

FINANCIAL RESOURCE DIRECTORY

CA STATE WIDE & NATIONAL

Financial Support

- Get an extension on filing your tax return and making payments
- Get fee waivers and waived penalties for Citibank customers
- Get financial assistance for individuals and their families in the alcohol industry
- Get low interest loans for small businesses and nonprofits
- Get paid leave for caretakers
- Claim unemployment benefits
- Get cash assistance for service workers
- Get cash assistance for bartenders
- Get cash assistance for DJs
- Get cash assistance for artists and arts administrators of color
- Access a free financial planning session for freelancers
- Apply for cash assistance for experimental artists
- Apply for cash assistance for individuals who work behind the scenes in the entertainment technology industry who have been hospitalized with COVID-19
- Apply for cash assistance for musicians with cancelled work due to COVID-19
- Apply for cash assistance for music industry professionals
- Apply for cash assistance for queer writers of color
- Apply for cash assistance for theater writers
- Apply for cash assistance for artists working in craft disciplines who require intensive medical care due to COVID-19
- Get Workers' Compensation for employees who are exposed to and contract COVID-19 during regular work
- Get an interest free loan for Jewish residents of Northern California
- Apply for relief funds for members of the entertainment unions
- Apply for cash assistance for musicians and music industry workers
- Apply for emergency grants for writers
- Apply for cash assistance for artists and activists
- Apply for cash assistance for freelance musicians working in new, creative, experimental, or improvised music
- Apply for cash assistance for self-employed photographers
- Apply for cash assistance for restaurant workers
- Apply for cash assistance for hospitality workers
- Apply for cash assistance for food and beverage service employees with children
- Apply for grant for writers
- Apply for grant for painters, printmakers and sculptors
- Apply for financial hardship for domestic workers
- Defer payments on federally-held student loans
- Get mortgage assistance for U.S. Bank mortgage customers

Tax Preparation Support

- Filing the taxes for free and with our support

Employment/Unemployment Support

- Protect workers from Coronavirus

Health Support

- Take paid sick leave from your job if you or a family member is sick with COVID-19

Other CA State and National Support

- Get disability insurance for employees diagnosed with COVID-19
- Get free internet service for two months
- Access free fitness videos
- Get free storage space for college students
- Call or message a non-emergency peer-run warm line for emotional support
- Get free internet access for households with students
- Get free video communications for students and staff
- Join online social studies lessons for children and youth
- Receive help with obtaining smartphones, hotspots, and laptops for current or former foster youth
- Access free virtual museum resources, e-learning, and online collections
- Access a digital library of children's magazines for free

LOS ANGELES COUNTY WIDE

Financial Support

- 60-Day Tax Filing Extension for Employers

Childcare Support

- Subsidized childcare for low-income families

Homeless Support

- Hand-washing stations (verified)
- Housing for Foster Youth Students

Housing/Eviction Prevention Support

- Donation-based consultations with housing attorneys

Mental Health Support

- Get Counseling and Support
- Sliding Scale/Low-Fee Psychotherapy for All
- Sliding Scale/Low-Fee Psychotherapy for Children and Adults
- Sliding Scale/Low-Fee Psychotherapy for Adults
- Online Support Groups for all
- Emotional Support Helpline for all
- Emotional Support Webinars for all

Health Support

- No delivery fees on prescriptions

Other Support

- Access free educational daytime programming for students
- Low Cost Internet Services and Computer Locator for Low-Income Individuals
- Safety planning and peer counseling hotline for Domestic Violence Victims and Survivors
- Free hotline for Domestic Violence Survivors
- Support for Individuals in Recovery
- Alcoholics Anonymous Online Meetings
- Legal support for all
- CalFresh assistance for those impacted by COVID-19
- Trans/Queer Support- Counseling and Support for Queer Elders
- Peer Support for Trans Individuals

- **Anxiety Virtual Support for Queer Individuals**
- **Crisis Intervention and Suicide Prevention Support**
- **Peer Support for LGBTQ Teens**
- **Peer Support for LGBTQ Youth**
- **Get affordable, low-cost liability driver insurance**

Sources/Credit

In this guide are resources from many different resource guides and I want to give credit for their contribution. Below are links to guides I've included or taken inspiration from for this resource guide:

- [LA County Public Defender's Office](#)
- [LA2050 Resource List](#)
- [Veteran Family Wellness Center resources for veterans and families](#)
- [Arts Council for Long Beach Resources for students at home](#)
- [CSULA Resource Guide](#)

