



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

**Table of Contents**

<b>CSUSM Resources</b>	<b>Page 2-3</b>
Coronavirus (COVID-19 Resources Page)	
Cougar Care Network	
Cougar Food Pantry Distributions	
Housing Insecurity	
Student Emergency Fund/Loans	
Financial Aid	
Counseling Services	
Keep Learning – Virtual Learning Support and Assistance	
<b>COVID-19 General Information</b>	
<b>Community Resources</b>	<b>Page 3 - 13</b>
<b><i>Financial Assistance</i></b>	<b>Page 3 - 4</b>
CA College Student Emergency Support Fund	
Rent/Mortgages	
Utilities	
Internet/WIFI	
Legal Aid Society	
Financial Assistance – Undocumented Workers	
Bank and Credit Card	
Relief	
<b><i>Employment Opportunities</i></b>	<b>Page 5</b>
Finding Employment	
Unemployment Information	
Small Business Relief Fund	
<b><i>Food</i></b>	<b>Page 6-7</b>
Food Banks/Distributions – Food and/or Diapers	
Pet Food	
<b><i>Child Care</i></b>	<b>Page 7-8</b>
Child Care Assistance	
Learning Activities for Children	
Diapers	



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

<b>Stimulus Check &amp; Taxes</b>	<b>Page 8</b>
<b><i>Coping/Mental Health</i></b>	<b>Page 9-10</b>
Hotline Numbers	
Crisis Hotlines	
Domestic Violence Hotlines	
Sexual Violence Hotlines	
<b><u>Health</u></b>	<b>Page 10</b>
Delivery of medications, food, transportation	
<b><u>Miscellaneous Resources</u></b> – Car Rentals, Hotel Discounts, Flights, Storage	<b>Page 10-11</b>
<b><i>Specific Groups</i></b>	<b>Page 11-12</b>
LGBTQA	
Veterans	<b>Page 11</b>
Seniors	<b>Page 12</b>
<b>Emergency Fund/Loans</b>	<b>Page 12-13</b>
<b><u>CSUSM RESOURCES</u></b>	

**Cougar Care Network**

<https://www.csusm.edu/ccn/index.html>; 760-750-7627. [ccn@csusm.edu](mailto:ccn@csusm.edu)

Cougar Care Network will continue to provide services by phone, email, and virtually. Contact CCN for information, support, and connection to on and off-campus resources.

**Cougar Food Pantry**

The Cougar Pantry will offer drive-through distributions on Wednesdays, from 10 am – 1 pm at the University Village Apartments (UVA) parking lot. 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.

**Housing Insecurity**

Contact Cougar Care Network (CCN) for resources.

**Student Emergency Fund**

[https://www.csusm.edu/asi/services/emergency\\_fund.html](https://www.csusm.edu/asi/services/emergency_fund.html)

The Student Emergency Fund is 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.

**Student Emergency Loan**



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

For current students who have unique or unexpected expenses occur. As the emergency loans are intended for those scenarios and have a **repayment deadline of eight (8) weeks** after approval, students should carefully analyze their budget and repayment ability prior to applying. Students can borrow up to a maximum of \$500 for each Emergency Loan.

To apply for an Emergency Loan, please contact the Cashier's Office:

- By email: [sfs@csusm.edu](mailto: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.

[https://www.csusm.edu/finaid/contact\\_us.html](https://www.csusm.edu/finaid/contact_us.html)

**Counseling Services**

<https://www.csusm.edu/counseling/index.html>

To speak with a counselor in Student Health and Counseling Services, call to schedule a consult Monday-Friday at 760-750-4915. Initial consults are available Monday-Friday at 10am, 11am, 1pm, and 2pm. Students must complete the Paperwork for Initial Consult. From off-campus, this form must be accessed through [CougarApps](#).

**Keep Learning**

Tips and strategies for successful virtual learning - <https://csusm.edu/ougs/keeplearning.html>

**COVID-19 General Information**

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV.html)

**Community Resources**

**211 San Diego**

<https://211sandiego.org/>

<https://211sandiego.org/resources/health-wellness/covid-19-resources/#food>

Resource and information hub that connects people with housing, utilities, food, health, and other resources.

