



CAMPUS ELECTION ENGAGEMENT PROJECT

Support Resources for Students During the COVID Crisis

Food		Relief Funds	Help Lines
List of most food banks in America		Rise Relief Fund	Disaster Distress Helpline
Can I apply for Food Stamps?		United Negro College Fund Grants	Call 1-800-985-5990 or text TalkWithUs to 66746
SNAP eligibility guidelines		One Fair Wage Fund (service workers)	National Suicide Prevention Lifeline
Aunt Bertha		free or reduced cost services like medical care, food, job training, and more	Call 800-273-8255 or Chat with Lifeline
Most college campuses will have some sort of food bank available to students—it may or may not be open with campuses closed			Crisis Text Line Text TALK to 741741
Unemployment			National Alliance on Mental Illness COVID-19 Resource Guide
Expanded Unemployment & Stimulus Checks			Substance Abuse and Mental Health Services Administration
\$1200 checks not available if listed as a dependent. Expanded unemployment is available			For support, text NAMI to 741741 or call the NAMI Helpline at 1-800-950-NAMI (6264).
Relocation			National Domestic Violence Hotline 24/7/365 at @ndvh by chat or by calling hotline at 1-800-799-7233
Free Uhaul Storage			

Other Items of Support			
Comcast Internet			
Charter Communications			
Guide to Energy Assistance Programs			
Federal guidance on continuing work-study			
Adobe is providing temporary at-home access to Creative Cloud products for students whose schools currently have only lab access.			
Surviving Shelter in Place			
Three Things Families Can Do Together (While Stuck at Home)			
Want to feel less anxious about the state of the world? Try diversifying your online news sources			
How to Survive Coronavirus Anxiety: 8 Tips from Mental Health Experts			
Facing COVID-19 With Community Instead of Fear			
How To Cope With Sheltering in Place			
Tips for social distancing, quarantine			
Listening exercise with romantic partner			
Simple meditation exercise			
Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak			
Mental Health			

This Coronavirus Anxiety Toolkit has tons of resources for taking care of your mental health amid the pandemic.			
The Relational Center is hosting a series of free online video chat support groups for coronavirus-related fears and anxiety			
Career Readiness			
This guide explains how soon-to-be college graduates can job hunt during the coronavirus pandemic			
MentorMatch is matching college students with tech professionals for 30-minute virtual coffee chats to give career advice, resume feedback, mock interviews, or anything else			
Exercise			
YMCA 360 has a collection of free, on-demand exercise videos ranging from bootcamp to barre to tai chi			
SBNation put together this list of free online workout classes -- with some that you can even catch via livestream			
Trauma Sensitive Yoga is livestreaming hour-long yoga classes that you can tune in for as long as you'd like			