FINANCIAL RESOURCES

Updated March 31, 2020

CA STATE WIDE AND NATIONAL

Financial Support

- **Get an extension on filing your tax return and making payments**
 - Franchise Tax Board
 - Taxpayers affected by COVID-19 are granted an extension to file California tax returns and make certain payments until June 15, 2020. The Franchise Tax Board will also waive any interest and late filing/payment penalties that would otherwise apply.
 - If you're claiming the COVID-19 relief, write COVID-19 in black ink at the top of your tax return. If you're e-filing, follow the software instructions to enter disaster information.
 - Tax filing and payment deadlines that occur on March 15, 2020 through June 15, 2020 are extended to June 15, 2020.
 - More info: [Franchise Tax Board news release](#)
- **Get fee waivers and waived penalties for Citibank customers**
 - Citibank
 - Starting March 9, 2020 and effective for an initial 30 days, Citibank Retail Bank customers can get fee waivers on monthly service fees and waived penalties for early Certificate of Deposit withdrawal. Citibank Retail Bank Small Business customers can get fee waivers on monthly service fees and remote deposit capture and waived penalties for early Certificate of Deposit withdrawal.
 - Call the phone number on the back of your card to inquire about account assistance. If you currently work with a Banker or Financial Advisor, you can contact them during their regular business hours.
 - Assistance is available 24/7 via the phone number on the back of your card.
 - More info: [Citibank online announcement](#)
- **Get financial assistance for individuals and their families in the alcohol industry**
 - USBG National Charity Foundation
 - Eligible if worked for at least one year directly serving or in the production, promotion or distribution of alcoholic beverages, or the spouse or child of someone in the industry
 - Apply with online [form](#)
- **Get low interest loans for small businesses and nonprofits**
 - US Small Business Administration
 - These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. The interest rate is 3.75% for small businesses without credit available elsewhere; businesses with credit available elsewhere are not eligible. The interest rate for non-profits is 2.75%
 - Apply Here: [Online Application](#)
 - More info: Call **1-800-659-2955** or email disastercustomerservice@sba.gov
- **Get paid leave for caretakers**

- Paid Family Leave (PFL) provides up to six weeks of benefit payments to eligible workers who have a full or partial loss of wages because they need time off work to care for an ill or quarantined family member with COVID-19. Diagnosis by a medical professional is required. Benefit amounts are approximately 60-70% of wages (depending on income) and range from \$50-\$1,300/week.
- File online: [How to File a Paid Family Leave \(PFL\) Claim in SDI Online](#)
- **Claim unemployment benefits**
 - Employment Development Department
 - Employees who lost their job or had their hours reduced due to COVID-19 can claim Unemployment Insurance (UI) to get partial wage replacement benefit payments. Workers are expected to return to work with their employer within a few weeks, are not required to actively seek work each week, and must remain able and available and ready to work during their unemployment for each week of benefits claimed. Benefits range from \$40-\$450 per week.
 - File online here: https://edd.ca.gov/Unemployment/Filing_a_Claim.htm
 - More info: [Coronavirus 2019 \(COVID-19\)](#)
- **Get cash assistance for service workers**
 - One Fair Wage
 - Restaurant workers, delivery drivers, and other tipped workers and service workers who are seeing their income decline or aren't able to work because of quarantines or other health concerns can request cash assistance.
 - Submit request online: <https://ofwemergencyfund.org/help>
- **Get cash assistance for bartenders**
 - Bartender Emergency Assistance Program
 - Bartenders who are experiencing a catastrophic event or emergency hardship can request financial assistance.
 - Apply online: <https://www.usbgfoundation.org/beap-application>
 - Full eligibility requirements: <https://www.usbgfoundation.org/beap>
- **Get cash assistance for DJs**
 - The Beat Goes On Fund
 - One-time financial stipend of up to \$400 to help active working club DJs who are experiencing financial hardship due to a loss of gigs from COVID-19. Must have a Venmo or Paypal account.
 - [Visit the link](#) and complete and submit the online form to apply for a stipend.
 - Email: iknowfranchise@gmail.com (Felix Flores [DJ Franchise]).
 - More info: [The Beat Goes On Fund homepage](#)
- **Get cash assistance for artists and arts administrators of color**
 - Arts Administrators of Color Network
 - One-time \$200 stipend for US-based artists and arts administrators (consultants, facilitators, box office staff, seasonal/temporary employees, etc.) who have been financially impacted due to COVID-19. Must self-identify as black, indigenous, or a person of color. Funds distributed on a first-come, first-served basis.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: emergencyfund@aacdmv.org

