HOW TO REDUCE YOUR BILL

Different institutions and companies are offering payment alternatives during the pandemic. Here are some ideas to consider:

- Credit card and recurrent bills payment arrangements
- Student loans and other debt
- Low-cost and free food:
  - Food plan alternatives
  - Food stamps
  - Food pantries
- WIC
- Internet and computer access
- Utility bills assistance

HOW TO RELOCATE OR FIND A PLACE TO LIVE

Companies and organizations are working to offer additional support for students:

- Storage discounts
- Emergency financial aid for displaced students
- Alternative housing options:
  - Hotels
  - Motels
  - Local residents
- Foster youth should connect with the Independent Living Coordinator

HOW TO PROTECT YOUR HEALTH

With stress and anxiety your health may suffer. Making informed decisions and learning about your options will be helpful:

- Testing for COVID-19
- In-person care vs. telehealth
- Online mental health tools
- Health insurance coverage
- Protecting yourself from unsafe situations

REMEMBER, YOU ARE NOT ALONE!

Your needs are legitimate and you deserve support

We encourage you to seek assistance from your college or university, local nonprofits, and faith-based organizations

Access the full resource guide at hope4college.com/resources/
We want you to be healthy and continue your education