**CGU COVID-19 Resources**

**Academics**

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| **Move to Online Instruction** | Information regarding CGU Procedures and COVID-19 can be found at: <https://info.cgu.edu/emergency/> |
| **Technical Support for Moving Online** | * Students: Technology guide for Canvas, Zoom, Office 365, CGU labs, and other CGU tools   + [Learning Continuity at CGU](https://mycampus.cgu.edu/web/it/academic-support/learning-continuity) * Faculty: Technology guide for Canvas, Zoom, Office 365, and other CGU tools   + [Academic Continuity at CGU](https://mycampus.cgu.edu/web/it/academic-support/academic-continuity) * Staff: Technology guide for Skype for Business, Microsoft Teams, and other CGU Tools   + [Operational Continuity at CGU](https://mycampus.cgu.edu/web/it/services/operational-continuity) |
| **CGU Events** | [CGU Calendar of Events](https://www.cgu.edu/events/) |

**Food Assistance**

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| **CalFresh** | Students who qualify can sign up for assistance programs like CalFresh.  <https://www.getcalfresh.org/en/apply> |
| **Food Pantries and Housing Insecurities** | An extensive list of local food pantries, housing, and shelters with operating information updated for COVID-19 can be found here:  [Food Pantries and Housing Insecurities](https://mycampus.cgu.edu/c/document_library/get_file?uuid=683f5a2c-71c9-4547-ac9e-d6e9542a787b&groupId=4829545) |
| **Meals for Children** | * Locate Emergency Meal Sites operating during unexpected school closures by downloading the app here: * [CA Meals for Kids Mobile Application](https://www.cde.ca.gov/re/mo/cameals.asp) * *WIC* is an income-based program for infants, children under 5, and pregnant/breastfeeding/postpartum women that provides money for specific foods on a debit card. WIC ordinarily requires you to apply in person but due to the pandemic they are doing phone applications. [Click here](https://m.wic.ca.gov/Clinics/ClinicSearch.aspx) to find the phone number for the office nearest you. |

**Free or Discounted Services**

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| **211 Services** | [211](http://211.org/pages/about) is the most comprehensive source of locally curated social services information in the U.S. and most of Canada. Dial 211 to call, text, or chat with a community resource specialist in your area. You'll be connected to a live person who will be able to connect you to resources/programs you might be eligible for (including food, utility assistance, tax preparation, shelter, transportation, etc.). |
| **CalWORKS** | [CalWORKS](https://www.cdss.ca.gov/calworks) is a public assistance program that provides cash aid and services to eligible families that have a child(ren) in the home. |
| **Financial Help** | Find Help locates assistance for food, paying bills and other financial support programs including new programs created to help during COVID19.  <https://findhelp.org/> |

**Housing**

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| **CCA and Oasis** | Students living in Oasis Housing or Claremont Collegiate Apartments (CCA) should contact [housing@cgu.edu](mailto:housing@cgu.edu) for assistance or questions about their lease. |
| **Mortgage Relief** | Students who need housing support related to mortgage payment forbearance and/or fees waivers or refunds should visit: [https://covid19.ca.gov/get-financial-help/#top](https://covid19.ca.gov/get-financial-help/). |
| **Local Rental Listings** | The Claremont Colleges Services (TCCS) Real Estate Office offers free referral services to housing options in the local area including off-campus rental listing. <https://services.claremont.edu/real-estate-and-housing/> |

**LGBTQ+ Healthcare**

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| **CDC** | [CDC LGBTQ+ Health](https://www.cdc.gov/lgbthealth/) |
| **GLMA: Health Professionals Advancing LGBTQ Equality** | [LGBTQ+ Health Questions GLMA](http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageId=938&parentID=534) |
| **LGBT National Help Center** | [LGBT National Help Center](http://www.glnh.org)   * Hotline: 888-843-4564 |