- More info: [Our Response to COVID-19](#)
- **Access a free financial planning session for freelancers**
 - Freelance Financial Planning
 - Free 45-minute virtual financial planning session for freelancers affected by COVID-19. Topics may include identifying sources of emergency funding, brainstorming ways to cut spending, and questions about retirement savings.
 - Email ben@freelancefp.com to schedule a session. Phone #: 402-979-6473; email: ben@freelancefp.com.
 - More info: [Freelance Financial Planning MailChimp announcement](#)
- **Apply for cash assistance for experimental artists**
 - Foundation for Contemporary Arts
 - The COVID-19 Relief Fund is distributing \$1000 grants to US-based experimental artists who have had performances or exhibitions cancelled or postponed due to COVID-19. [Click here](#) for eligibility.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Phone #: 212-807-7077; email: info@contemporary-arts.org.
 - More info: [COVID-19 Relief Fund Application page](#)
- **Apply for cash assistance for individuals who work behind the scenes in the entertainment technology industry who have been hospitalized with COVID-19**
 - Behind the Scenes Charity
 - Behind the Scenes is accepting applications for emergency financial assistance from behind-the-scenes workers in the entertainment technology industry who have been hospitalized with COVID-19 and have financial need. [Click here](#) for eligibility.
 - [Visit the link](#) and complete and submit the application form by email, fax, or mail to apply for funds.
 - phone #: 212-244-1421; fax #: 646-713-2308; email: info@btshelp.org.
 - More info: [Apply for a Basic Needs Grant](#)
- **Apply for cash assistance for musicians with cancelled work due to COVID-19**
 - Equal Sound
 - Financial assistance for US-based musicians who have had gigs cancelled due to COVID-19. Must submit W-9 form and proof of gig cancellation.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: corona@equalsound.org.
 - More info: [Corona Relief FundFAQ](#)
- **Apply for cash assistance for music industry professionals**
 - MusiCares
 - Financial assistance of up to \$1000 for rent/mortgage costs for music industry professionals who have had work cancelled due to COVID-19. Must submit proof of cancellation and copy of rent/mortgage agreement/statement.
 - [Visit the link](#) and complete and submit the application form by email or fax to apply for funds.
 - Fax #: 615.327.0876; email: MusiCaresRelief@MusiCares.org.
 - More info: [MusiCares COVID-19 ReliefFund](#)

- **Apply for cash assistance for queer writers of color**
 - Shade Literary Arts
 - Financial assistance of \$100-\$500 for queer writers of color impacted by COVID-19. Priority given to trans women and individuals with disabilities.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: info@shadeliteraryarts.org
 - More info: [Queer Writers of Color Relief Fund GoFundMe page](#)
- **Apply for cash assistance for theater writers**
 - Dramatists Guild Foundation
 - Emergency financial assistance for theater playwrights, composers, lyricists, and book writers. Applications will be reviewed based on severity of need, especially as relates to COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Phone #: 212-391-8384; email: applications@dgf.org.
 - More info: [Emergency Grants page](#)
- **Apply for cash assistance for artists working in craft disciplines who require intensive medical care due to COVID-19**
 - CERF+
 - Emergency \$3,000 grants for artists working in craft disciplines who are infected with COVID-19 and require intensive medical care. [Click here](#) for eligibility.
 - [Visit the link](#) and complete and submit the Emergency Assistance Inquiry form to inquire about receiving assistance. If you are determined to be eligible, you will be invited to submit an application.
 - 535 Stone Cutters Way, Suite 202, Montpelier, VT 05602; phone #: 802-229-2306; email: info@craftemergency.org.
 - More info: [CERF+ new release](#) and [Emergency Grants and Resources for Artists page](#)
- **Get Workers' Compensation for employees who are exposed to and contract COVID-19 during regular work**
 - State of California Department of Industrial Relations
 - Workers' Compensation is available when a doctor says you can't do your usual work for more than three days or you are hospitalized overnight. COVID-19 diagnosis by a medical professional required. And proof that an employee was exposed to and contracted COVID-19 during regular work.
 - Benefits in general pay two-thirds of gross wages lost while recovering.
 - File online: [File a Workers' Compensation Claim](#)
 - More info: [Workers' Compensation Guidebook and Eligibility](#)
- **Get an interest free loan for Jewish residents of Northern California**
 - Hebrew Free Loan
 - Hebrew Free Loan is offering interest free loans to help manage financial difficulties related to COVID-19. Assisting with needs such as lost wages, child care costs, small business losses, or cancelled study abroad programs.
 - Call (415) 546-9902 x 110 or email info@hflasf.org with any questions.
 - [Visit the link](#) and submit the application to apply for a loan.
 - More info: [Hebrew Free Loan](#)

- **Apply for relief funds for members of the entertainment unions**
 - The Actors Fund
 - Includes AEA, AGMA, Musician Union Local 802, Producer Guild of America, SAG-AFTRA
 - See [site](#) for eligibility requirements for each union, if eligible apply [here](#). It is taking up to two weeks to process applications at the moment.
 - General info email: info@actorsfund.org

