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**CSUSM RESOURCES**

**Cougar Care Network**
https://www.csusm.edu/ccn/index.html; 760-750-7627. 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  
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**
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

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](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](https://www.csusm.edu/counseling/index.html).

Keep Learning
Tips and strategies for successful virtual learning - [https://csusm.edu/ougs/keeplearning.html](https://csusm.edu/ougs/keeplearning.html)

COVID-19 General Information

Community Resources
211 San Diego
[https://211sandiego.org/](https://211sandiego.org/)
[https://211sandiego.org/resources/health-wellness/covid-19-resources/#food](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.

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/](https://myscholly.com/relief/)

Guidance for interruptions of study related to COVID-19
**Rent/Mortgage Assistance**
San Diego Resident Renters – Information and eligibility for moratorium
- [https://www.sdhc.org/evictionban/](https://www.sdhc.org/evictionban/)

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

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

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.

**Utility bills**
[https://www.cpuc.ca.gov/lowincomerates/](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/](https://www.internetessentials.com/)
- Spectrum - [https://www.spectrum.com/browse/content/spectrum-internet-assist.html](https://www.spectrum.com/browse/content/spectrum-internet-assist.html)
- AT&T, T-Mobile, Sprint and Verizon

**Internet Service**
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/1IsPLuHoYK6ec7Gzxaw0i7OnNT1Z9Iej/edit?fbclid=IwAR1EdumH7vQ5NPqi8XwMhqv8iZNM9tnwdKpZVrhHMhuoZjAFnelc07XvnE
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
- PNC Bank
- Wells Fargo

Employment Opportunities
CSUSM Career Center list of immediate job openings - https://www.csusm.edu/careers/cc_online_resources/jobs.html
San Diego Workforce Partnership – assistance and job openings - https://workforce.org/covid-19/

Census Job
**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/unemployment/

**Small Business Relief Fund**
https://www.sandiego.gov/economic-development/resources/relief

**Food**

**Food & Nutrition Service - USDA**

**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:
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/

For questions, please call 760-736-6777

Neighborhood Distribution Program- San Diego and North County Food bank (1-866-350-3663)
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

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/
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/](http://www.amazingeducationalresources.com/)

San Diego Zoo
Providing webcams, activities for children, wildlife stories, science activities and blogs - [https://zoo.sandiegozoo.org/we-care](https://zoo.sandiegozoo.org/we-care)
Online games, videos, activities - [https://kids.sandiegozoo.org/](https://kids.sandiegozoo.org/)

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](https://www.irs.gov/coronavirus/economic-impact-payments).
Stimulus check and refund FAQ [https://files.constantcontact.com/f2bdac63201/5e5eff8f-5dbb-4958-af1f-2d0ae0b336f9.pdf](https://files.constantcontact.com/f2bdac63201/5e5eff8f-5dbb-4958-af1f-2d0ae0b336f9.pdf) English
[https://files.constantcontact.com/f2bdac63201/a13ed4e3-d4b1-4827-839c-8a2c60c04d67.pdf](https://files.constantcontact.com/f2bdac63201/a13ed4e3-d4b1-4827-839c-8a2c60c04d67.pdf) Spanish

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

Coping/Mental Health

CDC – Emotional Health & Coping
[https://emergency.cdc.gov/coping/selfcare.asp](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](https://www.livewellsd.org/content/livewell/home/live-well-every-day/LiveWellatHome/adults.html)
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
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/

Health
COVID-19 Testing
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)


**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/apply)
[http://www.coveredca.com/about](http://www.coveredca.com/about)

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**Miscellaneous**

**Alliance for Regional Solutions**
[https://www.regionalsolutions.net/covid19resources](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](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](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.
Storage

U-Haul

- Advertised free storage for students
- Call specific U-Haul place to inquire.

COVID-19 LGBTQ Community Resources & Support

[https://sdpride.org/covid19resources/](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/](https://www.translifeline.org/)

**Veterans**

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

[https://www.voasw.org/](https://www.voasw.org/)

**Seniors**

Home-Delivered Meal Providers (County of San Diego)
List of organizations offering seniors home delivered meals. 800-510-2020.


**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/](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/](https://uwsd.org/covid19/)

**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**
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/