



COVID-19 Resource Guide

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VA SAN DIEGO HEALTHCARE SYSTEM

Veterans Healthcare Administration: 858.552.8585 / www.sandiego.va.gov

Veterans Benefits Administration: 800.827.1000 / www.benefits.va.gov/sandiego

eBenefits: Manage VA healthcare and benefits online at www.ebenefits.va.gov

VA 24/7 Nurse Hotline: 877.252.4866 – Call if you are experiencing symptoms of COVID-19

VA Pharmacy Refill Line: 858.552.4390 / www.va.gov/health-care/refill-track-prescriptions

COVID-19 INFORMATION

Centers for Disease Control and Prevention (CDC): www.cdc.gov

CDC / White House / Federal Emergency Management Agency: www.coronavirus.gov

California COVID-19 Response: covid19.ca.gov

2-1-1 San Diego: www.211sandiego.org

County of San Diego: www.sandiegocounty.gov/coronavirus

Text COSD COVID19 to 468-311 to receive text updates

Imperial County: www.icphd.org/health-information-and-resources/healthy-facts/covid-19

City of San Diego: www.sandiego.gov/coronavirus

MENTAL HEALTH / CRISIS ASSISTANCE

*****Call 9-1-1 for Psychiatric Emergencies*****

Veterans Crisis Hotline: 800.273.8255 (Press 1) / www.veteranscrisisline.net

24/7 support for Veterans and their friends and family members

VA Psychiatric Emergency Clinic (PEC): (0800-1530) 858.642.3391

Courage to Call – Veterans Hotline: 877.698.7838 / www.courage2call.org

24/7 links to community resources

County of San Diego Behavioral Health Services Help Line / 866.342.6892

24/7 resources and support for anyone experiencing anxiety or stress following the recent developments around COVID-19

Access and Crisis Line: 888.724.7240 / up2sd.org/hotline

24/7 crisis and mental health referrals

MENTAL HEALTH / CRISIS ASSISTANCE (cont.)

COVID-19 Emotional Health Relief Hotline / 833.442.2211

Hotline staffed daily from 1000 to 2200 for those experiencing emotional distress related to COVID-19

Friendship Line California: 888.670.1360

24/7 crisis line for people aged 60+ and adults living with disabilities. Provides a friendly listening ear and emotional support for those facing loneliness and concerns about COVID-19. Accepts inbound calls as well as offers prescheduled outbound call service.

Aging and Independence Services & Adult Protective Services: 800.510.2020

Children Welfare Services & Child Abuse Hotline: 800.344.6000

Domestic Violence Hotline: 800.799.SAFE (7233) / www.thehotline.org / text LOVEIS to 22522

Crisis Text Line: Text HOME to 741-741 / www.crisistextline.org

Disaster Distress Helpline: 800.985.5990 / text TalkWithUs to 66-746

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Alliance on Mental Illness (San Diego): text NAMI to 741-741 (crisis support 24/7)

www.namisandiego.org

San Diego County Chaplain Corp:

www.readysandiego.org/content/oesready/en-us/faith-based/chaplain-corp

Certified chaplains who serve in coordination with the County's Office of Emergency Services

Managing Stress and Anxiety During a Pandemic:

www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety

GriefShare: 800.395.5755 / www.griefshare.org

Provides grief recovery seminars and support groups. Many meeting currently held online.

Grief.com: 818.762.7901 / www.grief.com/resources

Provides education, information, and other helpful resources for individuals navigating through loss.

County of San Diego HHS Behavioral Health Services Resources

www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/covid19_resources

Includes resources, credible information sources, and self-care tools for mental health and wellbeing; along with online and phone supports.

PsychArmor: psycharmor.org

Offers online training courses at no cost and other resources to support military Service Members, Veterans, and their families.