- **Apply for cash assistance for musicians and music industry workers**
 - Sweet Relief Musicians Fund
 - Funds available for musicians and music industry workers (artist managers, tour managers, booking agents, producers, recording engineers, publicists, etc.) impacted by sickness or loss of work due to COVID-19. [Click here](#) for eligibility.
 - [Visit the link](#) to download the application form. Complete and submit the application by email, fax, or mail.
 - 2601 E Chapman Ave, Suite 204, Fullerton, CA 92831; phone #: 714-626-0447; fax #: 714-626-0473; email: info@sweetrelief.org.
 - More info: [COVID-19 Fund page](#)

- **Apply for emergency grants for writers**
 - Authors League
 - For career writers (published book authors, dramatist with full length plays produced in mid/large theaters, journalists/critics/
 - Read FAQ page before applying, apply online [here](#)
 - For more information, visit www.authorsleaguefund.org or email: staff@authorsleaguefund.org.
 - For info: [Emergency Circumstance Grant](#)

- **Apply for cash assistance for artists and activists**
 - The Soze Agency
 - \$250 grants for artists and activists whose work has been impacted by COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for a grant.
 - More info: [Artist + Activist Relief Fund page](#) and [announcement on The Soze Agency's Facebook page](#)

- **Apply for cash assistance for freelance musicians working in new, creative, experimental, or improvised music**
 - New Music USA
 - \$500 emergency grants for freelance musicians working in new, creative, experimental, or improvised music whose livelihoods have been threatened by cancellations due to COVID-19.
 - [Visit the link](#) to access the application.
 - 90 Broad St, 19th Floor, New York, NY 10004; email: info@newmusicusa.org; applications open from March 31-April 30.
 - More info: [New Music Solidarity Fund press release](#) and [application page](#)

- **Apply for cash assistance for self-employed photographers**
 - Format
 - \$500 grants for self-employed photographers who are facing financial hardship due to COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for a grant.

- Email: info@format.com.
- More info: [The Photographer Fund page](#)
- **Apply for cash assistance for restaurant workers**
 - Restaurant Workers' Community Foundation
 - Emergency funds for US-based restaurant workers impacted by COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: info@restaurantworkerscf.org.
 - More info: [Frequently Asked Questions About Our COVID-19 Relief Fund](#)
- **Apply for relief funds for members of the entertainment unions**
 - The Actors Fund
 - Includes AEA, AGMA, Musician Union Local 802, Producer Guild of America, SAG-AFTRA
 - See [site](#) for eligibility requirements for each union, if eligible apply [here](#). It is taking up to two weeks to process applications at the moment.
 - General info email: info@actorsfund.org
- **Apply for cash assistance for musicians and music industry workers**
 - Sweet Relief Musicians Fund
 - Funds available for musicians and music industry workers (artist managers, tour managers, booking agents, producers, recording engineers, publicists, etc.) impacted by sickness or loss of work due to COVID-19. [Click here](#) for eligibility.
 - [Visit the link](#) to download the application form. Complete and submit the application by email, fax, or mail.
 - 2601 E Chapman Ave, Suite 204, Fullerton, CA 92831; phone #: 714-626-0447; fax #: 714-626-0473; email: info@sweetrelief.org.
 - More info: [COVID-19 Fund page](#)
- **Apply for emergency grants for writers**
 - Authors League
 - For career writers (published book authors, dramatist with full length plays produced in mid/large theaters, journalists/critics/
 - Read FAQ page before applying, apply online [here](#)
 - For more information, visit www.authorsleaguefund.org or email: staff@authorsleaguefund.org.
 - For info: [Emergency Circumstance Grant](#)
- **Apply for cash assistance for freelance musicians working in new, creative, experimental, or improvised music**
 - New Music USA
 - \$500 emergency grants for freelance musicians working in new, creative, experimental, or improvised music whose livelihoods have been threatened by cancellations due to COVID-19.
 - [Visit the link](#) to access the application.
 - 90 Broad St, 19th Floor, New York, NY 10004; email: info@newmusicusa.org; applications open from March 31-April 30.
 - More info: [New Music Solidarity Fund press release](#) and [application page](#)

- **Apply for cash assistance for self-employed photographers**
 - Format
 - \$500 grants for self-employed photographers who are facing financial hardship due to COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for a grant.
 - Email: info@format.com.
 - More info: [The Photographer Fund page](#)

- **Apply for cash assistance for restaurant workers**
 - Restaurant Workers' Community Foundation
 - Emergency funds for US-based restaurant workers impacted by COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: info@restaurantworkerscf.org.
 - More info: [Frequently Asked Questions About Our COVID-19 Relief Fund](#)

