

COMMUNITY RESOURCES

This list of resources serve those mainly living in San Francisco and San Mateo Counties.

FINANCIAL ASSISTANCE

Unemployment and Paid Family Leave

California will provide unemployment benefits if you have lost your job due to the pandemic. If you cannot work because you are caring for someone who contracted COVID-19, you can apply for Paid Family Leave. https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

In addition, if you are a California business owner, self-employed, or independent contractor, there is a new Pandemic Unemployment Assistance benefit that you may qualify for if you cannot work for a COVID related reason. See website to see if you qualify https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

Emergency grants to those employed in Hospitality Industry

Another Round, Another Rally: Hospitality industry employees can Apply for \$500 relief grants at anotherroundanotherally.org

Restaurant Workers' Community Foundation: Emergency assistance restaurant or bar employees. Apply at restaurantworkerscf.org

Community College Students

Emergency Fund for San Mateo Community College District Students – Contact the Financial Aid office at your campus:

- Cañada College, call (650) 306-3307 M & Th, 8am-4:30pm, T & W, 8am-7pm, F, 8am-12pm
- College of San Mateo, call (650) 574-6146 M-F, 8am-4pm
- Skyline College, call 650.738.4236 M-Th, 8am-6:30pm, F, 8am-12pm

RENTAL AND UTILITY ASSISTANCE

CA-COVID 19 Rent Relief

The CA COVID-19 Rent Relief program provides financial assistance for rent and utilities to income-eligible California renters and their landlords who have been impacted by COVID-19. Both renters and landlords can apply for assistance.

https://housing.ca.gov/covid_rr/

For additional information, including eligibility and application help, call our CA COVID-19 Rent Relief Call Center at 833-430-2122.

If you need assistance in another language, or to get help to see if you're eligible, help you fill out an application, or upload required paperwork, schedule an appointment with an organization near you by calling 833-687-0967.

CORE Centers

If you have lost your job and need help to pay your rent or utility bills, call the CORE centers: Redwood City and North Fair Oaks: call the Fair Oaks Community Center at (650) 780-7500. San Mateo: call Samaritan House at (650) 347-3648.

Pacifica: call the Pacifica Resource Center at 650-738-7470

San Mateo County: call the Community Resource Center of the YMCA at (650) 276-4101

PG&E

PG&E has committed to not discontinue any electric or gas service for nonpayment during this pandemic.

https://www.pge.com/en_US/about-pge/company-information/protective-protocols/covid19.page

Project Sentinel (408) 720 - 9888

Offers tenant counseling in working out disputes with landlords in San Mateo and Santa Clara County. <https://www.housing.org/covid-19>

The San Francisco Rent Board (415) 252-4631

Offers phone counseling to tenants on rental issues. <https://sfrb.org/>

MORTGAGE PAYMENT ASSISTANCE

Contact your specific mortgage lender for their specific ways to help you. They would rather hear from you instead of starting any process for collections and/or foreclosures. The

following article gives detailed steps you need to take to work with your bank to prevent foreclosure.

For payment assistance, Contact Mortgage Loan Servicing at (866) 234-8271. M-F from 4 AM to 8 PM, & on Saturday from 6 AM to 12 PM

JP Morgan Chase Bank: For mortgage payment assistance call (800) 848-9380.

Foreclosure prevention, Mortgage delinquency and default counseling in San Mateo County:
<https://www.housing.org/foreclosure-prevention-mortgage-del>

Homeownership SF (415) 202-5464

Homeownership SF serves as a centralized resource for affordable homeownership opportunities and foreclosure intervention education/counseling in San Francisco.

<https://homeownershipsf.org/foreclosure-prevention/>

LOSS OF HEALTH INSURANCE COVERAGE

Covered California offers health insurance coverage with various insurance companies with the opportunity to get financial assistance on premiums. Includes vision and dental and Medi-Cal. <https://www.coveredca.com/>

COUNSELING & MENTAL HEALTH

Crisis lines (suicide prevention)

San Francisco and National Crisis Hotline: 1-800-273-8255 San Mateo County Crisis Hotline: 1-650-579-0350

Santa Clara County Crisis Hotline: 1-855-278-4204

Crisis Text Line: Text "HOME" to 741741

California Warm Line 1(855) 845-7415 or start online chat text

Non - emergency counseling support for anyone seeking emotional support from trained peers. Issues can include challenges with interpersonal relationships, anxiety, panic, depression, finance, and alcohol and drug use

<https://www.mentalhealthsf.org/peer-run-warmline/>

Star Vista Counseling Center (650) 355-8787 <https://star-vista.org/programs/#adults-tab>

Affordable counseling services for children, adolescents, adults, and families, covering relationship issues, behavioral concerns, depression/anxiety, life transitions, peer conflicts, homework stress, self-esteem, and more. Clients learn new coping strategies, change negative patterns, and improve parenting skills.

