

## Practical Resources for Low-Income and Other Groups



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With disruptions to work and school, there are a number of great unmet needs for low-income families. This section provides information on unemployment benefits, emergency Medi-Cal, free wi-fi, and resources for undocumented individuals and immigrants.

For people in the Bay Area, information on food pantries, school lunch access, childcare, and other resources for low income families can be found below below. The UCSF Office of Diversity and Outreach has also developed a site with resources and guidance <sup>[1]</sup> in support of diversity, equity, and inclusion during the COVID-19 crisis.

In addition, UCSF Medical students and the Freedom Community Clinic have put together a document assembling the vast array of community resources in the Bay Area including food, shelter, employment, and childcare. The guides are in English and Spanish below. On page 5 and onward, it lists food pantries and shopping hours for vulnerable groups.

- English version: Bay Area COVID-19 Mass Resource List <sup>[2]</sup>
  - Version en español: COVID-19 Recursos para la Comunidad del Área de la Bahía + Información Actualizada Sobre Salud <sup>[3]</sup>
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## **Resources for low-income families and individuals**

### **Insurance**

- Unemployment insurance benefits <sup>[4]</sup>: If your child's school is closed, and you have to miss work to provide care for your children, you may be eligible for unemployment insurance benefits. Eligibility considerations include having no other care options and being unable to continue working your normal hours remotely. If your employer has reduced your hours or shut down operations due to COVID-19, you can file an unemployment insurance claim. If you're unable to work because you are caring for an ill or quarantined family member with COVID-19 (certified by a medical professional),

you can file a paid family leave claim.

- Qualifying for emergency Medi-Cal coverage [5]

## Free or low-cost internet service

- All Xfinity Wifi public hotspots [6] are now open to everyone on the "xfinitywifi" SSID.
- Three months for free wifi are available through Internet Essentials from Comcast [7].
- Connect All [8] offers reduced-cost computers and electronics equipment for nonprofit organizations and people who meet certain low-income criteria.
- AT&T COVID-19 Response [9]
- Comcast COVID-19 Response [10]

## California and Bay Area resources

- San Francisco hand washing stations map [11]: Free locations open to the public for hygiene purposes.
- San Francisco free meals for students [12]: SFUSD is providing free breakfast, lunch, supper, fresh fruit, vegetables and milk to all children 18 and younger at 19 pick-up sites, Monday through Friday. No identification or proof of school enrollment is required, but a child must be present.
- San Francisco emergency child care [13]: 37 recreation sites around the city are operating as emergency child care facilities, serving children of Department of Public Health staff, health care workers from San Francisco hospitals, city employees who have been activated as disaster service workers, and low-income working families. San Francisco Public Library will cease regular operations of its branches and provide child care for youth, grades 6-12.
- Great Plates Delivered [14]: A meal delivery service for California's older adults

## Financial resources

- Temporary student loan relief [15]: As of March 13, anyone may request a no-penalty forbearance on their student loans and not pay their payments for the next 60 days. Loans will not accrue interest during this time. To skip a payment, contact your loan servicer and request forbearance. Normally forbearance requires submitting proof of need, but that has been waived and they must grant you permission to not pay for the next 60 days.

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## Resources for undocumented individuals

- California Immigrant Youth Justice Alliance COVID-19 Resources for Undocumented Californians [16]: Migrant youth or migrant caregivers of youth who cannot pay rent because they cannot work can apply for limited scholarship assistance to pay for rent, and will receive a phone call along with \$50 and assistance to resources. Families can use either link to apply:
  - English: Bay Area COVID-19 Relief Application for Migrant Youth Community [17]

- Español: Bay Area COVID-19 Solicitud de Ayuda para la Comunidad Juvenil Migrante <sup>[18]</sup>
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## Resources for immigrants

- California Rural Legal Assistance Foundation <sup>[19]</sup>
  - California Immigrant Youth Justice Alliance <sup>[16]</sup>
  - San Francisco Rapid Response Network <sup>[20]</sup>: (415) 200-1548. They are offering accompaniment only for those going to criminal court hearings.
  - Relief funds for undocumented workers in California <sup>[21]</sup>: Legal Aid at Work has compiled a regularly updated list of known relief funds for undocumented workers who have lost their jobs or income as a result of the coronavirus outbreak.
  - COVID-related resources for immigrant communities <sup>[22]</sup>: Includes relief applications, general information, and resources in English, Spanish, Arabic, Chinese, Mam, Vietnamese, and more.
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## Multilingual resources

### Multiple languages

- COVID-19 Psychoeducation Book in 27 Languages <sup>[23]</sup>
- COVID-19 Resources in Spanish, Chinese, and English <sup>[24]</sup>

