Surviving COVID-19: A #RealCollege Guide

For students

How to Get Money
If you lost your job or need support paying for living and education-related expenses, these resources could alleviate your situation:
- Unemployment insurance
- College emergency aid funds
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- Tax refunds (you may be eligible for tax refunds even if you did not work in 2019)
- Cash assistance for students with children (TANF)
- Grocery stores and other essential business are now hiring

How to Reduce Your Bills
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:
  - Meal 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/hope-center-response-to-covid-19-for-realcollege-students/

We want you to be healthy and continue your education!

@hope4college