

COVID-19 Resources (updated 9.21.2020) (CTRL + Click to follow links)

CSUSM RESOURCES

[Cougar Care Network](#); 760-750-7627. ccn@csusm.edu

Provides support, information, and connection to on campus and off campus resources.

[ASI Cougar Pantry](#)

The Cougar Pantry offers drive-through distributions on Wednesdays, from 10 am – 12pm at Campus Way Circle outside of the University Student Union. A member of the ASI team will place pre-bagged groceries directly in your trunk. If you have food allergies/restrictions, please let us know when you drive up for a special bag.

[CalFresh](#)

ASI also provides CalFresh on-campus/virtual application assistance, please contact calfresh@csusm.edu or visit our [ASI CalFresh page](#) for more information.

Housing Insecurity

Contact Cougar Care Network (CCN) for assistance with housing needs; (760) 750-7627; ccn@csusm.edu

[Student Emergency Fund](#)

Available to currently enrolled CSUSM students who encounter an unexpected financial emergency or catastrophic event in which their basic needs and/or ability to function as a student are impacted. *Note: applications are closed until July 1st*

[Student Short Term Loans](#)

For current students who have unique or unexpected expenses occur. Students can borrow up to a maximum of \$500; loans must be repaid in eight (8) weeks.

To apply for an Emergency Loan, please contact the Cashier's Office: sfs@csusm.edu

[Financial Aid](#)

Students are encouraged to reach out to Financial Aid to assess whether there are any additional funds that can be issued at this time.

Scholarships

CSUSM - [CSUSM General Scholarship Application - October 1 - February 1](#)

[Other Scholarship Opportunities](#)

[San Diego Foundation Common Scholarships](#)

[San Diego Local Scholarships and Other Scholarship Opportunities](#)

[Mexican American Legal and Defense Fund Scholarship Resources](#)

[Student Health and Counseling Services](#)

Call to schedule an initial consult Monday-Friday at 760-750-4915. Students must complete the Paperwork for Initial Consult. From off-campus, this form must be accessed through [CougarApps](#).

CSUSM RESOURCES – cont.

[Virtual Learning - Tips and Strategies](#)

[CSUSM - Coronavirus Updates and Resources](#)

Community Resources

Assistance for Any Concerns

[211 San Diego](#)

211 San Diego is a county Resource and information hub that connects people with housing, utilities, food, health, and other resources. Dial 211 to speak with a customer support representative who will help callers search for services.

Rent/Mortgage Assistance

City of San Diego Residents - [Emergency Rental Assistance Program](#) - providing rental assistance for eligible households. Click on the link for information and application. Deadline – 8/7/2020

San Diego County Resident [Renters](#) – The State has temporarily banned evictions through July 28th. Contact your landlord to ask for a deferral of rent or other assistance.

Notice of inability to pay rent due to COVID-19 – [Notice of Coronavirus Inability to Pay Rent form](#)

[Homeowners](#) – Contact your Mortgage Company to see if you're eligible for a 90-day forbearance (delay) of mortgage. Click on this list for a list of financial institutions participating - [Financial Institutions offering relief](#)

Utility bills

<https://www.cpuc.ca.gov/lowincomerates/>

[SDG&E Utility Assistance Programs](#) - Customer Contact Center at (800) 411-7343

Internet Access Assistance

**Cal 2-1-1 for assistance with accessing free or low-cost internet services during COVID-19.

[Everyone website](#)

Provides information about low cost internet offers for which you may qualify based on zip code and household circumstances; call (855) 387-9166

[Human-I-T - Low-cost internet information and Request Form](#)

Human-I-T – Helps those who are not connected to, or unable to, afford internet services. Text (562) 372-6925 or complete form on website for assistance.

These internet companies are offering free and/or discounted internet service:

- Comcast/Xfinity - <https://www.internetessentials.com/>
- Spectrum - <https://www.spectrum.com/internet-service/california/san-diego>
- AT&T - <https://www.att.com/shop/internet/access#!/>

Mobile Service Providers – many providers are offering assistance during COVID-19. Reach out to your provider to ask about assistance programs and services.

