

# Resources During Coronavirus

## **Financial Support:**

**United Way:** Financial support is available for renters who can document a loss of income or increased medical bills due to COVID 19. For more information, visit <https://uwsd.org/covid19/>.

**San Diego Immigrant Relief Fund:** The San Diego Immigrant Rights Consortium (SDIRC), a project of Alliance San Diego, has launched the SDIRC Immigrant Relief Fund. Grants up to \$500 are available for immigrants in San Diego County who have experienced economic impacts because of the coronavirus pandemic. To apply for this relief, please visit <http://www.123formbuilder.com/form-5359477/form>.

**County of San Diego Housing and Community Development Services:** Rental Assistance Programs are available. Visit <https://www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance.html>.

## **Food Assistance:**

**SNAP:** For questions about CalFresh or to enroll in the program, call the HHS Access Customer Service Center at 866-262-9881. The line is available Monday through Friday from 7:00am to 5:00pm. Additional information can be found by visiting <https://www.sandiegohungercoalition.org/covid-calfresh>.

**Senior Meals:** There are various agencies offering drop off senior meals. Contact Aging & Independence Services (AIS) Call Center at 800-339-4661 for further assistance or visit <https://www.sandiegohungercoalition.org/senior-meals>.

**Kids:** While schools are closed, many school districts and nonprofit organizations in San Diego County are providing breakfast and lunch in a *grab-and-go* takeaway format. Children do not have to attend a particular school to receive meals at that location. To learn more, visit <https://www.sandiegohungercoalition.org/meals-for-kids>.

## **General Questions:**

**2-1-1 San Diego:** For access to community, health, social, and disaster services, dial 2-1-1, or visit [www.211sandiego.org](http://www.211sandiego.org). The call is free, confidential, and available in more than 200 languages with access to 6,000+ services, resources and programs through an online database.

## **Healthcare Services:**

To find a healthcare provider, dial 2-1-1 or visit <https://211sandiego.org/>.

## **Housing Assistance:**

**Legal Aid Society of San Diego:** For assistance in understanding the eviction moratoriums, view the Guide to San Diego County, City, and State Eviction Moratoriums Related to COVID-19 at <https://www.lasds.org/>

**County of San Diego, Housing and Community Development Services:** To access Rental Assistance Programs, visit <https://www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance.html>.

## **Mental Health Services:**

**Access & Crisis Line:** If you need support or are actively seeking services, please call 888-724-7240. An experienced counselor will provide you with a referral to meet your needs and help determine eligibility.

**Teen Line:** Phone lines will temporarily be closed starting Friday, March 13<sup>th</sup>, but text lines and email will remain open. Text "TEEN" to 839863 between 6:00pm to 9:00pm to receive person teen-to-teen education and support.

## **San Diego Coronavirus Information:**

**County of San Diego:** To view up-to-date information about coronavirus in San Diego County, visit <https://www.sandiegocounty.gov/coronavirus.html>. Text COSD COVID-19 to 468-311 to get text alert updates.

## **Self-Care:**

**LiveWell@Home:** *Live Well San Diego* has plenty of tips and strategies about how to stay healthy in mind and body while staying at home. Visit <https://www.livewellsd.org/content/livewell/home/live-well-every-day/LiveWellatHome.html> to learn more.

