



## Resources for artists during the pandemic

This is an ongoing list that will be updated as more information and resources are made available. *If you have something to share, let's add it to the list!*

## Apply for Financial Support - Local (Chicago & IL)

### [3Arts List of Emergency Resources & Funds for Artists \(local & national\)](#)

A long compiled list of resources, local grants, national grants, and crowdfunding efforts.

### [Chicago Artists Relief Fund](#)

The Chicago Artists Relief Fund is managed by a group of community volunteers. Bios can be found [here](#). Though organizational affiliations are listed, each individual is acting on their own behalf, not as a representative of the organizations with which they are affiliated. If you are an artist in need of relief funds, click [here](#) to take our application survey and apply for relief.

### [Chicago COVID-19 Hardship and Help Page](#)

The Chicago COVID-19 Hardship and Help page was created by Chicago organizers Kelly Hayes and Delia Galindo to offer a simple way for people in the Chicago area to ask others for assistance during this crisis. Whether you are a parent whose income has dried up, a struggling freelancer, or enduring any other financial strife during this crisis, please feel free to share your story and ask for whatever financial help you need. To post a request, you can fill out [this form](#). We know not everyone will get the help they ask for, but we want people to have the opportunity to ask, and also the opportunity to help.

### [City of Chicago: Emergency Rental Assistance](#)

Emergency Rental Assistance is available for people suffering financial hardship due to a crisis such as loss of job, home fire or illness. The program is intended to allow families to maintain housing during the time it takes to regain stability.

### [Chicago Financial Aid Resources for Artists During COVID-19](#)

Organizers and artists have taken it upon themselves to create mutual aid projects that provide support - check out the link for a list of financial resources.

### [Chicago Financial Hardship Resources](#)

Digital publication "Block Club" rounded up sources available now to those facing financial uncertainty.

### [For The People Artists Collective Micro Grant](#)

For the People Artists Collective is offering emergency microgrants of up to \$500 to Illinois-based artists and freelancers of color whose income has been affected during the COVID-19 pandemic. Microgrants are small, one-time-only, monetary awards typically given to an individual or community group. The funds

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can be used at your discretion with no need for any paperwork or reporting how the funds were used. They have a maximum of \$10,000 dollars to redistribute\*.

## [Illinois Artist Relief Fund](#)

The fund is a partnership between the City of Chicago, the State of Illinois and the broader philanthropic community. Arts for Illinois Relief Fund is administered by Arts Alliance Illinois in partnership with 3Arts and Arts Work Fund. Grant applications for artists, artisans and cultural organizations open today. Individual artists and artisans – including stage and production members and part-time cultural workers – experiencing an urgent need will be able to apply for one-time grants of \$1,500 distributed by 3Arts. Grants will be awarded through a lottery system and will be disseminated quickly.

## **Apply for Financial Support - National**

### [3Arts List of Emergency Resources & Funds for Artists \(local & national\)](#)

A long compiled list of resources, local grants, national grants, and crowdfunding efforts.

### [Artist Relief](#)

A coalition of national arts grantmakers have come together to create an emergency initiative to offer financial and informational resources to artists across the United States.

### [New York Foundation for the Arts - Rauschenberg Emergency Grants](#)

New York Foundation for the Arts (NYFA) is proud to partner with the [Robert Rauschenberg Foundation](#) to administer a new emergency grant program called Rauschenberg Emergency Grants. The program will provide one-time grants of up to \$5,000 for unexpected medical emergencies. The fund provides one-time cash grants of up to \$5,000 to cover expenses caused by one-time, unexpected medical emergencies. Eligible expenses include, but are not limited to hospital and doctor bills (including insurance co-pays), tests, physical/occupational therapy, prescription drugs specifically for the emergency medical condition, and emergency dental work.

The grants are available to visual and media artists and choreographers who are U.S. citizens or permanent residents in the United States, District of Columbia, or U.S. Territories. Applications are accepted on a rolling basis until late May/early June 2020.

### [The Adolph & Esther Gottlieb Emergency Grant](#)

The Adolph and Esther Gottlieb Emergency Grant program is intended to provide interim financial assistance to qualified painters, printmakers, and sculptors whose needs are the result of an unforeseen, catastrophic incident, and who lack the resources to meet that situation. Each grant is given as one-time assistance for a specific emergency, examples of which are fire, flood, or emergency medical need. The Adolph and Esther Gottlieb Emergency Grant is offered to painters,

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sculptors, and printmakers who have been engaged in a mature phase of their art for at least ten years and who have a current need that is beyond their means and that results from a current or recent catastrophic event. **This program has no deadlines.** The program does **not** consider requests for dental work, chronic situations, capital improvements, or projects of any kind; nor can it consider situations resulting from general indebtedness or lack of employment.