Legal Services

[Legal Aid Society](#)

Provides legal assistance for housing, debt collection, housing discrimination, and other areas.

Unemployment

[Unemployment Insurance and other Worker Benefits - information](#)

Anyone who was working should check the eligibility information to see if they fit into one of the categories, e.g., if hours were reduced and/or they were furloughed, their children’s schools closed, they quit to take care of family members affected by COVID-19, and other criteria. *See below for additional eligibility criteria

[One Fair Wage Emergency Fund](#) - financial assistance to workers in the service industry

Relief Funds for Undocumented Individuals

[Relief Funds for Undocumented Workers in California](#)

[San Diego Immigrant Relief Fund](#)

Bank and Credit Card Relief

[Credit Card Companies Providing Financial Relief](#)

Student Loan Relief

[Federal Student Loan Relief Information](#)

Employment Opportunities

[Career Center - Immediate Employment Opportunities](#)

[Onward California Employment Opportunities](#) - One-stop resources for Californians Impacted by Job Loss

[San Diego Workforce Partnership](#) – Employment opportunities in San Diego County
[List of Companies Hiring Right Now](#) - Updated List of National Companies Looking for Employees

Census Job

[Census 2020 Jobs](#) - Temporary part-time positions currently available
Additional employment Opportunities – Grocery Stores, Pharmacies, Home Improvement Stores, Food Delivery companies, Amazon

Food Pantries and Distribution

[San Diego Hunger Coalition](#)
[San Diego Food Bank - Distribution Map](#)
[Feeding San Diego](#)
[Neighborhood Food Distribution Programs](#)
[Vista Community Clinic & Coastal Roots Farm Monthly Distribution](#)

Money for Groceries

[CalFresh](#)
Monthly funds to buy groceries; For eligibility and to apply: <https://www.getcalfresh.org/> or [211 Calfresh Assistance](#)

Pandemic-EBT Assistance information and application

Children who receive free or reduced meals at school are eligible to receive \$365 per child.
CLOSED.

Student Meals

[San Diego County Schools - Free Grab and Go Meals schedule](#)

Pet Food

[Helen Woodward Animal Center - Pet Food Assistance](#)
[San Diego Humane Society - Paws Pantry Service](#)

Child Care

[YMCA Community Childcare Resources](#)
[YMCA Child Care Services for Essential Workers](#)
[Find Local and Available Child Care](#)- <https://mychildcare.ca.gov/#/home>

Diapers

[San Diego County Diaper Bank Distribution Programs](#)

Federal Tax and Stimulus Check Information

[IRS Economic Impact Payments information](#)

[IRS Assistance for Free Filing of Taxes](#) - *Note: Tax Deadline has been extended to July 15, 2020*

[Earned Income Credit for Low-Income Individuals and Families](#)

Health

[Covered California and Medi-Cal Insurance Information and Application](#) - Free and subsidized health insurance for eligible individuals and families

[211 Medi-Cal and Covered California Enrollment Assistance](#)

[Insulin and Diabetes Medication - Financial Assistance](#)

COVID-19 Testing

Contact your local healthcare provider, call 211 for assistance finding testing sites, or make an appointment at the state website - <https://www.lhi.care/covidtesting>

[Healthwell Foundation](#) - delivers food, medication, diagnostics, transportation and telehealth for eligible individuals impacted by COVID-19.

COVID-19 General Information

[San Diego County COVID-19 Information and Resources](#)

Coping/Mental Health

[Student Health and Counseling Services](#)

Call to schedule an initial consult Monday-Friday at 760-750-4915. Students must complete the Paperwork for Initial Consult. From off-campus, this form must be accessed through

[CougarApps](#).

