

RESOURCE NEED	WEB PAGES/LINKS	RESOURCE NEED	WEB PAGES/LINKS
COVID-19 UPDATES & NEWS		COVID-19 UPDATES & NEWS	
CA Coronavirus (COVID-19)	https://covid19.ca.gov/ see stress busters	U.S. Centers for Disease Control & Prevention (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/index.html
CA Dept. of Public Health (CADPH)	https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx	CA Local Health Services/Offices by County or City	https://www.cdph.ca.gov/Pages/LocalHealthServicesAndOffices.aspx
Get Local Information	https://covid19.ca.gov/state-local-resources/#top	San Francisco Chronicle	https://www.sfchronicle.com/
CA Guidance Documents: Coronavirus Disease 2019 (COVID-19)	https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx	New York Times Free Access to COVID-19 Coverage	https://www.nytimes.com/
World Health Organization (WHO)	https://www.who.int/	Kaiser Family Foundation)	https://www.kff.org/
Substance Abuse & MH Services Admin (SAMHSA) 1. COVID-19 Resources & 2. Tips on Social Distancing	1. https://www.samhsa.gov/coronavirus 2. https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf	SAMHSA VIRTUAL RECOVERY RESOURCES	https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf
FOOD INSECURITY		1.CA Consumer Privacy Act 2.Help at Hand Digital MH Literacy Resources	https://www.donotsell.org/ https://helpathandca.org/dmhl/
Food Stamps (SNAP)	https://www.getcalfresh.org/	FOOD INSECURITY	
Women Infants Children (WIC)	https://www.calwic.org/covid-19-resources/	Meals on Wheels	https://www.mealsonwheelsamerica.org/
EMPLOYMENT RESOURCES FOR WORKERS WHO CAN'T WORK DUE TO COVID-19 & FOR EMPLOYERS			
Resources & Chart	https://www.labor.ca.gov/coronavirus2019/#chart	Employment Resource List	https://www.edd.ca.gov/about_edd/coronavirus-2019.htm
UnEmployment, Reduced Hours, Lay-off, Care of children due to school closure	Apply for Unemployment Insurance (UI) benefits online EDD https://www.edd.ca.gov/Unemployment/Filing_a_Claim.htm	Caring for Family Member with COVID-19 (medically certified)	Apply for Paid Family Leave https://www.edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm
Apply by phone, 8am-12pm, M-F: English 1-800-300-5616; Spanish 1-800-326-8937	Cantonese 1-800-547-3506 Mandarin 1-866-303-0706 Vietnamese 1-800-547-2058 TTY 1-800-815-9387	Sick or Quarantined (medically certified)	Disability Insurance (DI) https://www.edd.ca.gov/Disability/How_to_File_a_DI_Claim_in_SDI_Online.htm
Low-Cost Utilities, Phone, Internet Access & Wi-Fi Hotspots			
COMCAST-Wi-Fi Hotspots free 2 months free internet for low-income during COVID-19 https://www.internetessentials.com/	AT&T: Wi-Fi Hotspots free to all Offer \$10/mo. Internet Access if qualified. Won't terminate services of any who can't pay their bill due to COVID-19.	Health Coverage, Homeless Shelters & Volunteerism	
CA Public Utilities Commission Consumer Programs https://consumers.cpuc.ca.gov/consumerprograms/	CA Lifeline Program Reduced landline or cell phone cost if you qualify with a low income Contact your phone company to apply.	Special Enrollment COVID-19: Covered California OPEN until June 30, 2020 https://www.coveredca.com/ Medi-CAL & Covered CA allow Tele-health services	SHELTERS FOR HOMELESS https://www.shelterlistings.org/state/california.html
		Each Mind Matters Tips for Self Care https://emmresourcecenter.org/resources/tips-self-care-during-covid-19	Volunteer to Help Out https://californiavolunteers.ca.gov/get-involved/covid-19/