



CAL STATE
EAST BAY

California State University, East Bay

Basic Needs Resource Guide

COVID-19 Resource Guide

On Tuesday, March 16, governor Newsom announced that Bay Area counties, including CSUEB Campuses in Alameda and Contra Costa Counties, would need to “Shelter in Place.” This will mean that many services transitioned to online modalities. Please refer to the CSUEB [University Website](#) for the most accurate updates pertaining to COV-ID 19.

Accessing [211.org](#) or dialing 211 from any phone in California will provide the most up-to-date and comprehensive resource information.

[Pioneers for H.O.P.E.](#) will provide support via email and phone during the Shelter in Place. We encourage you to follow our Instagram, Facebook and Twitter accounts (@pioneersforhope) for updates.

What does the Shelter in Place Mean for Me?

Shelter in Place means that to support your health and wellbeing you should stay home and only leave for essential needs. It is mandatory. This Order is a legal order issued under the authority of California law. You are required to comply, and it is a misdemeanor crime not to follow the order. See details below:

[Alameda County Order](#)

[Contra Costa County Order](#)

Resource Guide:

• Food Pantries + Food Access:

CSUEB dining will remain open for grab and go food. Food Banks and local k-12 will offer grab and go food service for the community. All Food is FREE. The on-campus pantries are closed during the Shelter in Place Order. See local resources for FREE food below

- [CSUEB On-Campus Dining](#) will remain open at the Hayward Campus.
 - [Meal Swipes](#) may be available for students who have none.
- [Free Food/Emergency Food Alameda County](#)
- [Free Food Finder/Emergency Food Contra Costa County](#)
- [CalFresh](#) - Virtual appointments available

- **Housing:**

Pioneer Heights student resident halls will remain open for students that decide to remain on campus. On-campus dining services will continue. For support with off-campus housing see resources below:

- [CSUEB Emergency Assistance Application](#)
- [Housing and Emergency Lodging Support](#) (Alameda County)
- [Contra Costa Crisis Center](#) (Contra Costa County)
- [CSUEB Off-Campus Housing/Roommates](#) (must use CSUEB email)

- **Emergency Aid Resources:**

- [CSUEB Emergency Assistance](#)
- [Alameda County](#)
- [Contra Costa County](#)
- [Medi-Cal Assistance](#) - California law gives full-scope Medi-Cal to young adults aged 19-25 who qualify for Medi-Cal regardless of immigration status
- Unemployment aid due to [Loss of Hours or Job](#)
- [Brentwood Strong](#) - NorCal Brentwood, CA Resident Support
- Ongoing CalFresh, Medical, CalWorks, and IHSS have

- **Mental Health:**

CSUEB provides multiple mental health support options, podcasts, webinars, and support tools through our Counseling Center. Counseling will be provided Mon-Thurs 8:30 am - 5:30 pm via phone.

- [Make an appointment](#)
- [CSUEB Counseling and Mental Health Resources](#)

- **WIFI and Computer Access:**

The University Library Learning Commons in Hayward is open to students without computer or access and internet services Mon - Friday from 9 am - 5 pm. See additional services below

- [CSUEB Library Online Support](#)
- [Low-Cost Computers](#)
- [Comcast Internet Essentials](#) - Free Internet and waived install fee
- [Spectrum](#) internet - Free internet and waived install fee
- No Termination Commitments - [Comcast](#), [AT&T](#), and [Verizon](#) will not terminate service for their subscribers for the next 60 days due to the disruptions caused by the COV-ID 19

- **Physical Health:**

- [Student Health & Counseling Services](#)
- [Alameda County Social Services Agency](#)

- [Planet Fitness At Home online workouts](#) (no membership necessary)

- **Support Centers:**

- CSUEB [Undocumented Student Resources](#) and Immigrant Rights
- [LGBTQ](#) Support
- [Foster and Former Foster Youth](#)
- [CSUEB Student-Led Support](#) (CSUEB POSC 333 Students Dr. Danvy.ly)
- Student Parent Support
 - [Alameda County](#)
 - [Contra Costa County](#)

- **Transportation:**

- [CSUEB Emergency Assistance](#)
- [Fly Home with Frontier](#) - Future Travel Voucher for \$100
- [Enterprise](#) Student Travel Assistance
- [U-Haul](#) Free Storage
- [University Shuttle Schedule](#) - Hayward Campus Only
- [BART](#)
- [AC TRANSIT](#)
- [County Connection](#)
- [Tri-Delta Transit](#)

- **Volunteers Needed:**

Our local food banks remain open and in desperate need of volunteers as they experience a surge in requests. Connect If you are mobile and healthy.

- [Alameda County](#)
- [Contra Costa & Solano County](#)
- [San Mateo County & Silicon Valley](#)
- [San Joaquin County](#)