### Arabic

- Coronavirus Disease (COVID-19): What Parents Should Know <sup>[25]</sup> (UNICEF has similar resources in many other languages)
- COVID-19 Information in Arabic <sup>[26]</sup>

### Mam

- COVID-19 Information in Mam <sup>[27]</sup>

### Spanish

- Coronavirus en Español y Mam <sup>[28]</sup>
- Rosa Contra el Virus <sup>[29]</sup>
- Libro para Colorear y Explicar Coronavirus a los Niños <sup>[30]</sup>
- COVID-19 Hoja de Información de una Página <sup>[31]</sup>

Contact Us

**Source URL (modified on 09/11/2020 - 10:27am):** <https://psychiatry.ucsf.edu/copingresources/other>

### Links

- [1] <https://diversity.ucsf.edu/dei-covid-19>
- [2] <https://docs.google.com/document/d/1R9y8KLBu-oZTJheoqobmqg6TJxkwSjTkJvm6WywHURk/edit>
- [3] [https://docs.google.com/document/d/10P9y\\_fr7sbtgWyzrpunPO3euCPxNJqydgVg3idnzksQ/edit](https://docs.google.com/document/d/10P9y_fr7sbtgWyzrpunPO3euCPxNJqydgVg3idnzksQ/edit)
- [4] [https://edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://edd.ca.gov/about_edd/coronavirus-2019.htm)
- [5] <https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/Medi-CalFAQs2014b.aspx>
- [6] <https://wifi.xfinity.com/>
- [7] <https://www.internetessentials.com/covid19>
- [8] <https://connectall.org/>
- [9] <https://about.att.com/pages/COVID-19.html>
- [10] <https://corporate.comcast.com/covid-19>
- [11] [https://www.google.com/maps/d/u/0/viewer?ll=37.77251031480697%2C-122.42804134159735&zoom=14&mid=1jCE9II8lv12tO-wWrF6RIQPWKXGBK0\\_z](https://www.google.com/maps/d/u/0/viewer?ll=37.77251031480697%2C-122.42804134159735&zoom=14&mid=1jCE9II8lv12tO-wWrF6RIQPWKXGBK0_z)
- [12] <https://www.sfusd.edu/services/health-wellness/nutrition-school-meals>
- [13] <https://www.dcyf.org/care>
- [14] <https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors/>
- [15] <https://studentaid.gov/announcements-events/coronavirus>
- [16] <https://ciyja.org/covid19/>
- [17] <https://docs.google.com/forms/d/e/1FAIpQLSeGPsJ4xetlOuMkEbfUCyV3i0e4N6ni9f4guEmsEgUWCSzm9Q/viewform>
- [18] [https://docs.google.com/forms/d/e/1FAIpQLScYFdGsCmHBnqSYp2\\_9Pb8AfM7amfPnitfWPDAPcxODw7wJJQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScYFdGsCmHBnqSYp2_9Pb8AfM7amfPnitfWPDAPcxODw7wJJQ/viewform)  
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- [19] <https://www.crlaf.org/coronavirus>
- [20] <https://sfilen.org/resources/sf-rapid-response-network/>
- [21] <https://legallaidatwork.org/blog/relief-funds/>
- [22] <https://butterflyeffectmigration.org/covid-related-resources-for-immigrant-communities/>
- [23] <https://www.mindheart.co/descargables>
- [24] <https://latinx.ucsf.edu/corona-virus-disease-2019-covid-19-resource-page>
- [25] <https://www.unicef.org/lebanon/coronavirus>
- [26] <https://multco.us/novel-coronavirus-covid-19/covid-19-information-arabic>
- [27] <https://www.youtube.com/watch?v=BnxBBQwph8I>
- [28] <https://www.youtube.com/watch?v=g-nrN1JdZLQ>
- [29] [https://issuu.com/colegiooficialpsicologosmadrid/docs/cuento\\_rosa\\_contra\\_el\\_virus\\_alta/40](https://issuu.com/colegiooficialpsicologosmadrid/docs/cuento_rosa_contra_el_virus_alta/40)
- [30] <https://drive.google.com/file/d/1ZnM5kU9wO79QfrpqUs5JotKhBrwiKdZm/view>
- [31] [https://latinx.ucsf.edu/sites/g/files/tkssra821f/wysiwyg/One-Page\\_InfoSheet\\_SPANISH\\_0.pdf](https://latinx.ucsf.edu/sites/g/files/tkssra821f/wysiwyg/One-Page_InfoSheet_SPANISH_0.pdf)