



COVID-19 Community Resources

Updated: April 16, 2020

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Interested in aiding & giving back to the community around you?

Click here for a list of volunteer and donation opportunities →

[**COVID-19 Rapid Response: Giving Back**](#)

General info

[Center for Disease Control and Prevention](#)

[World Health Organization](#)

[People's Coronavirus Response, FB Group](#)

[Know Your Rights During COVID-19](#)

For Bay Area and California

[Alameda Public Health Department](#)
[California Department of Public Health](#)
[County of Los Angeles Public Health Department](#)
[San Francisco COVID-19 Response Site](#)
[San Francisco Department of Public Health](#)
[Santa Clara County Public Health](#)
[San Mateo County Health Department](#)

For Financial & Mutual Aid

United Way Emergency Relief Fund: Call 1-866-211-9966 and share your zip code to be directed to your nearest agency.

[Financial Solidarity Fund](#) - a spreadsheet of folks offering money and other resources, contact individually
[East Bay, CA Mutual Aid Request](#) - request aid in the East Bay Area
[South Bay, CA Mutual Aid Request](#) - request aid in the South Bay Area
[San Francisco, CA Mutual Aid Request](#) - request aid in San Francisco
[San Francisco, CA Mutual Aid Request 2](#) - request aid in San Francisco
[San Francisco, CA Community Support](#) - request aid in San Francisco

For Undocumented Folks

[Accesing Health Services while being Undocumented-Your rights](#)
[Relief support for Undocumented Workers](#) in California
CalFresh benefits. *You may be eligible if you have a family members who are citizens. [English](#) // [Spanish](#)
[Covid-19 Fund](#) - Techqueria ***If you're able to, donate here!***
[Tangible Support for Undocumented Communities during Covid-19](#) - Immigrants Rising

For Folks with Disabilities

[East Bay Disabled Folks COVID-19 Support Request Form](#)

For Houseless Folks

Students and foster youth who are stranded after their college dorm room closed, email info@togetherwerise.org and they will provide or help you find housing during this transition - Together We Rise
[The Village, Oakland](#) -- food & housing resources for houseless folks. They have been organizing food + supplies drives in Oakland.
[POOR Magazine](#) - collecting supplies for people without housing (Bay Area)
[Twitter Thread of Food Pantries, Housing Shelters, & More](#)
[AuntBertha.com](#) - find free or reduced-cost housing, food, medical services, and more

For LGBTQ Communities

[Queer Care COVID-19 Resources](#)

[Trans/Queer Relief Form- National](#) - *currently closed, please check back later!*

[Virtual gathering for Trans Communities hosted by TLC](#)

For At-Risk* Shoppers

(*Including senior citizens, pregnant people, folks with vulnerable immune systems)

DoorDash and UberEats offer free delivery right now.

[Safeway](#) invites “at-risk” shoppers from 7-9 a.m

[Whole Foods](#) invites customers 60 and older to stores one hour before opening to the public

[Target](#) reserves the first hour on Wednesdays to “vulnerable guests”

[Dollar General](#) reserves the first hour of every business day to senior shoppers

For Families

[Free counseling service for parents of children from pregnancy to 3 years of age](#) - Parentline

[Where kids can get free lunches during the COVID-19 school closures](#) - SFgate

For Kids

[Just For Kids: A Comic Exploring The New Coronavirus](#) - NPR

[Article to talk about the coronavirus to children for teachers and parents](#) - Tina Payne Bryson, PhD

[How to talk about the coronavirus to children in Spanish](#) - Crónica Balear

For Students

[30 days of free storage](#) - U-Haul

[Scholly- \\$200 Cash assistance for students](#)

Online Learning For Students and Families

[Free access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households](#)

- Spectrum

[Online Learning Platform to Teach K-12 Students Coding and Computer Science](#) - Code.org

[Best Messaging Apps and Websites for Students, Teachers, and Parents](#) - Common Sense Media

[Virtual Field Trips and Experiential Learning](#) - Common Sense Media

[Printable At-Home Packets and Online Math/Reading Content](#) - Curriculum Associates

[School Closure Learning Guide during Coronavirus \(COVID-19\)](#) - Great Schools

[Using Khan Academy for Remote Learning During School Closures](#) - Khan Academy

[Live Online Classes for Ages 3-18](#) - Outschool

[At Home Learning](#) - PBS SoCal

[Free math instructional program for students in grades K-8](#) - MIND Research Institute

[Free, online learning experiences for kids of all ages](#) - Scholastic

For Workers

[For all workers in CA affected by COVID- 19, information on filing an unemployment insurance claim](#) - State of California Employment Development Department
[Relief Fund for Workers](#)

For Small Businesses

[COVID-19 Business Resource Center](#) - Alica

On Racism and Xenophobia

[Community Care During COVID-19: A Message To and From AAPIs](#) - AAPI FORCE-EF
[The coronavirus exposes the history of racism and “cleanliness”](#) - From Vox
[As Coronavirus Spreads, So Does Anti-Chinese Racism](#) - Teen Vogue
[When Xenophobia Spreads Like a Virus](#) - NPR

For Philanthropists and Foundations

[COVID-19: Seven Things Philanthropy Can Do](#) - FSG
[Discussion on Funder Collaboration for COVID-19](#) - Northern California Grantmakers
[Fundors, this is the rainy day you have been saving up for](#) - Nonprofit AF
[What One Response to California’s 2017 Wildfires Can Teach Philanthropy About Coronavirus](#) - Whitman Institute

For Community

[Demand a State-wide Moratorium on Evictions](#) - Tenants Together
[Demands from Grassroots Organizers Concerning COVID-19](#) - Transformative Spaces
[Help Your Community Safely With COVID-19](#) - ga.gov
[Tell ICE: Release All Immigrants at Risk of Coronavirus](#) - RAICES

For Mental Health and Self-Care

[Mental health Support and finding a therapist](#) - Latinx Therapy
[Pandemic Panic? These 5 Tips Can Help You Regain Your Calm](#) - NPR
[Talkspace’s Mental Health Resources](#)
[Headspace](#) - offering free meditation under “Weathering the Storm” theme
[It Is Imperative To Act Swiftly To Mitigate The Effects Of COVID-19 On Mental Health](#) - Mental Health America
[Critical Mental Health Resources for College Students](#) - Center for Online Education
[Mindfulness Health and Wellness Series: Weekly yoga and meditations](#)