



COVID-19 Resource Guide

Welcome to the PelotonU COVID-19 Resource Guide.

This guide is continually updated as resources become available. Use the links in the *Table of Contents* below to click on the bookmark which takes you directly to the section you are interested in. If you are a new member of our community, please send the information to csuarez@pelotonu.org and it will be added.

Be safe and well,
PelotonU

If you are in need of IMMEDIATE emotional support contact:

Integral Care: (512) 472-HELP (4357) or 844-398-8252

Text "Home" to 741741 and get connected to a crisis hotline counselor

Call Texas Health and Human Services COVID19 Mental Health Support Line 24/7

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PelotonU Virtual Support Resources	
PelotonU Virtual Office Join by Phone: (260)702-9436 PIN: 405 797 252#	Need help? You can get it remotely! • While we work from home, our support coordinators will still be available to support you. • You can join our virtual office space during our regular business hours to get help from Jessica, Josue, Karen, or Saul.
PU Tech Needs Survey	If it would help you to borrow a laptop or WiFi hotspot while PU study spaces are closed, complete this survey
General Working from Home Resources	
	Worried about work? Get free and confidential support.. Chat with a trained peer counselor: text 510-674-1414 or start a web chat .
	14 hours of expert-created content for setting yourself (and your teams) up for success for remote working
→ Article: 8 Tips to Make Working from Home Work for You → Article: 23 Essential Tips for Working Remotely	

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General Resource Lists

Each site includes resources from all categories | Click on image for link

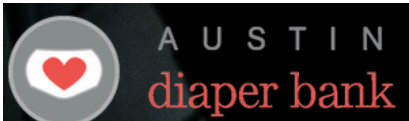
Quick Links

- Coronavirusaustin.org
- [Neighborhood Services at North YMCA](#)
- [Quick Link Guide for Adult Education & Events in North & Northeast Austin](#)
- [Quick Link Guide of Community Resources](#)

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Food Resources		
		
		
 • Summer Food Program • Support Applying for SNAP/Food Stamps • Follow them on Facebook for Updates		
→ Pandemic-EBT: Application available here ◆ Check out this page for FAQs and contact information for additional questions → Food Boxes Available! 20 pound box of fruits and vegetables will be available every Tuesday until August: ◆ YMCA North (100W. Rundberg) at 9am ◆ YMCA East (5315 Ed Bluestein) at 10am → KVUE LIST: Austin restaurants selling grocery items		
Transportation Resources		
CapMetro & COVID-19		

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COVID-19 Resources	
News and Updates	
 World Health Organization	This site includes recordings of recorded WHO updates and public health updates and advice.
	Public health updates. Also available in español .
	This website is built for community, by community. This website was created and is maintained by several community leaders to ensure all communities are receiving information to resources and can learn how to stay safe during this pandemic.
	Resources for Undocumented Immigrants and their Families During COVID-19: Also see this extensive resource guide with general resources at the top as well as resources organized by state.
Mental Health during COVID-19	
	by National Alliance on Mental Illness (NAMI) is an incredible resource guide with general information on COVID-19 as well as guidance and specific resources for some common questions related to mental health
	by Mental Health America - a wealth of resources includes information on managing anxiety for self and others, including kids and older adults, resources for LGBTQ+ individuals and veterans, and much more
	Resources for stress and coping during COVID
	Anxiety toolkit by Shine Collective
	A collection of resources for individuals and communities for managing anxiety, parenting, caregiving, and general COVID information
Articles and Podcasts	→ 7 science-based strategies to cope with coronavirus anxiety → Tips to reduce anxiety during COVID-19 → Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak → Mental health and psychosocial considerations during the COVID-19 outbreak

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COVID Educational Materials

- [Healthcare Events and COVID19 Informational Flyers](#)
- [Public Health Fact Sheets](#) from The National Child Traumatic Stress Network - topics include "Parent/Caregiver Guide to Helping Families Cope," "Supporting Children during COVID19," "Taking Care of Yourself" and more

Resources for Working During COVID-19 Outbreak



Topics include preventing illness at home and work, communicating with customers, what to do if you feel sick, and tips for those working at a COVID-19 testing center



from SNHU: explore ways to interact with customers if you are on the front-lines, how to take care of yourself, how to save during these changing times, preventing illnesses at home and work, and more.