BENEFITS

MyBenefits CalWIN: 866.262.9881 / www.mybenefitscalwin.org

- **Covered California** Connects Californians with health insurance or Medi-Cal (California's Medicaid health care program that pays for a variety of medical services for individuals with limited income and resources).
- **CalFresh:** California's food stamp program, federally known as Supplemental Nutrition Assistance Program (SNAP). Helps low-income individuals and families purchase food.
- **General Relief:** Provides cash or in-kind services to those who are not eligible for assistance under any other categorical aid program.
- **California Work Opportunity and Responsibility to Kids (CalWORKs):** Cash aid program for low income families to meet basic needs. Also provides education, employment, and training programs to help families get jobs and move towards self-sufficiency.

Employment Development Department, State of California: 800.300.5616 / edd.ca.gov

- **Sick or Quarantined / Disability Insurance (DI):** Employees unable work due to having or being exposed to COVID-19 (certified by a medical professional) can file a DI claim for short-term benefit payments.
- **Caregiving / Paid Family Leave (PFL):** Employees unable to work because they are caring for an ill or quarantined family member with COVID-19 (certified by a medical professional) can file for PFL which provides up to six weeks of benefit payments.
- **School Closures / Unemployment Insurance (UI):** Parents with no other childcare options and are unable to continue working normal hours remotely can file an UI claim for partial wage replacement benefit payments.
- **Reduced Work Hours / Unemployment Insurance (UI):** Employees with reduced hours or closed operations due to COVID-19 can file an UI claim.
- **Self-Employed/Independent Contractors:** edd.ca.gov/disability/Self-Employed

Federal Family and Medical Leave Act (FMLA): www.dol.gov/agencies/whd/fmla

FMLA entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage.

Social Security Administration (SSA): 800.772.1213 / www.ssa.gov

- **Supplemental Security Income (SSI):** Federal income supplement program designed to help aged, blind, and/or disabled people, who have little or no income. Provides financial aid to meet basic needs for food, clothing, and shelter.
- **Social Security Disability Income (SSDI):** Monthly benefit to disabled individuals who are unable to work because of a medical condition that is expected to last at least 12 months or result in death. Workers must have enough accumulated SSA work credits.

BENEFITS (cont.)

- **“Social Security”**: Federal retirement benefit paid based on the worker’s historical earnings and SSA retirement credits.
- **Survivors Benefits**: Upon an individual’s death, family members may be eligible for benefits based on the deceased’s historical earnings if worked long enough under Social Security. Survivors Benefits cannot be applied for online and must be done by phone.
- **Medicare**: Federal system of health insurance for people 65+ and younger individuals with qualifying disabilities.

Veterans Benefits Administration: 800.827.1000 / benefits.va.gov/benefits

- **Service Connected Compensation**: Monthly, tax-free payment to Veterans who got sick, injured, or had conditions worsened while serving in the military.
- **Non-Service Connected Pension**: Benefit paid to wartime-era, VA Healthcare-eligible, Veterans with limited income who are no longer able to work.

IRS COVID-19 Tax Relief and Economic Impact Payments: www.irs.gov/coronavirus

Information about the distribution of economic impact payments and tax filing guidelines.

EMPLOYMENT / FINANCIAL ASSISTANCE

DAV COVID-19 Unemployment Relief: 877.426.2838 / www.dav.org/covidrelief

Provides assistance to Service-Connected Veterans who have lost employment through a COVID-19 Relief Fund.

Jewish Family Services Hand Up Loan: 858.637.3210

www.ifssd.org/our-services/loans-scholarships/interest-free-loan

Provides interest-free loans for business development, education/job training, car purchase/repair, and other goals focused on helping individuals become self-supporting.

National Labor Exchange: www.NeedAJobNow.usNLx.com

Provides a centralized website for displaced workers to access employment opportunities from U.S. corporations with immediate hiring needs due to COVID-19.

One Fair Wage: ofwemergencyfund.org

Relief fund for food service workers who have lost work. This fund applies to restaurant workers, delivery drivers, bartenders and anyone that receives tips.

Onward CA: www.onwardca.org

Connects individuals who have lost their job due to COVID -19 with resources that match their needs.

Restaurant Opportunities Centers United: www.rocunited.org

Resources and financial assistance for restaurant or hospitality workers.

EMPLOYMENT / FINANCIAL ASSISTANCE (cont.)