- **Apply for cash assistance for hospitality workers**
 - Another Round, Another Rally
 - \$500 relief grants for hospitality workers who lost their job or had their hours cut due to COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for a grant.
 - Email: info@AnotherRoundAnotherRally.org.
 - More info: [Another Round, Another Rally homepage](#) and [announcement on Another Round, Another Rally's Facebook page](#)

- **Apply for cash assistance for food and beverage service employees with children**
 - Children of Restaurant Employees (CORE)
 - Financial support for food and beverage service employees with children. Must be diagnosed with COVID-19 or have a family member living in the same home be diagnosed with COVID-19 with self-quarantine required by a doctor. Documentation required.
 - [Visit the link](#) and complete and submit the online form to apply for support.
 - Phone #: 404-655-4690; email: info@coregives.org.
 - More info: [COVID-19 page](#)

- **Apply for grant for writers**
 - PEN America
 - To be eligible, must be a professional writer and demonstrate at a one time grant can help fulfill a specific. grants are \$500 - \$1000, takes about 10 days to review
 - Apply Online: [Application](#)
 - PEN America, 8444 Wilshire Blvd., 4th Floor, Beverly Hills, CA 90211, phone number: 323-424-4939, email: writersfund@pen.org
 - More Info: [Writers Emergency Fund](#)

- **Apply for grant for painters, printmakers and sculptors**
 - Adolph & Esther Gottlieb Foundation
 - To be eligible, minimum of 10 years dedicated to painting, printmaking or sculpting
 - Read [instructions](#), then create an account and fill out an application [here](#).
 - Phone #: 212-226-0581, grants manager: Melissa Joseph,

mjoseph@gottliebfoundation.org

- More info: [Adoph & Esther Gottlieb Emergency Grant](#)

- **Apply for financial hardship for domestic workers**
 - National Domestic Workers Alliance (NDWA)
 - To be eligible must participated in NDWA activities, affiliate organization or Alia users
 - [Login](#) to account to apply
 - Phone #: 646-360-5806
 - More info: [Coronavirus Care Fund](#)

- **Defer payments on federally-held student loans**
 - US Department of Education
 - Borrowers of federally-held student loans have the option to defer loan payments with no penalty for 60 days starting on March 13, 2020.
 - Call your loan servicer and ask for an administrative forbearance. If you're not sure who your servicer is or how to contact them, [visit the link](#) or call 1-800-433-3243 for assistance.
 - Federal Student Aid Information Center phone #: 1-800-433-3243; TTY: 1-800-730-8913
 - More info: [Coronavirus and Forbearance Info for Students, Borrowers, and Parents](#)

- **Get mortgage assistance for U.S. Bank mortgage customers**
 - U.S. Bank
 - U.S. Bank is offering its mortgage customers assistance programs that may allow you to suspend your mortgage payments for 90 days, during which time you won't be charged any late fees and your accounts will not be reported as delinquent.
 - Call (888) 287-7817 and press option #2 to request assistance.
 - Phone #: (888) 287-7817.
 - More info: [Mortgage Help and Repayment Options](#)

Tax Preparation Support

- **Filing the taxes for free and with our support**
 - United Way- California Region
 - Households that earned 60,000 or less in 2018 can receive free tax help in person from United Way's Free Tax Prep Program. Information : <https://www.yourlocalunitedway.org/free-tax-preparation>

Schedule appointments by calling 2-1-1 or toll free 800-500-4931. The new federal tax deadline is July 15, 2020

Check out this site : Youfreetaxprep.org, for other information

Hours of operation is Monday-Friday 8am-4:45pm

More info: <https://www.yourlocalunitedway.org/covid-19-response>

Employment/Unemployment Support

- **Protect workers from Coronavirus**
 - Department of Industrial Relations (DIR)
 - Cal/ATD requires protection for employees working in healthcare facilities and other services mentioned in the link. [Cal/OSHA Guidance on Requirements to Protect Workers from Coronavirus](#).
 - To protect workers and to prevent exposure to the virus, employers must develop and maintain the required programs and plans for their facility or operation. Any questions

please contact infocons@dir.ca.gov

- Link : [Cal/OSHA Guidance on Requirements to Protect Workers from Coronavirus](#)