## [One Fair Wage Emergency Fund](#)

Cash assistance to restaurant workers, car service drivers, delivery workers, personal service workers and more who need the money they aren't getting to survive.

## [While at Home Organization](#)

A national collection of financial resources for artists and freelancers (visual artists, performing artists, musicians, writers) affected by COVID-19-related decrease in public gatherings. Also includes resources for educators, parents/caregivers, small businesses owners; resources for exercise, mental health, medical professionals, and healthcare.

## General Artist Resources

### [Americans for the Arts - ArtsU webinars related to COVID-19](#)

Find free on-demand and live ArtsU webinars from Americans for the Arts that focus on different aspects of COVID-19.

### [Americans for the Arts - Coronavirus Resource and Response Center](#)

On this web tool you'll find news, information on relief funds and financial assistance, and preparation advice.

### [COVID-19 Freelance Artist Resources](#)

This list is specifically designed to serve freelance artists, and those interested in supporting the independent artist community. This includes, but is not limited to, actors, designers, producers, technicians, stage managers, musicians, composers, choreographers, visual artists, filmmakers, craft artists, teaching artists, dancers, writers & playwrights, photographers, etc.

### [List of Arts Resources During the COVID-19 Outbreak](#)

In times of crisis, artists are often among those most affected. In addition to health concerns, this is a challenging moment for many in our community as we deal with cancelled income and trying to make plans during uncertain times. Creative Capital has always been anchored by a rich spirit of community and mutual generosity, and we believe that continuing communication and exchange are crucial for all of us. As COVID-19 continues to spread across the United States, we have created a list of resources for artists working in all disciplines, as well as arts philanthropists, and arts professionals.

### [COVID-19 Resources for Theatre Artists in Chicago](#)

A supplemental list of resources to the original Freelance COVID-19 Wordpress/Google Doc. Many links

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(focused on resources for food, income, news, tips, health) are Chicago focused or Theatre focused but also reach beyond those fields. This list is being updated daily with resources.

## [City of Chicago - COVID-19 Arts Community Resources](#)

Following is a partial list of Arts Community Resources for the city of Chicago - including a number of arts service organizations providing frequently updated news and resources for artists and arts organizations.

## [Association of Teaching Artists - COVID-19 Webinar](#)

On Friday, March 13, 2020, Association of Teaching Artists, Teaching Artists Guild, Creative Generation, National Guild for Community Arts Education, the NYC Arts in Education Roundtable, and Teaching Artists of the Mid-Atlantic hosted a free webinar to address how the COVID-19 health crisis is affecting teaching artists. Click the link above to watch the recording and check out the accompanying [Google Doc](#) that accompanies the webinar.

## [Teaching Artist Guild: COVID-19 RESOURCES FOR TEACHING ARTISTS](#)

A growing master list of resources stemming from the Association of Teaching Artists webinar.

## [Artist Content Platform Submission](#)

Artists and arts organizations in Illinois have the opportunity to share their work in response to this time of crisis, and to demonstrate the value of culture in processing and supporting one another during COVID-19.

## [Chicago Covid Resources](#)

Spreadsheet of a large number of various resources, some of which are already listed in this doc.

## [Critical Response Fund - Crossroads Fund](#)

To continue the legacy of responding quickly and centering the leadership of people who are most directly impacted, including people of color, women, the LGBT community, Crossroads Fund is encouraging current grantees to apply for the Critical Response Fund.

## [Facebook Group: Artists in Social Isolation](#)

Request to join this Facebook group to find a network of working artists sharing resources and supporting one another.

## [Americans for the Arts COVID-19 Resource and Response Center](#)

A combination of resources for arts organizations and artists, including financial support resources.

## [COVID-19 Resources for Artists and Arts Organizations by the NEA](#)

The National Endowment for the Arts has gathered this list of resources from arts service organizations.

## [National Center for Family Philanthropy](#)

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Compiled in partnership with Giving Compass, these funds include a social justice lens and/or community-based focus, but we are also including select strategic response funds.

## [Payment Protection Program](#)

Independent Contractors (such as artists) can apply for this themselves as of April 10, 2020. Please read the linked article that explains how to apply.