San Diego COVID-19 Resource Fund: www.sandiegoforeverychild.org/covid19

Provides micro-grants for low-income families continuing to work in essential service fields to help cover the cost of child care and basic needs.

San Diego Workforce Partnership: workforce.org/covid-19

Offers guidance to workers during the COVID-19 outbreak. Provides information and updates related to job seeker services.

Small Business Administration: www.sba.gov/funding-programs/disaster-assistance

Provides low-interest, disaster-relief loans to help businesses and homeowners recover from declared disasters.

United Way San Diego Worker Assistance Initiative: uwsd.org/covid19

Provides flexible resources to individuals impacted by layoffs and reduced working hours.

Veteran Career Search Resource Center: 800.226.0841 / www.recruitmilitary.com

VFW Unmet Needs Financial Assistance: 816.756.3390 / www.vfw.org/assistance/financial-grants

Provides grants and referrals to other organizations to active duty service members, veterans and their immediate families to assist with basic life needs.

CHILDCARE

Kindercare: 800.633.1488 / www.kindercare.com/lp/essential-care-centers

Childcare offered at essential KinderCare centers to families in essential service roles.

Salvation Army Kroc Center: www.sd.kroccenter.org/update

Free camp for children or essential workers.

YMCA Childcare Referral Line (General Population): 800.481.2151

YMCA Essential Worker Childcare Referral Line: 619.952.0242 / ymcasd.org/childcarereferrals

Referrals for licensed childcare providers for essential services workers (health care providers, first responders, law enforcement, and military professionals).

FOOD

Community Through Hope: communitythroughhope.org

Emergency nutrition and diaper bank site for drive-thru services. Tuesday – Thursday from 0800 - 1000 with the line starting to form at 0730. Mobile showers are also available.

Feeding San Diego: www.feedingsandiego.org

Works with hundreds of distribution partners to provide food and resources to the community.

FOOD (cont.)

Great Plates Delivered : 800.339.4661

Provides delivered meals to the most vulnerable in our community. Eligibility requirements: Age 65+ and 60-64 high risk individuals who live alone or with one other program-eligible adult, are unable to obtain or prepare their own meals, do not participate in other federally funded programs, and earn no more than 600% the federal poverty limit.

Jewish Family Service: 858.637.3210 / www.jfssd.org/our-services/food-meals

- Foodmobile: Delivers nutritious, home-style meals to adults 60+ and to younger individuals with disabilities that prevent them from leaving their home.
- Hand Up Food Pantry and Corner Market: community-based food distribution sites

Mama's Kitchen: 619.233.6262 / www.mamaskitchen.org

Delivered meals offered to those diagnosed with a critical illness.

Meals on Wheels of San Diego County: 619.260.6110 / www.meals-on-wheels.org

Available to anyone 60+ or younger people with health considerations.

Pandemic EBT (Electronic Benefit Transfer): www.cdss.ca.gov/home/pandemic-ebt

Helps families with children who are eligible for free or reduced-price meals at school buy food when schools are closed because of the coronavirus emergency.

Salvation Army Kroc Center "Grab-N-Go" Meals: 6845 University Ave., San Diego, CA 92115

Drive-thru pickup of free meals for kids provided between Monday-Friday, 1000 - Noon (while supplies last). Children must be present to receive a meal.

San Diego County Office of Education

www.sdcoe.net/news/Pages/20-03-13-student-food-service-during-district-closures

Any child 18 or younger can go to any school site providing meals and receive food during this period of school closures due to COVID-19.

San Diego Food Bank: 866.350.3663 / www.sandiegofoodbank.org

200 distribution sites throughout San Diego County. Distribution programs: Emergency Food Assistance Program, Neighborhood Food Distribution Food Program, Senior Food Program, Diaper Bank Program.

Serving Seniors "To-Go Meals": 619.235.6538 / servingseniors.org

Meals can be picked up Monday – Friday at the Mary and Gary West Senior Wellness Center: 1525 4th Ave. San Diego, CA 92101. Breakfast 0700 - 0800. Lunch 1100 – 1300.