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**Financial Assistance**

**Scholly Covid-19 Student Relief Fund**

Scholly COVID-19 Student Relief Fund – Scholly is offering \$200 cash assistance to students impacted by COVID-19. Click on link to apply: <https://myscholly.com/relief/>

**Guidance for interruptions of study related to COVID-19**

<https://ifap.ed.gov/electronic-announcements/030520Guidance4interruptionsrelated2CoronavirusCOVID19>



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

**Rent/Mortgage Assistance**

San Diego Resident Renters – Information and eligibility for moratorium

- <https://www.sdhc.org/evictionban/>

San Diego County Resident Renters – The State has temporarily banned evictions through May 31<sup>st</sup>. Contact your landlord to ask for assistance.

\*Form\* notice of inability to pay rent due to COVID-19

<https://oag.ca.gov/system/files/attachments/press-docs/Tenant%20to%20Landlord%20notice%20form.pdf>

Homeowners - Wells Fargo, U.S. Bank, Citibank and JPMorgan Chase — as well as 200 state-chartered banks and credit unions will allow affected homeowners in California to defer payments for at least three months. Late payments would not be reported to credit agencies. Contact your Mortgage Company for questions about eligibility and deferment.

Eviction Moratorium: Tenants may not be evicted for non-payment of rent through May 31, 2020 subject to certain conditions. Rent continues to accrue during this period, however, and must be paid in full to avoid future eviction.

<https://www.gov.ca.gov/wp-content/uploads/2020/03/3.27.20-EO-N-37-20.pdf>

**Utility bills**

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

- *SDG&E*
  - call if struggling to pay utility bill because of coronavirus
  - Customer Contact Center at 1-800-411-7343

**Wi-Fi and data plans**

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

- *Comcast* - <https://www.internetessentials.com/>
- *Cox Communications* <https://www.cox.com/residential/internet/connect2compete/covid-19-response.html>
- *Spectrum* - <https://www.spectrum.com/browse/content/spectrum-internet-assist.html>
- *AT&T, T-Mobile, Sprint and Verizon*
  - <https://www.theindychannel.com/coronavirus/late-fees-waived-free-wi-fi-hot-spots-and-more-offered-by-cellphone-providers-in-response-to-covid-19>

**Internet Service**

<https://www.highspeedinternet.com/resources/internet-guide-during-coronavirus-outbreak>



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

**Legal Aid Society** - <https://www.lassd.org/>

**Relief Funds for Undocumented Workers in California**

Organizations offering financial assistance to undocumented workers <https://docs.google.com/document/d/1IsPLuHoYK6ec7Gzxaw0i7On-NT1Z9IEj/edit?fbclid=IwAR1EdumH7vQ5NPqI8XwMhquv8IZNM9tnwdKpZVrhHMhuoZjAFnelc07XvnE>

San Diego Immigrant Relief Fund

<https://www.immigrantsandiego.org/sdirc> immigrant relief fund

**One fair wage support (restaurant and other hourly workers)**

<https://ofwemergencyfund.org/help>

**Bank and Credit Card Relief**

(If your bank or credit card company isn't listed here, call them and inquire about assistance.)

- Citibank
    - <https://online.citi.com/US/JRS/pands/detail.do?!D=covid19>
  - PNC Bank
    - <https://www.pnc.com/en/customer-service/update-center.html?Inksrc=homepage-alert>
  - Wells Fargo
    - <https://www.wellsfargo.com/jump/enterprise/coronavirus-response>
- 

**Employment Opportunities**

CSUSM Career Center list of immediate job openings -

[https://www.csusm.edu/careers/cc\\_online\\_resources/jobs.html](https://www.csusm.edu/careers/cc_online_resources/jobs.html)

San Diego Workforce Partnership – assistance and job openings - <https://workforce.org/covid-19/>

San Diego County employment opportunities - <https://www.sdnedc.org/crisis-employment-opportunities/> . Also, check Lowe's.