**Medical (Monsour, Student Health Services, Emergency Numbers)**

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| **Monsour Counseling and Psychological Services (MCAPS)** | * MCAPS will be open for crisis and psychiatry services from 9:00-1:00, Monday-Friday. Please call first (909-621-8202) so that we can speak with you and determine the best way to meet your needs at this time. * If you are feeling unwell (particularly if you are experiencing fever or cough) or simply need to limit your exposure to others at this time, please call MCAPS at 909-621-8202 and we will check in about how we can best accommodate your needs (e.g., reschedule your appointment time, offer a brief check-in via telephone, etc.). |
| **Crisis Support via Telephone** | Call us 24 hours/day at 909-621-8202, and either request to be transferred to an on-call therapist for a phone assessment, or **after hours** press “1” to be connected to an on-call therapist. The on-call therapist will also be able to assist you in finding a local referral in your area. |
| **Mental Health Screening** | Screening for anxiety and Depression  [Take Annonymous Screening](http://screening.mentalhealthscreening.org/claremont) |
| **Campus.Health** | The Claremont Colleges is offering [Campus.Health](https://nam01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcampus.health%2F&data=02%7C01%7CPatricia.Vest%40pomona.edu%7C3addb8646d434b3c4f4e08d7d032752c%7C817f590439044ee8b3a5a65d4746ff70%7C0%7C0%7C637206787610730990&sdata=wS6mMmaquWUm3ROJEV71xQJtzOvzYTmCvN1YxFVRF5k%3D&reserved=0) – Telehealth/online medical and counseling services. To get started, visit the [Campus.Health](http://campus.health/) website or visit the Apple or Android stores to download the free **TimelyMD** app. Set up a profile and checkout using the **CGU2020** code. |
| **Off Campus Community Therapist** | Students who have left campus and have interest in referrals for their local area may request assistance from their current MCAPS therapist or their off-campus community therapist (if applicable), or via the following link:  [Online Form – Off-Campus Therapy Referral Request](https://cuc.formstack.com/forms/mcaps_off_campus_therapy_referral) |
| **SHIP Insurance Holders** | Students with SHIP ([UnitedHealthCare](https://www.uhcsr.com/school-page)) medical insurance can also access tele-medicine appointments, including behavioral health appointments. |
| **Crisis Hotlines** | * National Suicide Hotline: 1-800 SUICIDE (1-800-784-2433)   + [Suicide Prevention Awareness | Know the Warning Signs of Suicidal Behavior](https://www.suicideispreventable.org/) * National Hotline: 1-800-273-TALK (1-800-273-8255) * Didi Hirsch 24-hour Crisis Line: 1-877-727-4747   (for **Spanish**, dial 1-800-628-9454)   * LGBTQ – The Trevor Lifeline: 1-866-488-7386 * Trans Crisis Line: 1-877-565-8860 * Crisis Text Line: Text HELLO to 741-741 * Students of Color Crisis Text Line: Text STEVE to 741-741 |
| **Community and National Resources (Not affiliated with MCAPS)** | * National Alliance of Mental Illness Information and Resources:   + [NAMI COVID-19 Resource and Information Guide](https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf) * Resources for Undocumented People:   + [COVID-19 Resources For Undocumented Californians - CIYJA](https://ciyja.org/covid19/) * Care for Your Coronavirus Anxiety Toolkit:   + [https://www.virusanxiety.com](https://www.virusanxiety.com/) * Eating Disorder Referral and Information Center:   + [https://www.edreferral.com](https://www.edreferral.com/) * Website with physical and emotional health resources:   + [Resources to Stay Physically and Mentally Healthy During the Coronavirus Pandemic](https://docs.google.com/document/d/1xuOFtTlby9sdkM6VIJ6yHe8df2BHo1w8idSezFxjRjw/edit?fbclid=IwAR1FewNPBl2utLol0JMtQYxKKdAX5fcCMZbsVEGoEE2NMDp1179OtGxCKQM) |
| **Student Health Services** | * SHS has launched an online patient portal. This feature will allow students to conveniently schedule appointments online, receive and send secure messages, fill out surveys, upload forms, access immunization records, access walk-out statements and communicate directly with providers and staff. * [Sign into My Health Portal](https://shshealthportal.cuc.claremont.edu/login_login.aspx) or call (909) 621-8222 to schedule an appointment. * Patients are scheduled on an “appointment only” basis; no walk-ins. |
| **Coronavirus Updates: Student Health Services is closely monitoring the outbreak of the Coronavirus.** | * [Read this Health Advisory Update about the Coronavirus and its symptoms](https://services.claremont.edu/student-health-services/coronavirus-information/) * For up to date information, please visit the [CDC](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html) and [Los Angeles County Department of Public Health.](http://publichealth.lacounty.gov/acd/nCorona2019.htm) * [Testing for Coronavirus (COVID-19)](https://services.claremont.edu/student-health-services/testing-for-coronavirus-covid-19/) * [Coronavirus FAQs](https://services.claremont.edu/student-health-services/coronavirus-faqs/) * [Watch a video on Coronavirus facts](https://youtu.be/mOV1aBVYKGA) * [Aetna COVID-19 Information](https://services.claremont.edu/student-health-services/wp-content/uploads/sites/13/2020/03/Aetna-Response-to-COVID-19.pdf) |
| **Additional SHS Resources** | * [Student Health Services FAQs](https://services.claremont.edu/student-health-services/faqs/) * [Local Hospitals, Urgent Care Centers, and Summer Care Providers](https://services.claremont.edu/student-health-services/wp-content/uploads/sites/13/2019/05/Urgent-Emergency-Care-Centers-05-19.pdf) |
| **Medi-Cal** | Healthcare coverage is critical at this time. If students are not covered by student health insurance and are no longer on their parent’s health plan, they may find they are without health care if they lose their jobs in this time of economic crisis. Many students will be eligible for Medi-Cal.  <https://www.coveredca.com/> |

