



Basic Needs Resource List

[Food+Shelter+Success](#) is committed to supporting student's basic needs while we navigate virtual learning. In addition to resources provided by the campus, community resources are also available. If you need additional support, please email basicneeds@sfsu.edu.

Food+Shelter+Success Resources

CalFresh Help Clinic - [CalFresh](#) provides free money for groceries. Virtual application assistance and support is available. Students can email calfresh@sfsu.edu for CalFresh assistance (screening, application assistance, questions, and troubleshooting). Zoom appointments are available upon request.



Gator Groceries - Pre-made meal boxes will be distributed weekly at the Student Center. For weekly hours, please visit the [Basic Need's website](#).



Emergency Meal Cards - Provides students experiencing a food security crisis with free meals on campus at City Eats Dining Hall. You can request a card by [filling out this form](#).



Gator Crisis Housing - Provides eligible students experiencing a temporary and unexpected housing emergency with a short-term stay on campus. To request a short-term crisis stay, please email basicneeds@sfsu.edu.

Food+Shelter+Success Care Kits - Include personal care items and laundry essentials. Kits are available Monday through Friday from 10:00 AM to 3:00 PM in the Student Services Building (SSB) Room 403 (4th Floor).



Mashouf Wellness Center Showers - The Mashouf Wellness Center (MWC) is closed but the locker rooms are [open during modified hours](#) (Monday and Friday from 9:30 AM to 11:30 AM) to ensure students who rely on the facility to attend to personal hygiene have access to showers.



Basic Needs Emergency Funds - Emergency Funds are available for eligible SFSU students who are currently experiencing an economic crisis that is jeopardizing their ability to obtain food or maintain shelter. For more information please visit our [Emergency Funds page](#).

Hope Crisis Fund - If you are experiencing an unexpected financial crisis that is negatively impacting your academic achievement, you are encouraged to submit an application to SF State's [HOPE Crisis Fund](#).

Dean-on-Call - Provides real-time one-on-one support to students who may be experiencing difficulties in navigating the university environment. Visit [Dean-on-Call](#) for more information.



[Free WiFi & Computer Access](#)

Technology and Wifi at SFSU - [Request a laptop loan](#) from the Library to be shipped to you. For more information on internet options or to request support with internet, please visit [Instructional Continuity Student Guide](#).

San Francisco Free WiFi - The City of San Francisco offers [free WiFi service](#) in selected areas and parks of the City. [A map of free WiFi services in open spaces can be found here.](#)

Other Wifi Accessibility - Internet providers are offering [lower cost options](#) for their internet services. If you are an existing customer of one of these providers, contact your current provider to see more options.



[Community Basic Needs Resources](#)

Bay Area Current Health & Human Service Info - Visit the [United Way Bay Area](#) site to find out current information about your location, including resources concerning food, housing, transportation, and more.

Free Medical Care Resources - A list of medical providers that can provide care for free or low cost. Available in [English](#) and [Spanish](#).

One Degree - One degree is an interactive website that can connect you to basic needs resources in your area. Please visit the [One Degree website](#) to explore food, housing and financial resources in your Community.

Rise Free - A resource for college students who are in need of support during the COVID-19 pandemic. Visit the [Rise website](#) to request help with basic needs.

SF Bay Mutual Aid - This [mutual aid program](#) connects people who need support or want to provide support for those who are affected by COVID-19 or other situations. Click the links to submit a request or learn more.

Alameda County and Greater Bay Area Resources - Mills College provides a [list of resources](#) concerning health, social services, shelter, and food resources for the bay area.

Bayview & San Francisco Resources for Shelter in Place - Resources for needs such as [housing, health, food](#), and other needs for residents in the Bay Area.

First 5 Santa Clara Resource Directory - [The First 5 Santa Clara County site](#) provides maps and contact information of locations where health and human resources can be found.

Bay Area Legal Aid - Bay Area Legal Aid has a [directory of links](#) that you can visit to get assistance concerning food, housing and rental, and financial resources.

Hand Washing Stations in San Francisco

- [A map of hand washing stations can be found here.](#)
- [A list of hand washing locations can be found here.](#)



Community Food Resources

Visit your local food bank to access free food in your area.

California Association of Food Banks - Check this site to find a [food bank near you](#).

Project Open Hand - Free meals for those who have critical illnesses, adults with disabilities, or seniors. Check the [Project Open Hand site](#) for more details.

- **San Francisco location:** 730 Polk Street, San Francisco, CA 94109
- **Oakland location:** 1921 San Pablo Avenue, Oakland, CA 94612

Free Pantry Resources - A list of pantries in San Francisco that give away free groceries and/or produce. Available in [English](#) and [Spanish](#).

East Bay Food Resources - A list of resources that provide [free or low cost food](#) for anyone who needs it.