Special Delivery San Diego: 619.297.7373 / www.specialdeliverysandiego.com

Provides daily home delivery prepared meals to home-bound persons living with AIDS, cancer and other critical illnesses as well as offers monthly food pantry and a diabetic education program.

TRANSPORTATION

Facilitating Access to Coordinated Transportation (FACT): 888.924.3228 / www.factsd.org

Free rides for essential needs like medical appointments or rides to the grocery store for seniors, the disabled or veterans.

Metropolitan Transit System (MTS) Access: 844.299.6326

www.sdmts.com/mts/mts_access.asp

An origin to destination, shared ride, advanced reservation, public transit service that operates in accordance with the Americans with Disabilities Act (ADA).

Lift (North County Transit District): 760.726.1111 / www.gonctd.com/services/lift-paratransit

NCTD provides Lift paratransit service to eligible individuals with disabilities who cannot board, ride, or navigate accessible, fixed-route, bus or train service because of their disabilities.

City of La Mesa: Rides4Neighbors: 619.667.1321 / www.cityoflamesa.com/R4N

Offers rides for seniors (60+) and those with disabilities who are no longer able to drive. Rides are for essential medical appointments and grocery store trips only. Serving zip codes: 91941, 91942, 91945, 91977, 91978, 92019, 92020, 92021, 92040 and 92071.

City of Vista: Vista Out & About Senior Transportation: 760.643.5288

www.cityofvista.com/residents/senior-services

Transportation for medical and grocery purposes.

Elderhelp: Seniors A Go-Go: 619.284.9281 / www.elderhelpofsandiego.org

Volunteer driver program that provides transportation so seniors stay mobile and connected to their communities.

Fallbrook: Foundation for Senior Care: 760.723.7570

foundationforseniorcare.org/our-services/senior-transportation-care-van

Provides door-to-door transportation to seniors including trips to medical appointments, the grocery store, and the pharmacy.

ITN Greater San Diego: 858.751.4619 / www.itnsandiego.org

Transportation for 60+ and/or individuals with visual impairment. Can be used for any purpose. Not wheelchair accessible. Can provide “arm-in-arm, door-through-door” escort.

Jewish Family Services On-The-Go Transportation Solutions for Older Adults:

858.637.7320 / www.jfssd.org/site/PageServer?pagename=programs_older_on_the_go

Transportation services for individuals 60+ with inadequate or unavailable transportation. All riders must be mentally alert.

Veterans Transportation Service (VTS): 858.552.7572

www.sandiego.va.gov/services/Veterans_Transportation.asp

VTS provides free round-trip, ambulatory and wheelchair accessible, transportation to and from the VA medical center (VAMC), Mission Valley, and Sorrento Valley Clinics.

TRANSPORTATION (con't)

Special Mode Transportation: 858.552.7575

Provides wheelchair and gurney van transportation to Veterans meeting administrative and clinical eligibility requirements. Call one to seven days in advance of appointment.

SENIORS

Age-Friendly Student-Senior Connection: 619.457.6614

Connects USC Health Professionals with older adults to combat the consequences of self-isolation and social distancing. A USC student will connect a senior to community resources and be a listening ear.

AgeWell Service Social Calls During Covid-19: 619.239.6905 / scroll@sandiego.gov

Calls to participants, Monday-Friday, 0800 - 1000 to check in and be a listening ear. Staff will have available vetted community resources if needed.

Elderhelp of San Diego: 619.284.9281 / www.elderhelpofsandiego.org

Helps to ensure the safety and well-being of seniors sheltering in place by providing friendly “visits” by volunteers via phone chats, delivering fresh groceries, and providing medically necessary transportation.

Foundation for Senior Wellbeing Senior Information Resource Center: 844.654.4636

www.thefoundationforseniorwellbeing.org/covid-19

Links seniors (and their families and caregivers) in North San Diego County to resources.

Travelers Aid: 619.295.8393 x314 / www.travelersaidsandiego.org

Lyft promo codes offer \$50 credits for low income seniors 60+ to go on essential trips.

San Diego Oasis: san-diego.oasisnet.org

Promotes healthy aging for those 50+ through lifelong learning, active lifestyles and volunteer engagement. Classes are all currently delivered online via Zoom video conferencing.