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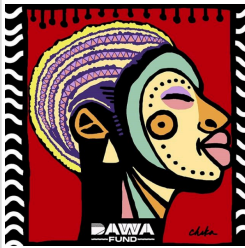
Unemployment and Financial Assistance

Unemployment Information and Benefits



- [See tutorial for applying here.](#)
- Then you can visit the [unemployment benefits services tab](#) to log-in and start the application process.
- If you lost your job due to COVID-19 closures, you may be eligible for Disaster Unemployment Assistance with Texas Workforce Commission.
- You can [check your eligibility and apply here.](#)

Emergency Financial Assistance for Service Industry Workers



Direct financial assistance for musicians, artists, therapists, members of the service industry, and social workers of color

To be eligible, must be:

- Be a person of color
- Be in a qualifying position
- Live/work in the Austin area
- Truly be in need of financial help
- Value the importance of serving the community
- Honestly complete the application



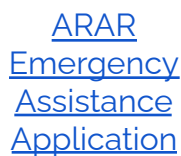
Banding Together ATX has secured philanthropic donations to support workers in the music, hospitality, and service industry businesses who have suffered economically as a result of event cancellations and business closures.



Southern Smoke is a nonprofit 501c3 charitable foundation. Our Emergency Relief Program provides emergency funding to those employed by or own restaurants or bars or are employed by a restaurant or bar supplier that are faced unforeseen expenses that cannot or will not be covered by insurance.



Funding is currently unavailable but they're relaunching UpTogether in July. If you want a notification about the launch or more information about what UpTogether is, [just click here.](#)



This relief fund is set up to get funds to as many applicants as possible as quickly as we are able to raise them. We are distributing \$500 relief grants. Anyone in the hospitality industry, dishwasher, bartender, server, busser, chef, cook, sommelier, manager, host, concierge, cleaning staff, or barback may apply for funds. We distribute funds via Venmo, Cashapp, Zelle, or Paypal so those in need can get funds as quickly as possible. If you do not have a bank account we can also send funds via check or visa gift card but it may take longer to receive. See more information about [ARAR here.](#)



One-time grant application for \$500. Applications were closed as of 4/9 but those interested are encouraged to check back weekly or follow them on social media for updates.

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	Anyone can use the covidhelp@restaurantworkerscf.org email address to express interest. They will respond to make sure you know how to formally apply.
	Please read through the Selection Criteria and Eligibility Requirements for the Bartender Emergency Assistance Program and if you believe that you are eligible, please fill out the application making sure to include the required supporting documents. You do NOT need to be a USBG member to apply for a philanthropic grant.
Austin Service Industry Resources	Also here: a collection of financial support resources and ways to engage with and on behalf of the service industry in Austin.
→ Restaurants in Austin offering free meals and discounts to service industry workers.	
Housing Assistance	
	→ For Housing Resources and information, visit www.austintexas.gov/housing-resources → Austin Public Health Neighborhood Centers offering rent assistance for Travis County residents ◆ Call 512-972-5780 to complete a phone screening → Use this helpful guide for suggestions on asking for rent assistance
Homeowners	If you own a home, get advice on avoiding foreclosure. → Also, check with your mortgage provider to see if there are any assistance programs for which you qualify.
Bills Assistance	
Auto Insurance	PU coaches have gotten \$50 taken off of monthly premiums by calling Geico. Word is Allstate is also automatically giving its customers 15% discount. Here is Progressive's discount. Some are automatic, so check your insurance portal and give your provider a call if you don't see a discount
	The City has taken steps to ensure customers have uninterrupted access to utility services and that customers experiencing hardships due to COVID-19 can get immediate utility bill relief. The Emergency Financial Support Plus 1 Program helps customers who are having financial difficulties and are unable to pay their utility bills due to unexpected emergencies.
Financial Assistance for Small Business Owners	
Austin Economic Bridge Loan Program	Businesses that have been affected by COVID-19 that have from one to 100 employees are eligible for aid. The federally backed loans of up to \$35,000 offered by the City of Austin would provide working capital and could help sustain many local businesses until they receive their U.S. Small Business Administration loans.
	The SBA provides low-interest disaster loans for small businesses and private non-profits to help businesses and non-profits who have suffered economic injury as a result of the COVID-19 disaster.