San Francisco & Marin Counties

- [SF - Marin Food Bank](#)
 - **San Francisco location:** 900 Pennsylvania Avenue, San Francisco, CA 94107
 - **Marin location:** 2550 Kerner Boulevard, San Rafael, CA 94901

Santa Clara & San Mateo Counties

- [Second Harvest of Silicon Valley Food Bank](#)
 - **San Jose locations:** 750 Curtner Avenue, San Jose, CA 95125 & 4001 North First Street, San Jose, CA 95134
 - **San Carlos location:** 1051 Bing Street, San Carlos, CA 94070
- [North Peninsula Food Pantry & Dining Center of Daly City](#)
 - 31 Bepler Street, Daly City, CA 94014

Santa Cruz County

- [Second Harvest Food Bank of Santa Cruz](#)
 - 800 Ohlone Parkway, Watsonville CA 95076

Alameda County

- [Alameda County Community Food Bank](#)
 - **Oakland location:** 7900 Edgewater Drive, Oakland, CA 94621
- [Berkeley Food Pantry](#)
 - 1600 Sacramento Street, Berkeley, CA 94702

Contra Costa & Solano Counties - [Food Bank of Contra Costa & Solano](#)

- **Concord location:** 4010 Nelson Avenue, Concord, CA 94520
- **Fairfield location:** 2339 Courage Drive, Suite F, Fairfield, CA 94533

Farmers Markets

- [Alemany Farmers Market, San Francisco](#)
- [Center for Urban Education about Sustainable Agriculture \(CUESA\), San Francisco](#)
- [Pacific Coast Farmer's Market Association](#)
- [Heart of the City, San Francisco](#)
- [Market Match | Making Fresh Affordable](#)
- [The Ecology Center, Berkeley](#)
- [Free Eats](#) Updated 3/20/2020 - does not include meals served once/twice a month
 - [Personally Verified 3/20/2020 List](#)



Eviction and Utility Moratoriums

Many California cities including San Francisco and San Jose have temporarily halted evictions. If you are experiencing fear of eviction, we encourage you to explore your city and county policy on temporary eviction moratoriums. Cities and counties may have different policies so it is important to check both.

What is a moratorium? A moratorium stops an activity for an agreed amount of time. For example, moratoriums prohibit landlords from evicting residential tenants who cannot pay rent due to COVID-19. Reasons include loss of income from work, childcare costs related to school closures, and healthcare costs.

Eviction Moratoriums - On March 27, 2020, Governor Gavin Newsom issued an executive order banning the enforcement of eviction orders for renters affected by COVID-19 through May 31, 2020. Renters must notify their landlord in writing within seven days of due rent. For more information, visit the [Office of the Governor's website](#).

- [San Francisco Moratorium](#)

Utility Moratoriums - Check your local utility providers' website if your utility provider is not listed below.

- [Alameda County Water District](#)
- [California Public Utilities Commission](#)
- [City of Benicia Utilities - Water & Sewage](#)
- [Contra Costa Water District](#)
- [East Bay Municipal Utility District \(EBMUD\)](#)
- [Golden State Water Company](#)
- [Pacific Gas & Electric \(PG&E\)](#)
- [San Francisco Public Utilities Commission \(SFPUC\)](#)
- [San Jose Water Company](#)
- [Silicon Valley Power](#)

Other Moratorium Resources

- [San Francisco Housing Help](#)
- [Housing Rights Committee of San Francisco](#)
- [East Bay Housing Organizations](#)
- [Summary of Eviction and Foreclosure Court Rule](#)



Community Shelter Resources

Updated September 3rd, 2020

For more information on community housing resources, visit our [Crisis Housing Resources website](#).

Bay Area Resource List - [Housing resources and other needs](#) for cities within the Bay Area.

San Francisco County -

- [Department of Homelessness and Supportive Housing](#)
- Free Shelter Chart - [English](#) | [Spanish](#)
- [SF Housing Resources](#)
- [Larkin Street Youth Services](#)

Marin County - [Homeward Bound of Marin](#)

San Mateo County - [Network of Care](#)

Santa Clara County - [Network of Care](#)

Contra Costa County - [Contra Costa Health Services - Emergency Shelters for Adults](#)

Alameda County -

- [Oakland COVID-19 Relief Fund](#)
- [Keep Oakland Housed](#)
- [Berkeley COVID-19 Housing Retention](#)



Mental Health Resources

Helpful Handouts

- UCSF Primary Care Social Work Resources: [Emotional Health Handout](#)

SF Free Mental Health Services - A list of providers you can receive mental health care from, for free or low cost in San Francisco. List available in: [English](#) | [Spanish](#)

Mental Health Access by County - Links and contacts of mental health resources in different counties.

- [Alameda County](#)
- [Contra Costa County](#)

- [Santa Clara County](#)

Video Resources

- [Qigong to Calm the Mind, with Sally Chang](#)

Mental Health Support - [Mental Health Association of San Francisco's 24/7 peer run Warm Line](#) for COVID-19 support.