Health Support

- **Take paid sick leave from your job if you or a family member is sick with COVID-19**
 - State of California Department of Industrial Relations (DIR)
 - If you have worked for the same employer for at least 30 days within a year in California and have passed a 90-day employment (probationary) period, you are generally entitled to a certain amount of paid sick leave paid to you at your regular rate of pay or an average based on the past 90 days. [Check eligibility here](#).
 - Give notice of your sick leave to your employer as soon as is practical. If your accrued sick leave is denied by your employer, [click here](#) to learn how to file a wage claim.
 - More info: [Coronavirus \(COVID-19\) - FAQs on Laws Enforced by the California Labor Commissioner's Office](#) and [California Paid Sick Leave: Frequently Asked Questions](#)

Other Support

- **Get disability insurance for employees diagnosed with COVID-19**
 - Employment Development Department
 - Disability Insurance (DI) provides short-term benefit payments to employees who are unable to work due to having or being exposed to COVID-19. Diagnosis by a medical professional required. Benefit amounts are approximately 60-70% of wages (depending on income) and range from \$50-\$1,300/week.
 - File online: [SDI Online](#)
 - More info: [Coronavirus 2019 \(COVID-19\)](#)
- **Get free internet service for two months**
 - Comcast
 - New families who connect to Comcast's Internet Essentials program will get free internet service for two months. The Internet Essentials program is normally available to qualified low-income households in Comcast's service area for \$9.95/month (check for <https://www.internetessentials.com/> for eligibility requirements). You can cancel at any time (no contract and no term) if you don't want to continue the program after the first two months.
 - Visit <https://www.internetessentials.com/> to sign up online or call 1-855-846-8376 (English) and 1-855-765-6995 (Spanish) to sign up over the phone. After you sign up, Comcast will mail you a free self-install kit with a cable modem and a Wi-Fi router.
 - Phone #: 1-855-846-8376 (English) and 1-855-765-6995 (Spanish); web: <https://www.internetessentials.com/>.
 - More info: [Comcast pressrelease](#)
- **Access free fitness videos**
 - YMCA
 - The YMCA recorded and posted their instructor-led fitness classes online that can be accessed via tablet or computer.
 - View videos online: [YMCA 360: Your Virtual YMCA](#)

- **Get free storage space for college students**
 - U-Haul
 - U-Haul is offering 30 days of free storage space, usage of U-Box portable moving, and storage containers for college students impacted by unforeseen schedule changes at their universities. Offer valid for new customers with college IDs.
 - Visit link to find a participating location: <https://www.uhaul.com/Storage/>
 - More info: [College Students U-Haul Offers 30 Days Free Self Storage amid Coronavirus Outbreak](#)

- **Call or message a non-emergency peer-run warm line for emotional support**
 - Mental Health Association of San Francisco (MHASF)
 - Call or message a free peer-run warm line for non-emergency emotional and mental health support. The line can also help connect you to local emergency, mental health, or social services. All calls are confidential.
 - Call the warm line at 1-855-845-7415 or [visit the link](#) and start the webchat to receive emotional support.
 - More info: [MHASF press release](#)

- **Get free internet access for households with students**
 - Charter Communications
 - Free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. Installation fees are waived.
 - Call to enroll: 844-488-8395

 - [For New K-12 and College Student Households and More](#)

- **Get free video communications for students and staff**
 - Zoom
 - All K-12 schools can request a free basic account for online video communications with no time limits using their school's email address.
 - [Sign up here](#)

- **Join online social studies lessons for children and youth**
 - Sonia Lewis
 - Teach In Time With Revolutionary Minds is an online education resource offered to children and youth via Zoom video conference while schools are closed.
 - Black-centered curriculum including a structured social studies lesson and social interaction. Each group will meet twice a week for 90 minutes on Zoom. Free; donations accepted.
 - [Visit the link](#) to find the Zoom video meeting link and join a meeting at scheduled class times. You may need to install the Zoom app on your computer.
 - Young Scholars (ages 5-12 years) meet Tuesday and Thursday at 11:00am and Big Gins (ages 13-19 years) meet Wednesday and Friday at 11:00am for 90 minutes each. Meetings are currently scheduled until April 17.
 - More info: [Announcement on Sonia Lewis' Facebook page](#)

- **Receive help with obtaining smartphones, hotspots, and laptops for current or former foster youth**
 - iFoster
 - iFoster can support with getting smartphones/hotspots with unlimited data to stream classes, & tablets, chromebooks & laptops. You MUST be a current or former foster youth & current student at a college, high school or middle school.
 - Complete the application here: <https://www.tfaforms.com/4811639>
 - [More info](#)

- **Access free virtual museum resources, e-learning, and online collections**
 - MCN
 - List of free, public, web-based museum resources, e-learning, and online collections.
 - More info: [The Ultimate Guide to Virtual Museum Resources, E-learning, and Online Collections](#)

