



# Resources for sharing – COVID-19 Support March 2020

## Contents

Internet and Computer Resources .....	2
Health/Medical Coverage .....	2
Mental Health Support .....	2
Food Resources.....	2
Immigration Services .....	3
Online Learning.....	3
Resource Lists.....	3



## Resources for sharing – COVID-19 Support March 2020

### Internet and Computer Resources

- For free or low-cost access to internet see [here](#).
- For low-cost internet access and low-cost laptops go [here](#).
- Internet Essentials is offering 2 months of free services. Visit their [website](#).
- [Charter Communications](#) is offering its Wi-Fi services free for 60 days to households with K-12 and/or college students who don't already have internet through the company. WiFi hotspots will also be open for public.
- COMCAST Opens [Xfinity WiFi Network Nationally for Free](#).

### Health/Medical Coverage

- **You can still see a doctor without medical insurance.** If you don't have a doctor, call a local community health center for assistance or find a health center here: <https://findahealthcenter.hrsa.gov/>
- United We Dream: [Healthcare access for Undocumented Folks in the Time of COVID19](#)
- National Immigration Law Center: [Update on Access to Health Care for Immigrants and Their Families](#)
- Protecting Immigrant Families: [Your rights when accessing health services](#)
- For Coronavirus Frequently Asked Questions (FAQs) in English and Spanish go [here](#).
- *California only:* Medi-Cal Eligibility formation can be found [here](#) and local county eligibility offices can be found [here](#).
- *New York only:* Mexican Consulate Ventanilla de Salud information can be found [here](#)

### Mental Health Support

- YouTube list of easy, short and guided meditations - [here](#)
- Download the [Insight Timer app](#) for free guided meditations, nature sounds, music, etc.
- Active Minds [online hub](#) for students to support their mental health during COVID-19
- Immigrants Rising's Virtual Wellness Gatherings - [here](#)

### Food Resources

- Foodbank locations or food resources – visit [www.auntbertha.com](http://www.auntbertha.com) or call the Why Hunger hotline at 1(800) 5-HUNGRY



### Immigration Services

- The latest on DACA from Informed Immigrant: [DACA Updates During the Coronavirus Crisis](#)

If your DACA expires in 2020, we encourage you to renew it as quickly as possible despite the USCIS offices being temporarily closed until April 1.

**Unemployment Eligibility for DACA recipients:** DACA recipients who live within the states of California, Colorado, New York, and Texas are eligible for unemployment benefits. These benefits will not be counted against you based on the new Public Charge regulation.

- *California only:* Department of Social Services [Immigration Legal Services](#) resource page

### Online Learning

- Online learning tips from Coursera: [8 Tips for First-time Online Learners](#)
- Persistence Plus: Strengthening Student Connections through Digital Media - [here](#)

### Resource Lists

- Immigrants Rising: [Tangible Support for Undocumented Communities During COVID-19](#)
- Resources by state and nationally: [COVID-19 Resources for Undocumented Communities - Google Drive](#)
- NCAN: How the Education Field is Responding- [here](#)
- The Emerson Collective – Wellness Resources [here](#)