Southern Caregiver Resource Center: 800.827.1008 / www.caregivercenter.org

Provides information, support, counseling, respite and resources. Respite caregivers are available, including through the SCRC County’s discounted program “TogetherCare”.

Stay Home San Diego: 619.800.3252 / www.stayhomesd.com

San Diego grocery and toiletry delivery assistance program for seniors 65+.

HOUSING

VA National call Center for Homeless Veterans: 877.4AID.VET (877.424.3838)

Supportive Services for Veteran Families (SSVF): Places eligible Veterans into motels. Must be well, vulnerable, homeless, and with income less than 50% of the Area Median Income

www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance/income-limits-ami

SSVF Providers: **PATH:** 619.810.8600 / **Veterans Community Services:** 858.300.9974

HOUSING (cont.)

VA Grant and Per Diem (GPD) Transitional Housing Programs

Eligibility for VA Healthcare is not required. All characters of discharge accepted, except Dishonorable. Must have at least one day of active duty service, outside of training.

- **Interfaith Community Services Oceanside Apartments:** 760.529.9979
42-bed, Service Intensive Transitional Housing (SITH) program for male and female Veterans. Maximum length of stay is two years. Sobriety is required at admission and throughout program stay.
- **Interfaith Community Services Bridge Bed Program:** 760.529.9979
18-bed Bridge Housing program in Oceanside for male and female Veterans with a permanent housing plan. Length of stay is approximately 90-days. Housing-first model.
- **Veterans Village of San Diego Veterans On Point:** 619.393.2039
Transitional housing programs for male and female Veterans located in central San Diego. Housing-first model. Annual income limit is \$44,940.
 - 24-bed Bridge Housing program requires a permanent housing plan. Length of stay is approximately 90-days.
 - 30-bed Service Intensive Transitional Housing (SITH) program. Maximum length of stay is two years.
- **Volunteers of America Hawley House:** 619.561.9808
20-bed Bridge Housing program in El Cajon for male Veterans with a permanent housing plan. Average length of stay is 90-days, annual income limit is \$20,450, and sober living is required after admission.

Community Transition Partnership: 619.393.2082

A Veterans Village of San Diego housing program with up to two years assistance for veterans and non-veterans. Income requirements to participate along with a security deposit. Case management, referrals, and housing assistance is offered but optional.

Convention Center/Golden Hall:

Shelter services formerly operated the Veterans Village of San Diego Tent, Alpha Project Tent, and St. Vincent de Paul are now provided at the Convention Center and Golden Hall (for females only). Please check www.211sandiego.org for updated referral policies.

VVSD portion of the Convention Center shelter: 619.525.5726 / 619.525.5727

Dreams for Change Safe Parking Program: 619.497.0236 / www.dreamsforchange.org

Provides supportive services and a safe place to park for families and individuals who are living in their vehicles.

HOUSING (cont.)

Jewish Family Services Safe Parking Program: 858.637.3373

www.jfssd.org/our-services/adults-families/safe-parking-program

Four secure lots for individuals or families living in their cars in San Diego including a lot that can accommodate RV's.

San Diego Housing Commission COVID-19 Hardship Policies:

<https://www.sdhc.org/wp-content/uploads/2020/03/SDHCHardshipPolicyFINAL.pdf>

San Diego Housing Federation COVID-19 Resources for Affordable Housing

www.housingsandiego.org/covid19

County-Sponsored Motel Rooms:

All new motel rooms are currently only available for people who have tested positive for COVID-19, or require isolation. Those motel rooms are only referred-to by healthcare and homeless service providers. If you have symptoms and have a healthcare provider, contact your healthcare provider for referral. If you do not have health insurance or a healthcare provider, please call 2-1-1 to get routed to a County Public Health Nurse.