- **Access a digital library of children’s magazines for free**
 - TIME
 - TIME is offering free access to a digital library of four grade-specific editions of its *TIME for Kids* and *Your \$* magazines.
 - [Visit the link](#) to register for access to the free digital library.
 - Free for the rest of the school year.
 - More info: [TIME for Kids Digital Library Free for the Rest of the School Year](#)

LOS ANGELES COUNTY WIDE

Financial Support

- **60-Day Tax Filing Extension for Employers**
 - Employment Development Office
 - Employers experiencing a hardship as a result of COVID-19 may request up to a 60-day extension of time from the EDD to file their state payroll reports and/or deposit state payroll taxes without penalty or interest. A written request for extension must be received within 60 days from the original delinquent date of the payment or return.
 - Call the EDD Taxpayer Assistance Center. Toll-free from the U.S. or Canada: 1-888-745-3886. Hearing impaired (TTY): 1-800-547-9565. Outside the U.S. or Canada: 1-916-464-3502.
 - More info: [EDD Covid-19 Updates](#)

Childcare Support

- **Subsidized childcare for low-income families**
 - Pathways LA
 - Pathways LA processes payments for the child care provider of choice. Offices are closed to the public by parents can apply online at <https://pathwaysla.org/> or by phone at (213) 427-2710
 - More info: [Pathways LA Landing Page](#)

Homeless Support

- **Hand-washing stations (verified)**
 - Los Angeles County Department of Public Health
 - Handwashing stations, showers and hygiene centers
 - [List of Hygiene Centers](#)
 - [Map of Hygiene Centers](#)
- **Housing for Foster Youth Students**
 - Together We Rise
 - Support for foster youth whose is housing insecure due to dorms closing down
 - E-mail info@togetherwerise.org for help finding housing during transition
 - For more info: [Together We Rise COVID Update](#)

Housing/Eviction Prevention Support

- **Donation-based consultations with housing attorneys**
 - Eviction Defense Network
 - Serve households facing eviction by providing consultations for a donation (no one turned away due to lack of funds) and/or providing representation in court on a sliding fee scale based on ability to pay (payment plans are available).
 - Send an email to: askanattorney@edn.la. If you don't have email, send a text or call: 213/537-5473 and your request will be screened by a paralegal.
 - Hours: Monday through Thursday, 9am to 9pm; Friday 9am to 6pm
 - More info: [EDN LandingPage](#)

Mental Health Support

- **Get Counseling and Support**
 - Project Return Peer Support Network
 - Non crisis support line
 - What to do Next instructions: Call 1-888-448-9777
 - Toll free M-F 5-10 PM, Saturday 11-4 PM
 - Reference information [Project Return Peer Support Line](#)
- **Sliding Scale/Low-Fee Psychotherapy for All**
 - Wright Institute of Los Angeles
 - Low-cost and confidential therapy via a telehealth service for individuals, couples or families. Must call (424) 371-5191 to schedule an appointment.
 - More info: [WILA LandingPage](#)
- **Sliding Scale/Low-Fee Psychotherapy for Children and Adults**
 - Maple Center (Beverly Hills)
 - Low-cost and confidential therapy via a telehealth service for children and adults. Must call (310) 271-9999 to schedule an appointment.
- **Sliding Scale/Low-Fee Psychotherapy for Adults**
 - Rose City Counseling Center
 - Low-cost and confidential therapy via a telehealth service for individuals. Must call (626) 793-8609 to schedule an appointment.
 - More info: [Rose City COVID Update](#)

- **Online Support Groups for all**
 - The Relational Center
 - Online video chat support groups for all. Free and open to the public.
 - [Hours of Operation](#)
 - More info: [The Relational Center Online Support Groups](#)

- **Emotional Support Helpline for all**
 - UnitedHealth Group
 - Support help line for anyone experiencing anxiety or stress around COVID-19. Call 1 (866) 342-6892. Open to all.
 - Hours: Available 24 hours a day, 7 days a week
 - More info: [UnitedHealth Group COVID 19 Support](#)

- **Emotional Support Webinars for all**
 - Lumos Transforms
 - Free webinars available for anyone experiencing stress. Must RSVP.
 - [Schedules](#)
 - More info: [Lumos Transforms Landing Page](#)

Health Support

- **No delivery fees on prescriptions**
 - Walgreens
 - Beginning March 13, 2020, Walgreens is waiving delivery fees for all eligible prescriptions during this evolving situation, no minimum purchase required
 - [Pharmacy Locator](#)
 - More Info: [Walgreens COVID 19 Response](#)

Other Support

- **Access free educational daytime programming for students**
 - PBS
 - Students in grades Pre-K - 12 can access free, educational PBS daytime programming designated for each grade level on weekdays.
 - Access the following channels:
 - Pre-K - 3rd grade on [PBS SoCal](#)
 - Pre-K - 12th grade on [KLCS](#)
 - 9th - 12th grade on [KCET](#)
 - [More info](#)