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For restaurant owners and workers being affected by COVID19

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Childcare Assistance	
	→ Texas Workforce Commission is expanding to subsidize childcare for essential workers. So just fyi: if you are an essential worker (even if you are working part-time) and concerned about child care, ◆ You can search for available childcare through the Frontline Child Care Availability Portal
	→ Free nurse home visit for new moms and 3 weeks. We are now doing these visits virtually. If your family lives South, they may be eligible. No other eligibility. Nurse checks on mom and baby, domestic violence assessment, postpartum depression assessment, and connects all family members with resources across the board.
	→ Care for a young child? ◆ Bright by Text is for anyone who cares for and loves a child, prenatally through age 8: parents, parents-to-be, grandparents, babysitters, aunts, uncles, neighbors, friends, teachers, and more. → Bright by Text can help! ◆ We send free text messages with easy, practical tips and activities right to your cell phone. Our content comes from trusted partners like PBS and Sesame Street. Messages are targeted to your child's age and include information on development, language and early literacy, health and safety, behavioral tips, and more.
	→ PIP continues to offer our free Community Based Program to families in Austin. We are now offering families the opportunity to connect weekly via WhatsApp to talk, reflect, and share resources. Groups will meet for 8 weeks and are for parents with babies 0-9 months old. Registration is free and participants will receive diapers, wipes, and grocery gift cards. Groups are formed on a rolling basis. → Families can register by visiting the pip website or by texting 512-829-1704
	→ VELA serves parents of kids with disabilities and other special needs. We offer courses on special education, autism, and parent/caregiver wellness. We have individual case management, support groups and family fun days. ◆ All our services are being offered remotely and still thinking we will be starting our courses for parents remotely in the fall ◆ All services are offered in English or Spanish ◆ All services are free of charge ◆ We have Spanish and English monthly support groups which are open and parents can join in as they need support

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	◆ Our case management is being offered virtually through Zoom or by phone at this time and the only requirement is that parents have a child with a disability or other special need.
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Scholarship Resources	
PelotonU Scholarship Guide	Live document updated by Janet
	COVID-19 Student Relief Fund Scholarship by Scholly
	The Betancourt-Macias Family Scholarship Foundation has also compiled an extensive list of nation-wide resources for undocumented communities during COVID-19
	Here are the eligibility requirements: → "Must be an undocumented student (DACA students are eligible). → Must be or will be a high school/GED graduate who will enroll for the first time in an accredited college or university in the U.S. or Puerto Rico for the 2020-2021 academic year. → Due to limited funds, current college students who have already graduated high school or received their GED are not eligible." The extended deadline to apply for this scholarship is July 31, 2020.
Scholarships Open to Undocumented Students	My Undocumented Life is continually updating this site -- check back frequently.

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Resources for Undocumented Individuals	
Emergency Aid	
 NAKASEC 미주한인봉사교육단체협의회	The request is for \$500 in cash assistance. Please fill it out if you don't qualify for existing government aid due to your immigration status. Also check out our community resources page! Requests are processed in a rolling basis. We will process your request as soon as possible and give you a call during your listed preferred time and day. We will try our best to provide assistance to as many people as possible, but we are limited by the funds available.
General Resource Lists	
	Website collecting resources supporting the wellbeing of immigrants by the University Leadership Initiative and students at the UT Austin Steve Hicks School of Social Work
	They manage a general resource list. If you are your family members are undocumented and have been impacted by the COVID-19 pandemic, apply to emergency funding here.
	Tangible Support for Immigrant Communities During COVID-19.
	Our mission at My Undocumented Life is to provide up-to-date information and resources to undocumented students. We post scholarship opportunities that are open to undocumented students, strategies for navigating the educational system, information on how to apply for DACA, news on immigration policies, and much more. Most importantly, we want to provide a sense of community to our diverse group of readers.