If you are NOT exhibiting COVID-19 symptoms, contact one of these homeless service providers to explore available sheltering options:

Courage to Call: 877.698.7838

Crisis House: 619.444.1194

Dreams for Change Safe Parking: 619.497.0236

Family Health Center Housing Navigation Center: 619.906.5320

Father Joe's Villages Day Center: 619.230.7390

Father Joe's Villages JKC Campus: 619.233.8500

Jewish Family Services: 858.637.3373

Salvation Army: 619.699.2214

San Diego LGBTQ Center: 619.692.2077

San Diego Youth Services (TAY): 619.232.8126

San Diego Youth Services: 619.448.9700

South Bay Community Services: 619.420.3620

VA San Diego Healthcare System: 619.497.8989

Veterans Village of San Diego: 619.393.2039

YMCA: 619.908.9373

MEDICAL CONDITION-SPECIFIC

Alzheimer's Association: 800.272.3900 (24/7 Helpline)

[www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](http://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

American Diabetes Association: www.diabetes.org/coronavirus-covid-19

American Cancer Society: 800.227.2345 (24/7 helpline) / www.cancer.org

American Lung Association: www.lung.org/lung-health-diseases/lung-disease-lookup/covid-19

ClearCaptions: 619.494.4452 / www.clearcaptions.com

Phones for people who are hard of hearing and a mobile app for the iPhones.

Linguabee (for the deaf community) www.linguabee.com/covid19#resources

Provides remote video interpreters for community members in need of an interpreter at a testing COVID-19 testing site.

HOPWA Emergency Housing Program: 619.295.8802 x117 / www.townpeople.org

Provides emergency hotel vouchers to people who are experiencing homelessness and living with HIV/AIDS.

National Kidney Foundation: www.kidney.org/covid-19

National Cancer Institute: www.cancer.gov/contact/emergency-preparedness/coronavirus

Muscular Dystrophy Association: www.mda.org/covid19

UC San Diego Alzheimer's Research Center adrc.ucsd.edu/COVID-19

SUBSTANCE ABUSE

VA Alcohol and Drug Treatment Program (ADTP): 858.642.3391

Provides inpatient, outpatient, and medication-assisted treatment for Substance Use Disorders to Veterans who are eligible for VA Healthcare.

Veterans Village of San Diego: 619.497.0142 / vvsd.net

Substance abuse and co-occurring mental health residential treatment facility for male and female Veterans. Accepts VA Grant and Per Diem funding and Drug/MediCal.

Heartland House: 619.287.5460 / heartlandhouse.org

Residential treatment program serving men recovering from substance use disorder and related co-occurring conditions. Accepts VA funding and Drug/MediCal.

Narcotics Anonymous (virtual meetings): www.sandiegona.org

Alcoholics Anonymous (virtual and meetings): www.aasandiego.org

Al-Anon (virtual meetings): al-anon.org/al-anon-meetings/electronic-meetings

A mutual support program for people whose lives have been affected by someone else's drinking.

LEGAL

California Western School of Law Community Law Project

www.cwsl.edu/clinics-and-programs/community-law-project

Assistance for non-urgent legal issues. Email clp@cwsl.edu or call 619.780.7498 to provide the following information: name, number, general area of legal assistance needed, and best time to be contacted. Return calls are conducted on M/W/F from 1200 – 1400 and 1600-1800.

Consumer Center for Health Education & Advocacy: 877.734.3258

www.lassd.org/about/what-cchea

Assistance with health care access and benefits issues, and mental health and Title IX patients' rights advocacy.

Department of Child Support Services Veteran Liaisons: heretohelp@sdcounty.ca.gov

North County - 760.740.5624 / Central San Diego 619.578.6707 / South County – 619.731.3591

Elder Law and Advocacy: 858-565-8772 / seniorlaw-sd.org

Offers free assistance with legal, Medicare, caregiver, long-term care and many other issues.

Legal Aid Society of San Diego: 877.534.2524 / www.lassd.org

Free counseling, advice, and representation in court to low-income individuals in such areas as government health benefits, family law, consumer law, landlord-tenant issues, Section 8 and public, and immigration.

Military Assistance Project: 267.449.6067 / www.militaryassistanceproject.org

Assists with connecting Veterans and Service Members with legal and financial professionals to aid with bankruptcy.

National Center for Disaster Fraud (NCDF): 866.720.5721 / www.justice.gov/disaster-fraud

Contact the NCDF hotline to report any fraud related to COVID-19.