Student Mental Health

Students may feel additional stress and anxiety during this period of uncertainty. Students can request to speak with a Wellness Counselor: fill out an online form specific to their school site.

<https://www.smuhdsd.org/domain/2381>

National Alliance of Mental Illness (650) 638 - 0800

Peer support counseling for those with mental illness or their families

<https://namisanmateo.org/support/local-services/>

The Friendship Line (800) 971- 0016

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Trained volunteers offer a caring ear in friendly conversation with older isolated senior adults In San Francisco, San Mateo, and Santa Clara counties who are lonely, grieving, depressed, and who welcome daily well-being phone call checks.

Senior Peer Counseling (650) 403 - 4300 x 4322

Isolated seniors can be matched with another senior for help with grief, loneliness, and life changes. Languages provided: English, Cantonese, Mandarin, Tagalog, and Spanish

<https://www.peninsulafamilyservice.org/our-programs/older-adult-services/seniorpeercounseling/>

Parentline 1(844) 415-2229

<https://parentlineusf.com/>

Free counseling service for parents of children from pregnancy to 3 years of age.

C.O.R.A. (Community Overcoming Relationship Abuse)

Information: (650) 652-0800

Crisis line: 1 (800) 300-1080

<https://www.corasupport.org/what-we-do/crisis-intervention-services/>

Support and education for those who experience Intimate Partner Abuse including family counseling

FOOD

Free and Reduced Lunches for Students

San Mateo Unified School District

Public School: Free and reduced lunches continue for all students 18yrs & under who have already been registered. Pick up meals M-F daily 11am-1pm (breakfast & lunch)

<http://www.smfcsd.net/>

San Bruno Community Foundation

(650) 826-3182 or email community@sbcf.org

Provides help with groceries and other assistance to elderly, homebound, or at-risk San Bruno residents.

Expensify.org

Will reimburse SNAP families for up to \$50 for essential goods and groceries purchased on your SNAP card. <https://www.expensify.org/hunger>

Food Bank Locator

Shows food near you. Things are changing rapidly, but some new, bigger mobile distribution sites with extended hours have opened. Please note: The San Francisco-Marín Food Bank is hosting a pop-up food bank from 10 a.m. to 1 p.m. Thursdays at Francisco Middle School, 2190 Powell St. No sign-up or ID required. <https://foodlocator.sfmfoodbank.org>

Samaritan House (650) 347-3648

<https://samaritanhousesanmateo.org/service/food/>

Food Pantry in San Mateo is open, but all food will be pre-packaged. For homebound seniors and those with disabilities, Samaritan House Mobile Meals will deliver meals.

WIC (Women, Infants, Children)

Women with young children and recent income changes from COVID may qualify for support with food. <https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx#>

Meals on Wheels

Food services and home delivery for homebound seniors and the disabled

- San Francisco: (415) 920-1111 - <https://www.mowsf.org/coronavirus>
- Peninsula: (650) 326 -0665 - <https://www.penvol.org/mealsonwheels/>

Self Help for the Elderly 415-677-7600

Asian focused home delivered meals.

<https://www.selfhelpelderly.org/our-services/nutrition-services/home-delivered-meals>

North Peninsula Food Pantry

Food & Emergency Assistance in Daly City (650) 994 - 5150

<http://fooddc.org/how-to-get-assistance/>

Pacifica Resource Center 650-738-7470

Food services and assistance for Pacifica families <https://www.pacresourcecenter.org/>

EMERGENCY HOUSING

HIP Housing Low Income Housing <http://www.hiphousing.org/>

Offer emergency relief for those living in shared HIP Housing San Mateo 650-348-6660

S. San Francisco 650-829-3971

Daly City 650-301-8414

Emergency Housing

Contact any of the Core Agencies for intake on housing emergencies.

<https://hsa.smcgov.org/emergency-safety-net-assistance-core-service-agencies>

OTHER RESOURCES

For more information about resources not listed above, try these websites:

Free Eats/Free Pantry

Lists of where to find free food, shelter, medical aid and other help in San Francisco.

<http://www.freeprintshop.org/>

211 in San Mateo County

Help individuals and families find food, housing, health care, senior services, child care, legal aid and much more <https://www.211bayarea.org/sanmateo/>