**Census Job**

<https://2020census.gov/en/jobs.html>



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

**Unemployment and worker benefits:**

Employment Disability, Paid Family Leave Benefits (for those who are covered through deductions from their paychecks – noted as CASDI on paystubs) and Unemployment Insurance:

[https://www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://www.edd.ca.gov/about_edd/coronavirus-2019.htm)

[https://www.edd.ca.gov/about\\_edd/coronavirus-2019/faqs.htm](https://www.edd.ca.gov/about_edd/coronavirus-2019/faqs.htm)<https://www.edd.ca.gov/unemployment/>

**Small Business Relief Fund**

<https://www.sandiego.gov/economic-development/resources/relief>

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**Food**

**Food & Nutrition Service - USDA**

<https://www.fns.usda.gov/disaster/pandemic/covid-19>

**San Diego Hunger Coalition**

<https://www.sandiegohungercoalition.org/covid19>

**Feeding San Diego**

<https://feedingsandiego.org/coronavirus>

<https://feedingsandiego.org/get-help/>

CalFresh Program, formerly known as Food Stamps, can add to your food budget to put healthy and nutritious food on the table. To see if you're eligible, visit their website:

<https://www.mybenefitscalwin.org/web/consortium/home> or <https://www.getcalfresh.org/>

CalFresh resources for Foster youth

<http://www.jbaforyouth.org/calfresh-resources-colleges/>

<http://www.jbaforyouth.org/faq-non-minor-dependents-calfresh/>

**Child Nutrition Programs- CalFresh/SNAP**

<https://cfpa.net/new-flexibilities-h-r-6201/>

**North County Health Services**

**NCHS** will be providing free lunches for kids (up to 18 years old) Monday-Friday from 12 pm-2pm at the following sites:

- Sierra Vista Apartments – 422 Los Vallecitos Blvd., San Marcos, CA 92069
- Mission Cove Apartments – 3239 Conch Way, Oceanside, CA 92054

NCHS will be providing food distributions in partnership with Feeding San Diego at the following sites:



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

- Melba Bishop Community Recreation Center- 5306 N River Rd., Oceanside, CA 92057. Operating from 11 am-12 pm every 2nd and 4th Tuesday of the month

For the month of April, it will be located in the back parking lot of our San Marcos Health Center (150 Valpreda Rd., San Marcos, CA 92069). Operating from 11 am-12:30 pm every 1st and 3rd Wednesday of the month

**For questions, please call 760-736-6777**

Summit Church Food Distribution - (next to the QUAD)

Food and Diapers - 292 E. Barham Dr., #202, San Marcos; Tuesdays – 11 am – 1 pm; Drive-thru only

Neighborhood Food Distribution Programs

To find the nearest food distribution program, call 211 to speak with someone.

<https://211sandiego.org/resources/health-wellness/covid-19-resources/#food>

Leichtag Foundation in Encinitas’s Coastal Roots Farm farmstand is open, and offering a pay-what-you-can price (including up to \$30 of free produce if students or their families cannot pay anything) - <https://coastalrootsfarm.org/covid-19-faq/>

Neighborhood Distribution Program- San Diego and North County Food bank (1-866-350-3663) <http://sandiegofoodbank.org/wp-content/uploads/2017/10/2020-Neighborhood-Distributions-By-Region-SDFB-and-NCFB-ENGLISH.pdf>  
<https://sandiegofoodbank.org/response/>

### **Pet Food**

San Diego Humane Society – San Diego residents on government assistance (CalFresh, Medi-Cal, or Unemployment, etc.) may pick up one bag of dog or cat food once every 30 days at the San Diego locations. The Pet Pantry is open daily from 10 am – 1

pm. <https://www.sdhumane.org/programs/paws-san-diego/pantry-service.html>

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### **Child Care**

YMCA Child Care Referral Line – there are still childcare homes and facilities open with availability – 800-481-2151

### **Diapers**

Summit Church (next to the QUAD) is distributing diapers as well as food on Tuesdays from 11 am – 1 pm; Drive-thru only. 292 E. Barham Dr., #202, San Marcos.