- **Low Cost Internet Services and Computer Locator for Low-Income Individuals**
 - EveryoneOn
 - Low-cost offers on internet services and computers for low-income individuals or families with K-12 students.
 - More info: [EveryoneOn COVID19 Updates](#)

- **Safety planning and peer counseling hotline for Domestic Violence Victims and Survivors**
 - Sojourn Domestic Violence Services
 - Safety planning and peer counseling hotline. Call (310) 264-6644 for support.
 - Hours: Available 24 hours a day, 7 days a week

- More info: [Sojourn Landing Page](#)
- **Free hotline for Domestic Violence Survivors**
 - The HotLine
 - Support for victims and survivors.
 - Call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
 - Hours: Available 24 hours a day, 7 days a week
 - More info: [Staying Safe During COVID-19](#)
- **Support for Individuals in Recovery**
 - Path CCM
 - Telehealth company donating their therapists' time to help individuals in the community whose recovery might be impacted by social isolation.
 - Call (323) 205-7088 or email intake@pathccm.com to be connected with a LSCW.
 - Hours: Weekdays, 8:30am to 7pm
 - For more info: [Path CCM Landing Page](#)
- **Alcoholics Anonymous Online Meetings**
 - Crowd-sourced online Alcoholics Anonymous Meetings
 - For more info: [LA AA Online Meeting Directory](#)
- **Legal support for all**
 - LA Law Library
 - Free telephonic consultations with a lawyer available. Remote reference assistance via phone and email. Call (213) 785-2513 for Reference Assistance.
Use the [Ask a Law Librarian](#) statewide chat service.
 - More info: [LA Law Library Services Online](#)
- **CalFresh assistance for those impacted by COVID-19**
 - Community Services Unlimited Inc.
 - Helps anyone impacted in their ability to buy food submit their CalFresh application.
 - Call to make an appointment (213) 746-1216 or email calfresh@csuinc.org.
 - For more info: [CSU Inc. CalFresh Assistance](#)
- **Trans/Queer Support- Counseling and Support for Queer Elders (verified via email by a One Degree team member)**
 - SAGE: Advocacy & Services for LGBT Elders
 - LGBT Elders seeking to connect with an LGBT responder who is certified in crisis response and is able to provide information about community support resources such as healthcare, transportation, counseling, and legal services should call (877) 360-5428. Available in English and Spanish, with translations in over 180 languages.
 - Hours: Available 24 hours a day, 7 days a week
 - More info: [SAGE National LGBT Elder Hotline](#)
- **Peer Support for Trans Individuals (verified via email by a One Degree team member)**
 - Trans Lifeline
 - Trans people seeking peer support can call (877) 565-8860 to speak to a transgender peer support volunteer. Available in English and Spanish.
 - More information: [Trans Community and COVID-19](#)

- **Anxiety Virtual Support for Queer Individuals**
 - Queer Healing Oasis
 - Queer individuals seeking support in a non-clinical space can e-mail marcos.emdr@gmail.com or call 818-233-1079. Donation-based and no one turned away for lack of funds. As of March 17th, 2020, they are taking on 3 free clients.
 - For more info: [Queer Healing Landing Page](#)

- **Crisis Intervention and Suicide Prevention Support**
 - The Trevor Project
 - Support for queer individuals seeking crisis intervention or experiencing suicidal ideation. Individuals can text START to 678678, call (866) 488-7386, or [instant message](#) a Trevor counselor.
 - Hours: Available 24 hours a day, 7 days a week
 - For more info: [Trevor Project: Get Help Now](#)

- **Peer Support for LGBTQ Teens**
 - Teen Line
 - Non-emergency hotline for advice and listening ears. Text TEEN to 839863 or call (310) 855-4673.
 - Hours: 6pm to 9pm
 - For more info: [Teen Line Resources](#)

- **Peer Support for LGBTQ Youth**
 - LGBT National Help Center
 - Youth seeking peer support for youth available by phone can call 1-800-246-7743. Online private, one-to-one chat and email also available. Responders can connect people to local resources for cities and towns across the US.
 - [Hours of Operation](#)
 - For more info: [LGBT National Youth Talkline](#)

- **Get affordable, low-cost liability driver insurance**
 - CA Low-Cost Auto
 - The Program provides affordable, low cost liability insurance to eligible California drivers whose income is 250% or below the Federal Poverty Guidelines and benefits not just low-income drivers, many middle-class households may qualify.
 - More info: [Low Cost Auto Insurance](#)
https://www.facebook.com/pg/mylowcostauto/posts/?ref=page_internal