## [WomenArts - Emergency Funds & Resources for All Art Forms](#)

WomenArts is dedicated to increasing the visibility of women artists in all art forms.

## **Artists w/ COVID-19**

### [CERF+ The Artist Safety Net](#)

CERF+'s emergency relief grants related to Covid-19 will focus on those infected with the virus that requires intensive medical care.

## **Advocacy**

### [The Social Distancing Festival](#)

The Social Distancing Festival is an online artist's community made to celebrate and showcase the work of the many artists around the world who have been affected by the need for social distancing that has come about due to the spread of Coronavirus (COVID-19).

### [Lawyers for the Creative Arts](#)

A Chicago-based organization has compiled resources on legal assistance and potential legal issues for artists and arts organizations affected by COVID-19. They are able to provide general legal advice over the phone on issues relating to performance cancellations. Their usual legal assistance for arts-related matters are still fully operational.

## **Online Learning**

### [Coursera](#)

Check out free classes in a variety of subjects and skills.

### [Ivy League colleges](#)

450 free university courses you can take online.

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## [AFT](#)

Free lesson plans and professional development resources for educators.

## Other

### [2020 Virtual Guest-Lecturer and Artists Register: Ohio Northern University](#)

This information listed is intended to assist in finding a guest speaker for ONU.

### [CHICAGOLAND AVAILABLE CHILDCARE WORKERS DURING COVID-19](#)

If you have a cleared background check and completed mandated reporter training, request access to this list for potential childcare work opportunities.

### [Chicago Reader](#)

The *Chicago Reader* is doing a very quick-turn-around coloring book and will split the proceeds with the artists/illustrators who have material inside.

### [Jewel-Osco Immediate Hiring At All Locations](#)

"Work for us as long as you need. We are looking for cashiers, stockers and deli associates for all shifts! We WILL be flexible with any needs you have at home. Apply online here <http://bit.ly/2ltrhK5> or stop by your nearest Jewel-Osco location today!"

### [List of remote job opportunities](#)

Remote Jobs From 100+ Companies Hiring Remotely in February 2020.

## Self Care

### [Healthy Hood Chicago - Free Instagram Live-Streamed Classes](#)

Classes range from Slow Flow Yoga to Beginner Salsa! Check back to their Instagram page for weekly schedule updates.

### Meditation Apps [Calm](#) and [Headspace](#)

Both of these websites/apps offer free meditation as well as subscription options.

### [Free Yale Course on "The Science of Well-Being"](#)

Free course from Professor Laurie Santos that reveals misconceptions about happiness and teaches you how to successfully incorporate wellness activity into your life.

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## [Journaling to Make Sense of Trauma](#)

This New York Times article reviews and gives tips for journaling- one of the most cost effective ways to practice self-care.

## [Safe-Space: Resources for Extra Support in an Emotionally Safe Environment](#)

Connection, coping tools, and distractions in one calming area.

## [Shelf-Stable Nutritious Foods](#)

Advice for nutritious food options in the event of a quarantine.

## [Nine Recipes to Make with the Food You Bought for Self-Quarantine](#)

Creative recipes for food you probably already have in your pantry.

## [Resource for Those Needing Assistance Getting Food](#)

Greater Chicago Food Depository page for finding food assistance in your area.

## **Mental Health**

### [Crisis Hotlines](#)

Crisis Hotlines are for those individuals who need immediate assistance in attempting to develop options for specific problems.

### [Suicide Prevention Lifeline](#)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

### [Find a Therapist in Chicago](#)

Psychology today has a partial listing of therapists in Chicago, if you are looking for support in processing your situation. This website can filter by location and health insurance.

### [Sliding Scale Therapy](#)

If you do not have health insurance, some places provide “sliding scale” payments to make for more affordable care. The link above is for Chicago Women’s Health Center’s sliding scale counseling information.

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## [Video- "Coping with Traumatic Events" from CDC](#)

Listen to podcast or watch video from CDC on advice on how to cope with this traumatic event.

Suggestions include: Talk about your experiences and get support from family, friends, and coworkers; keep your normal routine; avoid suppressing feelings with drugs/alcohol; give yourself time to adjust; seek a counselor or therapist if you have trouble managing your feelings.

## [Coping with Stress During Infectious Disease Outbreaks](#)

Informative PDF from Substance Abuse and Mental Health Services Administration.

## [Psychologist's science-based tips for emotional resilience during the coronavirus crisis](#)

Article with tips on how to build emotional resilience during Covid-19.