Diaper Bank Program - <https://sandiegofoodbank.org/programs/diaper-bank-program/>



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

Vista Community Clinic – Diaper Bank Program – Eligible families can receive one pack of free diapers each month. To make an appointment to pick up diapers at one of their clinic locations, call (760) 631-5000, ext. 7014.

Birth Choice of Temecula - Provides diapers, formula, wipes for children ages 0 – 2 years old; Mondays and Wednesdays 10 am – 5 pm; 41750 Winchester Rd suite o, Temecula, CA 92590; (951) 296-3441

**Children’s Learning Activities:**

Database of many resources providing activities for children of all ages (updated regularly) <http://www.amazingeducationalresources.com/>

San Diego Zoo

Providing webcams, activities for children, wildlife stories, science activities and blogs

- <https://zoo.sandiegozoo.org/we-care>

Online games, videos, activities - <https://kids.sandiegozoo.org/>

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**2020 Federal Stimulus Checks**

You may be eligible for a Federal Stimulus Check if you worked in 2018 and/or 2019, even if you weren’t required to file a tax return because you didn’t earn enough. Follow this link for more information - <https://www.irs.gov/coronavirus/economic-impact-payments>.

Stimulus check and refund FAQ

<https://files.constantcontact.com/f2bdac63201/5e5eff8f-5dbb-4958-af1f-2d0ae0b336f9.pdf> English

<https://files.constantcontact.com/f2bdac63201/a13ed4e3-d4b1-4827-839c-8a2c60c04d67.pdf> Spanish

<https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>

**Free or low cost tax filing** \*Tax deadline has been extended to July 15, 2020\*

<http://www.eztaxreturn.com/>

**Earned Income Tax Credit**

<http://www.jbaforyouth.org/wp-content/uploads/2019/12/CALEITC-One-Pager-for-Youth.pdf>

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**Coping/Mental Health**

**CDC – Emotional Health & Coping**

<https://emergency.cdc.gov/coping/selfcare.asp>

Live Well San Diego – Live Well @ Home – resource for tips and strategies to stay mentally and physically healthy; resources and activities grouped by age group – toddlers to seniors, including parents - <https://www.livewellsd.org/content/livewell/home/live-well-every-day/LiveWellatHome/adults.html>





**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

**Counseling Services**

<https://www.csusm.edu/counseling/index.html>

Student Health and Counseling Services (SHCS) will continue to provide counseling services virtually. To obtain an initial consultation by phone, click on the link to the Counseling Services page. Scroll down to the “Request a Counseling Consultations” section and follow the instructions – call SHCS at 760-750-4915 and complete the paperwork for initial consultation. You’ll need to complete an “Initial Consult” form **using CougarApps to access this form:** <https://cougarapps.csusm.edu/vpn/index.html> . Complete the form, submit, and you’ll receive communication for the staff about scheduling an initial consult.

**Crisis Helplines**

Crisis Text Line Type “HOME” to 741741 (<https://www.crisistextline.org/>)

San Diego County Access and Crisis 24-hour Line (888) 724-7240

National Suicide Prevention Lifeline (800) 273-8255 (<https://suicidepreventionlifeline.org/>) )

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 Domestic Violence Hotline](#) (English and Spanish) (800) 799-7233

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

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

List of emotional support resources: <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/#top>)

Calm - [Free Meditation Resources](#). Includes different guided meditations and mindfulness resources to help stay calm during the COVID-19 pandemic

**Substance Abuse & Mental Health Services Administration (SAMHSA) – Behavioral Health**

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

**SAMHSA hotline** call 1-800-985-5990 or text TalkWithUs to 66746

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

**Mental Health Therapy-** AMR (Awareness, Meditative Relaxation)

<https://www.amrmentalhealththerapy.com/san-diego-mental-health-therapy/>

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**Health**

**COVID-19 Testing**



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

Contact your local healthcare provider or the nearest Emergency Room.