**SAMHSA Hotlines and Resources**

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| **SAMHSA: Substance Abuse and Mental Health Services Administration** | * Many psychologists are offering over the phone appointments. If you can’t reach someone in your area call a crisis line or online support center to get the help you need. * SAMHSA’s Disaster Distress Helpline Toll-Free: 1-800-985-5990 (English and español) * SAMHSA’s National Helpline Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español) |
| **Online Therapy & Free Counseling** | <https://www.7cups.com/> |
| **Text Lines** | * Crisis Text Line text 741741 * Text TalkWithUs to 66746 |
| **Additional SAMHSA Resources** | * [SAMHSA’s Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf) * [7 science-based strategies to cope with coronavirus anxiety](https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207) * [The Hope Center Supporting #RealCollege Students During COVID19](https://hope4college.com/wp-content/uploads/2020/03/BTFP_SupportingStudentsDuringCOVID19.pdf) |
| **National Suicide Prevention Lifeline** | * Toll-Free (English): 1-800-273-TALK (8255) * Toll-Free (español): 1-888-628-9454 * TTY: 1-800-799-4TTY (4889) |

**Self-Care**

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| **Student Life, Diversity & Leadership Social Media Pages** | To get up-to-date information on CGU webinars, trainings, and workshops relating to self-care, follow SLDL on Facebook and Instagram:   * <https://www.facebook.com/CGUStudentLife/> * <https://www.instagram.com/studentlife.cgu> |
| **Consider the following self-care tips to manage stress:** | Thanks to the internet many classes are offered online so we can learn skills without ever leaving our homes. Here are some classes you can take or exercises you can do:   * [Resilience Model](https://wbu.gmu.edu/resilience-model/) * [The Science of Well-being](https://www.coursera.org/learn/the-science-of-well-being#syllabus) * [Alison's Stress Management](https://alison.com/course/stress-management-techniques-for-coping-with-stress) |
| **Additional TCCS Tips** | [Tips for Managing During COVID19](https://mycampus.cgu.edu/c/document_library/get_file?uuid=4eb1c9d8-965e-4153-bfb5-d7d5f0469bcf&groupId=4829545) |
| **Check reliable sources of information** | Many people understandably want to stay updated on the latest health information and recommendations, but consider limiting yourself to checking 1-2 reliable sources of information, once per day.   * [Center for Disease Control](https://www.cdc.gov/coronavirus/2019-ncov/index.html) * [COVID-19 Map - Johns Hopkins Coronavirus Resource Center](https://coronavirus.jhu.edu/map.html) * [World Health Organization](https://www.who.int/emergencies/diseases/novel-coronavirus-2019) |

**Technology**

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| **Internet Connectivity** | The City of Los Angeles is helping to make sure everyone can remain connected online during the current situation. Review the COVID-19 Response: Internet Connectivity section for special broadband and wifi offers for school age (K-12) and/or college student households, healthcare workers, educators and subscribers living in public and affordable housing   * <https://sites.google.com/lacity.org/getconnectedlosangeles/> |
| **EveryoneOn** | EveryoneOn offers an online tool to search low-cost internet services and computers in your area. Click here for more information: <https://www.everyoneon.org/find-offers?partner=CETF> |
| **Human-I-T** | human-I-T connects low-income individuals and nonprofits to technology, internet, and digital training. Click here for more information:   * <https://hitconnect.org/sales/salesHome.aspx> |
| **WiFi Hot Spots** | [This map](https://lacounty.maps.arcgis.com/apps/webappviewer/index.html?id=26159b0526e64bea94533e89da583b89) shows WiFi hotspots — including libraries, parks, schools and coffee shops — where you can find a free network in a pinch. |