



COVID-19 Emergency Resources

HEALTHCARE

CDC COVID-19 Guidelines and Resources

- Visit the [CDC's website](#) for the latest healthcare recommendations, symptoms of the novel coronavirus, and the latest news on the virus' spread in the US.

FOOD

Food Assistance

- Find your [local food bank](#)
- ChefsforAmerica map of [local food service areas](#)

EMPLOYMENT

Companies Currently Hiring

- Amazon, Dominos, [Instacart](#), Giant, Slack, Zoom, and [more](#).

Unemployment Benefits

- How to file for unemployment benefits.

UTILITIES

Comcast

- Comcast is offering in-home 25/3 Mbps WIFI for \$10/month with your first two months free if you are a new customer. Sign up [here](#).

Spectrum

- Spectrum is offering free 60-day WIFI for households with k-12/college students. Call 844-488-8395.

U-Haul

- U-Haul is providing 30-days of free storage to college students whose schedules are being affected by COVID-19. Learn more [here](#).

MENTAL HEALTH

COVID-19 Mental Health Resources

- The CDC has a [mental health resource page](#) for people experiencing added stress during the COVID-19 outbreak.
- [Virus Anxiety](#) – a website dedicated to mental health relief during the COVID-19 crisis, providing toolkits, guided meditation, and Q&A with mental health experts.
- Covid-19 Warmline - Therapists are available from 6:00 am to midnight to conduct brief listening sessions with callers to reassure them and reduce their anxieties and refer to appropriate care if needed: Phone: 1-833-4HELP19 or 1-833-8LISTEN

Crisis Resources

- Say Something Anonymous Reporting System – To submit a tip of a potential threat of harm to self or others: Call the tip line: 1-844-5-SAYNOW or use the website: www.saysomething.net or use the mobile app: Say Something SHP
- National Suicide Prevention Lifeline 24/7 - Phone: 1 (800) 273-TALK (8255); Chat: <https://suicidepreventionlifeline.org/chat/>
- Didi Hirsch Suicide Prevention Crisis Line - Phone: 877-727-4747; Crisis Text Line (24/7): Text HOME to 741741
- Teen Line - Phone: (310) 855-4673 (6 p.m. to 10 p.m. daily); Text TEEN to 839863 (6 p.m. to 9 p.m. daily); Chat: <https://teenlineonline.org/talk-now/>



COVID-19 Emergency Resources

- The Trevor Lifeline (24/7) - Phone: 1 (866) 488-7386; Text: START to 678-678; Chat: <https://www.thetrevorproject.org/get-help-now/>

Self-Care

- [How to Cope with Quarantine](#)
- Free and discounted resources for self-care from [The Wirecutter](#)/NYT
- Resources for [free](#) or [discounted at-home workout options](#)
- Smartphone apps for self-care:
 - [Calm](#)
 - [Stop, Breathe & Think](#)
 - [Headspace](#)
 - [MindShift](#)
 - [Smiling Mind](#)