**Healthwell Foundation** (delivered food, medication, diagnostics, transportation and telehealth as a result of COVID-19 risk or incidence)

<https://www.healthwellfoundation.org/fund/covid-19-fund/>

**Covered CA Health Insurance & Medi-Cal**

Free or subsidized health insurance. Low and moderate income households (up to \$74,940 for single individual). \*Open enrollment has been extended through the end of June 2020\*

<http://www.coveredca.com/apply>

<http://www.coveredca.com/about>

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**Miscellaneous**

Unemployment Benefits, Economic Impact Payments, Earned Income Tax Credit, Covered CA Health Insurance & Medi-cal,

<https://www.jbaforyouth.org/wp-content/uploads/2020/04/Student-income-resources.pdf>

**Alliance for Regional Solutions**

<https://www.regionalsolutions.net/covid19resources>

**Transportation**

**Enterprise Rental Cars**

Enterprise has lowered the age to rent a vehicle from 21 to 18 through the end of May at all locations and waived the young renter fee to help students in this time of need. To be eligible, students age 18 to 24 are required to show both a valid driver's license and an official student ID card. <https://www.enterprise.com/en/car-rental/deals/young-driver.html>

**Students Fly Free Program with Frontier Airlines**

For a limited time, students can fly free on Frontier Airlines to nearly 100 destinations. One student can fly free for every round-trip Discount Den Fare purchased on qualifying flights and dates. Purchase must be made before March 20, 2020.

<https://www.flyfrontier.com/students-fly-free/?mobile=true>

**Hotel Discounts**

**Fairfield by Marriott, Carlsbad and Springhill Suites, Escondido**

Marriott is offering rooms for \$89/night through April 30. Call 760-579-0155 for Carlsbad or 442-286-8100 for Escondido and mention Cal State San Marcos.



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

**Storage**

*U-Haul*

- Advertised free storage for students
  - [https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/?utm\\_campaign=uhaulsm&utm\\_source=twitter&utm\\_medium=pr&utm\\_content=20200312-uhaulisoffering30](https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/?utm_campaign=uhaulsm&utm_source=twitter&utm_medium=pr&utm_content=20200312-uhaulisoffering30)
  - Call specific U-Haul place to inquire.
- 

**COVID-19 LGBTQ Community Resources & Support**

<https://sdpride.org/covid19resources/>

**Trans Lifeline**

Trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. (877) 565-8860

<https://www.translifeline.org/>

**Veterans**

Supportive Services for Veterans and Families  
(619) 481-3571

<https://www.voasw.org/>

**Seniors**

**Home-Delivered Meal Providers (County of San Diego)**

List of organizations offering seniors home delivered meals. 800-510-2020.

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/ais/documents/HomeDeliveredMealProviders.pdf>

**Stay Home SD**- Delivers select grocery, basic Medical, sanitary, and toiletry supplies to seniors age 65+ for FREE. (619) 800-3252

<https://www.stayhomesd.com/>

**\*\*Update 04/09/2020** -United Way is no longer accepting applications- please check back regularly for the most current updates\*\* The United Way is offering emergency assistance to low-wage workers affected by pandemic-related layoffs or reduced working hours to help pay utility bills and rent/mortgage payments. Click on the link to complete an application:

<https://uwsd.org/covid19/>

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**CA College Student Emergency Support Fund**

**\*\*Update 04/09/2020** - CSESF is no longer accepting applications- please check back regularly for the most current updates\*\*



**PASO**  
PATHWAYS TO ACADEMIC  
SUCCESS & OPPORTUNITIES

***COVID- 19 Resources***

Mission Asset Fund is offering eligible college students a one-time \$500 grant. Eligibility requirements:

1. You must be enrolled full-time in a California College.
2. You must have completed one full year of course work (24 semester hours).
3. Be able to provide a transcript (unofficial is fine).
4. Be able to provide either your Student Aid Report, showing that your Estimated Family Contribution (EFC) is below \$5,576.

Click on this link to check eligibility and to apply for the grant - [CA College Student Emergency Support Fund](#)

Application: <https://maf.force.com/lendingcircles/PreApplicationStudentCVD19>

Supporting students in crisis - If you work in the hospitality industry and were laid off due to the COVID-19 pandemic Hospitality Industry -Text: "Help ME" to 619-313-5235

<http://info.insidetrack.com/students-in-crisis>

**Student Debt/Loan relief**

<https://crisishelp.bysavi.com/>