[Coronavirus Anxiety: Coping with Fear, Stress, and Uncertainty](#)

[Live Well San Diego - Strategies for Staying Mentally and Physically Healthy](#)

[Coronavirus Anxiety Workbook](#)

Calm Meditation App- [Free Meditations and Resources](#).

Crisis Helplines

[Crisis Text Line](#) - 24/7; Type "HOME" to 741741

San Diego County Access and Crisis 24/7 (888) 724-7240

[National Suicide Prevention Lifeline](#) - 24/7; (800) 273-8255

[Disaster Distress Helpline](#) - 24/7; (800) 985-5990

Center for Community Solutions Domestic Violence 24-hour Line (888) 272-1767
Women’s Resource Center Domestic Violence 24-hour line (760) 757-3500
National Sexual Violence 24-hour Crisis Hotline (800) 273-8255
The Trans Lifeline (877) 565-8860

San Diego County Child Abuse Hotline (800) 344-6000
San Diego County Adult Protective Services (800) 510-2020

Resources for Specific Communities

[Racial Trauma, Resiliency, and Ally Resources](#)

[COVID-19 LGBTQ Center Community Resources and Support](#)

[North County LGBTQ Center Services and Resources](#)

[Trans Lifeline - \(877\) 565-8860](#)

[VA San Diego COVID-19 Guide](#)

Student Parent Resources

[Caregiver Resilience and Protective Factors for Parents of Young Children](#)

[San Diego Children's Center - Online Resources for Families](#)

[Chadwick Center COVID-19 Resources for Parents and Children](#)

Children’s Education Resources

[Amazing Educational Resources](#)

[San Diego Zoo - webcams and activities for children](#)

[San Diego Zoo - Online games, videos, activities](#)

[Explore - Live Cam animal videos](#)

[Free Language Lessons](#)

***Eligibility Criteria for Unemployment Insurance (UI), Pandemic Unemployment Assistance (PUA), Disability Insurance (DI), or Paid Family Leave (PFL)**

Unemployment Insurance (UI)

You may be eligible for regular UI if you have income reported on a W2 and you meet **any** of these:

- Your employment status has been affected by COVID-19 and you are fully or partially unemployed as a result.
- You are fully or partially unemployed. This includes layoffs, furloughs, reduced wages, or reduced hours. You can still receive unemployment benefits while working, depending on your pay.
- Your child’s school is closed, and you need to miss work to care for them.

- Your previous UI claim has expired.

Pandemic Unemployment Assistance (PUA)

If you are a business owner, independent contractor, self-employed worker, freelancer, or gig worker and only received a 1099 tax form last year, you are most likely eligible for PUA.

Apply for PUA if your work situation changed because of COVID-19 and you meet any of these:

- You had a definite date to begin work, but the job is no longer available, or you could not reach the job as a direct result of COVID-19.
- You are unable to travel to your job as a direct result of COVID-19.
- You quit your job as a direct result of COVID-19.
- Your workplace is closed as a direct result of COVID-19.
- You are unemployed, partially employed, or unable to work because COVID-19 has forced you to stop working.

Apply for PUA if you have health issues because of COVID-19 or you meet any of these:

- You have been diagnosed with COVID-19 or are experiencing symptoms and are seeking a medical diagnosis.
- A member of your household has been diagnosed with COVID-19.
- You are caring for a family member or a member of your household who has been diagnosed with COVID-19.
- You are caring for a dependent during the work day because their school or another care facility has closed due to COVID-19.
- Your healthcare provider has told you to self-quarantine because of COVID-19.
- You have become the main income provider due to a COVID-19 death in your household.

Disability Insurance (DI) or Paid Family Leave (PFL)

If you're not eligible for UI, you may be eligible for Disability Insurance or Paid Family Leave. You usually qualify if you paid into the State Disability Insurance program (noted as "CASDI" on paystubs), via taxes.

- If you are unable to perform your normal work duties because you are sick or quarantined, apply for [Disability Insurance](#).
- If you are caring for a family member who is sick, apply for [Paid Family Leave](#).

