



# Economic & Social Needs Community Resource List For Faculty/Staff

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## Community Basic Needs Resources

### **One Degree**

One degree is an interactive website that can connect you to basic needs resources in your area. Please visit [1degree.org](http://1degree.org) to explore food, housing and financial resources in your Community.

### **Hand Washing Stations in San Francisco**

Here is a [map](#) of hand washing stations and [locations](#).

## Community Food Resources

**CalFresh** – [Cal Fresh](#) provides qualified applicants with free money for groceries. To see if you are eligible [start your application](#) online today.

**Food Banks** – Visit your local food bank to access free food in your area.

### **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 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

### **Alameda County** – [Alameda County Food Bank](#)

- **Oakland location:** 7900 Edgewater Drive, Oakland, CA 94621

### **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

## Eviction & Utility Moratoriums

### What is a moratorium?

A moratorium stops an activity for an agreed amount of time. For example, the eviction moratorium prohibit property owners 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 property owner in writing within seven days of due rent. For more information, visit the [Office of the Governor's website](#). Additionally 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.

### COVID-19-related Suspensions on Foreclosures

There has been a temporary suspension of foreclosures and evictions for Federal Housing Administration insured mortgages; Fannie Mae and Freddie Mac backed mortgages; and, USDA financed homes across rural America.

- Federal Housing Finance Agency - [Mortgage Assistance for Homeowners Affected by COVID-19](#)
- Bankrate - [Mortgage Relief Guide](#)

### Utility Moratoriums

Check your local utility providers' website, if your utility provider is not listed below.

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

- [Silicon Valley Power](#)

## 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](#).

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

## Domestic Violence

[National Domestic Violence Hotline](#) (800-799-723)

For survivors of domestic abuse, staying home to prevent the spread of COVID-19 may further compromise survivors' safety. The link above provides specific tips for survivors in regards to creating safety plans and reaching out for help

## Mental Health Resources

### Helpful Tools

- Calm - [Free Meditation Resources](#)
- Headspace - [Weathering the storm \(meditations\)](#)
  - Headspace is offering a collection of meditations and sleep/movement exercises to help you find some space and kindness for yourself and those around you
- [SAMHSA: coping with stress during ID outbreak](#)
- [SAMHSA: Tips for social distancing, quarantine, isolation during ID outbreak](#)
- Centers for Disease Control & Prevention (CDC) – [Taking Care of Your Emotional Health](#)
- The Guardian - [Managing Anxiety During COVID-19](#)
- [AMR Therapy](#)
  - AMR Therapy is offering sliding scale mental health therapy and 30-minute phone sessions for donation only.
- Wysa - [AI Chat to Cope with Isolation, Anxiety and Depression](#)
  - Wysa is an AI chatbot with exercises to help with stress, depression, and anxiety. They have developed activity packs for Isolation Stress and Pandemic Stress.
- Sanvello - [Free Premium Access During COVID-19 Crisis](#)
  - Sanvello is an app that provides exercises for managing stress, anxiety, and depression. They are providing premium access- all content, coping tools, and peer support, for free during the crisis
- Happify - [Free Tracks for COVID-19](#)

- Happify is an app and website designed to help users overcome negative thoughts, stress, and life's challenges using evidence-based solutions.
- [Mental Health Associated of SF 24/7 peer run warm line](#) for COVID19 support
- [Qigong to Calm the Mind with Sally Chang](#)

## Crisis Lines

[Suicide Prevention Lifeline](#) (1-800-273-8255)

[Disaster Distress Helpline](#) (1-800-985-5990)

## Substance Use Support

[Substance Abuse and Mental Health Helpline](#) (SAMHSA) – National Helpline (800-662-HELP)

[Online AA Meetings](#)

## 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 @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

## **Youth Resources**

- [Curriculum Resources](#) via SF Department of Children, Youth & Their Families for indoor activities
- Parent Caregiver Guide to Helping Families Cope with COVID-19 [Fact Sheet](#)
- [BrainPOP video](#) explaining COVID-19
- Covibook for kids [Spanish](#) | [English](#)
- Helpful handouts
  - [SAMHSA: Talking with Children: Tips for caregivers, parents, and teachers during ID outbreaks](#)
  - [NCTSN: Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#) [[Chinese](#)] [[Spanish](#)]
- Creative Movement for SFUSD's Visual and Performing Arts Department [Virtual dance classes](#)
- Free digital books by [EPIC!](#) (3500+ books!)

## Community Shelter Resources

**San Francisco County** – [Department of Homelessness and Supportive Housing](#)

**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](#)

## Free WiFi & Computer Access

**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.](#)