Central- Depression & Addiction Recovery Meetings. Free to join, must register for an account, provide an emergency contact, and time zone. Groups included recovery journey stories out of depression (no microphone only listening). Free & includes low-Cost support groups \$4.99 max.
6. **Immediate Help:** If you are having thoughts or plans to hurt yourself or others call 911 or go nearest emergency room
7. LA County Department of Mental Health Service Locator <https://locator.lacounty.gov/dmh>

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White Memorial Hospital 323-268-5000 1720 E. Cesar E. Chavez Los Angeles ,CA 90033	LAC USC Medical Center 3 23-409-1000 2051 Marengo St. Los Angeles, CA 90033
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5. 24/7 Phone Support:

1. CAPS after hours Crisis Line: 323-343-3300
2. National Suicide Prevention: 1-800-273-5040 or text HELLO to 741-741
3. LGBTQ Trevor Life Line: 1-866-488-7386 or text START to 678678
4. LA County Department of Mental Health Access: 800-854-771
5. LA County 211 Referrals for health & human Services: dial 211 or 800-339-6993; TTY 800-842-9710

1. Mental Health Care for On-going Treatment like Therapy, Psychiatry, and Groups

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Arcadia Mental Health 330 E Live Oak Ave. Arcadia, CA 91006 626-821-5858	Hollywood Mental Health 1224 Vine St. Los Angeles, CA 90038 1-800-854-7771 ACCESS Center 24/7 helpline	Enki Mental Health Multiple Locations in SGV/East LA Intake 866-227-1302
Maple Counseling 9107 Wilshire Blvd. 310-271-9999	Southern CA Counseling 5615 W. Pico Blvd. 323-937-1344	St John's Well Child Multiple locations in LA 323-541-1411

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APAIT Serving LGBT Community Individuals w/Medi-Cal for Tele-therapy and housing support 3055Wilshire Blvd Los Angeles 90010 <u>213-375-3830</u>		
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1. Mental Health Urgent Care for Mental Health Assessment, Social Service Referrals, Medication Evaluation, Therapeutic Interventions

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Exodus Urgent Care 24/7 Walk-in Clinic 11444 W Washington Blvd #D Los Angeles CA 310-253-9494	Exodus Urgent Care 1920 Marengo St Los Angeles CA 90033 323-276-6400	LA Downtown Medical Center 1711 W Temple Ave Los Angeles 90026 213-989-6100
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1. Mental Health Telephone Support:

1. California Youth Crisis Line 24/7: Youth 12-24 can call for referral to community resources or to speak to a crisis counselor for struggles related to depression, health and identity, trauma, or any teen-related struggle. 1-800-843-5200
2. California Warm Line 24/7: A non-emergency resource for anyone in California seeking emotional support. Assistance is provided via phone and web-chat on a non-discriminatory basis to anyone in need. Examples to call in are concerns with interpersonal relationships, anxiety, panic, depression, finances 855-845-7415 <https://www.mentalhealthsf.org/peer-run-warmline/>
3. National Parent Hotline: M-F 8 AM - 5 PM; Call to receive emotional support from a trained advocate 855-4 A PARENT (427-2736) <https://www.nationalparenthelpline.org>

6. Childcare

1. Guidance for balancing career amidst childcare disruptions
2. Locate local resource and referral centers for all things related to affordable childcare www.childcareaware.org
3. Los Angeles County Child Care Resource and Referral Hotline 323-890-1555
4. San Fernando, Santa Clarita Valley, Antelope Valley, & San Bernardino County 866-644-5437

7. Parking and Transportation Resources

1. Enterprise is providing travel assistance to college students by reducing the age minimum for car rentals and waiving “young renter” fees through March 31: <https://www.enterprise.com/en/car-rental/deals/young-driver.html>

8. Food Security Information

1. St Joseph’s Center
 1. One time only free bag of ER food for new clients, pick of food on Tuesday 12:00 -3:00 PM; 204 Hampshire Ave Venice 90291, please call & ask for food pantry 310-396-6468
 2. Bronson House- free food pantry items bring grocery bags M-F 9 AM -1 PM; 1307 Warren St Los Angeles 90033 213-251-3512
 3. Salvation Army 140 N Eastman Ave Los Angeles CA 90066 323-263-7577. Free frozen foods, fruits and veggies, canned and other food, and staple items, one pick up per household a week, must bring ID or School ID
 4. Foothill Unity Center- Family Food Program and Bag Lunch for Homeless Individuals at both locations 9 AM-4:30 PM M-F; 1 pick-up per family a week, no ID required during COVID-19 pandemic, provides for a number of individuals in the household; 790 W Chestnut Ave, Monrovia 91016 pickup times Monday 1 PM- 3:30 PM, Wednesday & Friday 9 AM -11:30 AM Family Food Program; 191 N Oak Ave Pasadena CA 91107 626-584-7420 Tuesday 9 AM-11:30 AM and Wednesday & Friday 1 PM-3:30 PM
 5. Shwashlock- Emergency food for homeless individuals; Sack Lunches Sunday 10:30 AM, M-F 9:00 AM – 12:00 hamburgers on Monday & sack lunch Tu-F; 505 W Olympic Blvd, Santa Monica 90064
 6. Central City Partners- Free groceries, bring your own bags, no ID required, every Thursday 9 AM- 1 PM; 501 S Bixel St Los Angeles, CA 90017
 7. Rehoboth Courage Church- Free groceries, bring your own bags, no ID required, every Saturday 10 AM -2 PM; 568 W Compton Blvd. Compton CA 90220
2. Los Angeles Unified School District Grab & Go Food Centers <https://achieve.lausd.net/resources>
- 3.

9. City of Los Angeles Pandemic Resource List:

1. https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MTI2LiUA63Ycyg/mobilebasic#
2. Culver City Corona Virus Hotline for Business and Community Updates

10. General Resources

1. LA City Coronavirus Information & Questions hotline (310) 253-6890 (7:30 a.m. to 5:30 p.m.) <https://communitylink.lacare.org/> Locate resources for COVID-19 resource housing, food, transportation etc.
 2. Locate Community Resources in Los Angeles and San Francisco www.1degree.org
 3. 211 LA County Online Guided Search (does not replace services and referrals available by calling 211 directly) <https://www.211la.org/search-resources>
 4. My Friends Place Hollywood: Free hot lunch, blankets, & hygiene products for youth 12-25 that are currently homeless or at risk for becoming homeless. During COVID-19 please email David Lee dlee@myfriendsplace.org for daily updates M-F for services being provide. 5850 Hollywood Blvd, Hollywood 90028. 323-908-0011 X 110
 5. Free Showers @ The Navigation Center 11839 Sherman Way North Hollywood 91605, Call to schedule a 30 min intake for free showers daily M-F 8 AM –3:30 PM
1. The Refresh Spot 24/7 557 Crocker St Los Angeles CA 90013 213-744-0724 (located in skid-row area of Los Angeles)
 2. City of Culver City is offering Free Rides on City Buses nCOVID-19 pandemic Free rides on Culver City Busses ww.culvercity.org. click on [Culver City Bus](#) or **(310) 253-6500**
 3. Apply for Social Security Disability benefits <https://secure.ssa.gov/iClaim/dib>

*Note: All of the resources mentioned above are subject to change.
It is your responsibility to verify the resource(s).*

***For assistance, Staff/Faculty contact Human Resources;
Students contact the Student Wellness Center (Wellness@Marymountcalifornia.edu)***

Resource list borrowed from CSULA