Resources for Families with Children

Free Diapers - Pick-up free diapers at five locations. Calling prior to pick-up for hours of operation is recommended.

- [SF Diaper Bank](#) | [English Brochure](#) | [Spanish Brochure](#) | [Chinese Brochure](#)
- 170 Otis Street, 1st Floor at Child Care Resource Desk, 415-557-5100
- 1235 Mission Street, 415-558-4700
- 3120 Mission Street, 415-401-4800
- 37 Grove Street, 415-644-0504 ext. 2320
- 156 Broad Street, 415-406-1370

Childcare Services - Check the site to see what resources each organization has to offer in terms of childcare.

- [Children Youth & Their Families](#) | [Spanish Brochure](#) | [Chinese Brochure](#)
 - Neighborhood-based support for youth, children and their families.
- [Boys and Girls Clubs of San Francisco](#) - Supporting youth and providing resources with food, safety, and academics.
- [YMCA of San Francisco](#) - YMCA offers childcare at different locations across San Francisco for parents who are working.
- [Bay Area Crisis Nursery](#) - 24-hour residential care for children from birth through 5 years of age.

Youth Resources - Resources that help parents and children stay healthy and cope throughout the COVID-19 Pandemic.

- **For Parents:**
 - [Curriculum Resources](#) via the SF Department of Children, Youth & their Families for indoor activities
 - Parent Caregiver Guide to Helping Families Cope with COVID-19 [Fact Sheet](#)
 - [Family Coping Mechanisms](#) during COVID-19 | [Spanish](#) | [Chinese](#)

- [National Child Traumatic Stress Network \(NCTSN\): Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\) \[Chinese\]](#) [[Spanish](#)]
- **For Kids:**
 - [Coping After a Disaster](#) - A Ready Wrigley activity book for children ages 3-10 produced by the CDC
 - BrainPOP [video](#) explaining COVID-19
 - [NPR's COVID-19 Comic for Children](#)
 - Covibook for kids in [Spanish](#) and [English](#)
 - Creative Movement from SFUSD's Visual and Performing Arts Department: [Virtual Dance Classes](#)
 - Free digital books by [EPIC!](#) (3500+ books!)



Economic Resources

San Francisco Services - For more information on COVID-19, health services, city services, and business and job services during the shelter-in-place implementation, visit the [City and County of San Francisco](#).

San Francisco Employees Impacted by COVID-19 - For more information on paid sick leave, paid family leave, emergency child care, and employee resources for San Francisco visit the [San Francisco Office of Economic and Workforce Development](#).

Unemployment Insurance - [Unemployment Insurance](#) may be available if you have lost your job or had your hours reduced for reasons related to COVID-19.

- Partial wage replacement benefit payments for workers who lose their job or have their hours reduced, through no fault of their own.
- Range from \$40 to \$450 per week for up to 26 weeks.

Disability Insurance - [Disability Insurance](#) may be available if you are unable to work due to medical quarantine or illness related to COVID-19 (certified by a medical professional).

- Short-term benefit payments to eligible workers who have a full or partial loss of wages due to a non-work-related illness, injury, or pregnancy.
- Approximately 60% to 70% of wages (depending on income); ranges from \$50 to \$1,300 a week for up to 52 weeks.

Paid Family Leave - [Paid Family Leave](#) may be available if you are unable to work because you are caring for an ill or quarantined family member with COVID-19 (certified by a medical professional).

- 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 a seriously ill family member.
- Approximately 60% to 70% of wages (depending on income); ranges from \$50 to \$1,300 a week for up to 6 weeks.

Paid Sick Leave - [Paid Sick Leave](#) may be available if you or a family member is sick or for preventative care when civil authorities recommend quarantine. This is leave you have accumulated or your employer has provided to you under the Paid Sick Leave law is paid to you at your regular rate of pay or an average based on the past 90 days.

Workers' Compensation - [Workers' Compensation](#) may be available if you are unable to do your usual job because you were exposed to and contracted COVID-19 during the regular course of your work, you may be eligible for workers' compensation benefits. Benefits include:

- Temporary Disability (TD)
 - Begins when your doctor says you can't do your usual work for more than three days or you are hospitalized overnight; and ends when you return to work, when your doctor releases you for work, or when your doctor says your illness has improved as much as it is going to.
 - You may be entitled to TD for up to 104 weeks.
 - TD generally pays two-thirds of the gross wages you lose while you are recovering from a work-related illness or injury, up to the maximum weekly amount set by law.
 - Eligible employees are entitled to medical treatment and additional payments if a doctor determines you suffered a permanent disability because of the illness.
- If accrued sick leave is denied, [file a Wage claim](#).

SF State Parking Refunds - For parking refunds, email [SF State's Parking & Transportation](#) office at parking@sfsu.edu.