San Diego County Bar Association Lawyer Referral and Information Service (LRIS)

800.464.1529 / www.sdcbba.org

Provides assistance finding an attorney specific to the legal needs.

San Diego Family Justice Center: 866.933.4673

www.sandiego.gov/sandiegofamilyjusticecenter

A team of therapists, nurses, attorneys, prosecutors, advocates, immigration attorneys, police, and other social service providers offering free services to empower individuals to break free of abusers, end the pattern of violence, and become thriving members of society.

VA Veterans Justice Outreach Program: 858.232.5560 / www.va.gov/homeless/vjo

Provides linkages to treatment, housing, and legal resources for justice-involved Veterans.

PETS

“AniMeals”: 858.756.4114 x341 / animalcenter.org/programs-services/animeals

Provides pet food to San Diegans affected by COVID-19, elderly, community members with a disability and laid-off workers.

Dogs on the Run: 760.521.9444 / dogsontherun.com

Offers short-term pet sitting or fostering services during COVID and/or assistance with finding permanent homes for animals.

San Diego Humane Society: 619.299.7012 / www.sdhumane.org

Provides free pet food and supplies, daily, at three San Diego locations (San Diego, Escondido, and Oceanside).

Helping Paws Foundation: helpingpawssandiego.org

Provides low and no-cost veterinary care for service members and veterans experiencing financial hardship.

TECHNOLOGY / UTILITIES

Assurance Wireless:

www.assurancewireless.com/lifeline-services/states/california-lifeline-free-government-phone-service

Offers free phones for qualifying individuals (income-based and/or enrolled in a government assistance program such as food stamps, SSI, Medi-Cal, Medi-Care)

AT&T: 855.660.8920 / www.att.com

Offers low-cost home internet packages for qualifying individuals and households.

California’s Public Utilities Commission: www.cpuc.ca.gov/General.aspx?id=2752#qualify

California LifeLine provides discounted home phone and cell phone services to qualified households (income- and program-based eligibility).

Campesinos Unidos, Inc. of San Diego / 619.391.9790

www.campesinosunidos.org/energy-department

Provides non-emergency financial assistance with past due utility bills to low-income individuals and families through the Home Energy Assistance Program (HEAP).

Comcast: 888.266.2278 / www.internetessentials.com/covid19

Provides free and low-cost home internet package for qualifying individuals and households.

Computers 2 Kids: 858.200.9787 / www.c2sdk.org

Offers low-cost computers/scholarships for school-age kids who do not have computers

Cox: 800.234.3993 / www.cox.com

Provides free/low-cost internet and discounted refurbished computer equipment.

TECHNOLOGY / UTILITIES (cont.)

EveryoneOn: 855.387.9166 / www.everyoneon.org

Connects low-income families to affordable internet service and computers, and delivering digital skills trainings.

Human-I-T: 562.372.6925 / www.human-i-t.org

Provides low-income individuals and nonprofits with technology, internet, and digital training.

Lifeline Assistance Program:

freegovernmentsmartphones.com/free-government-smartphones-providers-list

Offers free phones for qualifying individuals (income-based and/or enrolled in a government assistance program such as food stamps, SSI, Medi-Cal, Medi-Care)

Metropolitan Area Advisory Committee (MAAC): 619.434.3829 / www.maacproject.org

Provides applications for financial assistance to low-income households experiencing energy-related emergencies.

San Diego Gas and Electric Company: 800.560.5551 / 800.411.7343

www.sdge.com/residential/pay-bill/get-payment-bill-assistance/assistance-programs

California Alternate Rates for Energy (CARE) program provides 30% or more discount on natural gas and electricity bills to low-income residents

Spectrum: 844.488.8398 / www.spectrum.com

Provides free internet services to students in homes without internet access.

SELF-CARE

COVID Coach: www.ptsd.va.gov/appvid/mobile/COVID_coach_app

Tools available to help cope with stress, stay well, stay safe, stay healthy, stay connected, and navigate parenting, caregiving, and working from home while social distancing, quarantined, or sheltered in place.