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Employment Opportunities		
 Workforce Solutions continuously updates available jobs		
	 or by text "careers" to 480-800-8056	
		
		
	Remote jobs - over 1,500 jobs nationally posted in this sheet	
 Remote Jobs Page	 Image Consulting Virtual Appointment Request	

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Tech/Wifi Resources		
 Mobile WiFi		
Google Fiber Additional information can be found on Google Fiber's COVID19 support page .	Spectrum Check out Charter's COVID19 response page for a comprehensive review of ways they can assist.	 Additionally, new Access from AT&T customers will receive two months of free service. Check AT&T's COVID19 response page occasionally for ongoing updates.
		 North Center Wi-Fi access in parking lot M-F, 8-5PM

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Wellness Resources

If you are in need of IMMEDIATE emotional support contact:

Integral Care: (512) 472-HELP (4357) or 844-398-8252

Text "Home" to 741741 and get connected to a crisis hotline counselor

Call Texas Health and Human Services COVID19 Mental Health Support Line 24/7

Clinics and Prescriptions



NeedyMeds is an online information resource of programs that provide assistance to people who are unable to afford their medications and health care costs.

- All the information is free, easy to access and updated regularly.
- No registration is required and we don't request any personal information.



If you are uninsured and/or don't have a doctor call 512-978-8775.

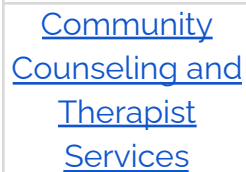
- CommUnityCare will talk to you over the phone and send you to the appropriate location.



Through Central Health, a COVID-19 specific line to call if you are uninsured and symptomatic - 512-978-8775



COVID-19 Updates and Information page



Compiled by PelotonU, includes therapist partners and contact information.



Austin-area therapists and counseling centers offering sliding-scale services



Website and contact information for multiple organizations that serve mental health, substance abuse, military, abuse, and other support needs.



Organized and led by Texas Tech Health Science Center for grief, anxiety, and depression

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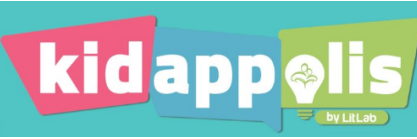
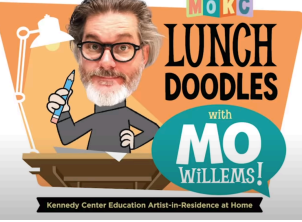
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<i>Mental and Emotional Health Resources</i>	
	Free online courses for mental health and well-being by Coursera
	FREE Online Courses - explore topics and courses in areas such as computer science, programming, business, art and design, healthcare, and more!
	An online library of activities, videos links, self-care resources, and virtual tours and webcams from around the globe in an effort to help older adults and family caregivers remain connected and active while social distancing.
Mental Health Apps	Reviewed and recommended by the Anxiety and Depression Association of America
Meditative Practices	→ Kevin Love Fund + Headspace - Entertainment Industry Foundation: Kevin Love Fund and Headspace offer mindfulness meditations to help with Covid-19 related anxiety. → Keep Your Mind Grounded Exercise → Meditative Playlist for Challenging Times → Mindfulness Practice (Mindful.org) ◆ 10-minute Breath Exercise ◆ The CALM Reminder → Tara Brach Guided Meditations → Breathwork Exercises for Vitality and Healing ◆ General Breathwork Exercises ◆ Breathwork for Vitality and Healing → Apps for iPhone: The Breathing App and Breathe 1-min Meditations → App for Android: Breathe app
Articles	→ The Case for Doing Nothing - NY Times article
<i>Additional Wellness Resources</i>	
	Resources for community support, suicide and mental health support, military support, and domestic violence hotlines

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Resources for the Kiddos		
Educational Activities and Resources for the Kiddos		
		100+ Resource Collection for Children While Parents Work
 For High School Students	Virtual Field Trips for Students	 For ages 2-7
		 For ages 0-4
 Free online math tutoring and college counseling		 Connecting People to Jobs
 Storytime Kits Apoyando el aprendizaje en casa	 Unite for Literacy Books	
Physical/Mental/Emotional Health for Kids		
 an incredible resource page curated by social workers of the Northwest Independent School district in the DFW region		 Kennedy Center Education Artist-in-Residence at Home

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	Your favorite Disney characters read you a story	Story Time from Space
Supporting Your Child's COVID-19-related Concerns and Stress		
		 Multilingual
Articles	→ Parent/Caregiver Guide to Helping Families Cope with COVID-19 - by The National Child Traumatic Stress Network → Guidance for Parents with Shared Custody during COVID	

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