

Student Resource Guide: Life Edition



Steps to Prevent the Spread of COVID-19



The [Centers for Disease Control and Prevention](#) has provided a list of steps to follow to care for yourself and provide protection to those in your home and community. You can also find additional resources for the community [here](#).

If you need money.



You can [apply](#) for emergency funding at the [Cuyamaca Cares website](#). Emergency funds will be awarded as they become available. When funds are not available, students will be placed on a waitlist. The emergency funds can be used for food, bills, technology, etc. Please contact Cuyamaca.Cares@gcccd.edu with any questions.

If you are stressed.



Cuyamaca offers free [Personal Counseling](#) for all students. Students can call (619) 660-4200 and leave a message, or email cuyamaca.pc@gcccd.edu to schedule a session. In addition to the email, students can directly schedule their appointment with a personal counselor via [eSARS](#).

If you need food.



Find local distribution sites: 1-866-350-FOOD (3663) or [SanDiegoFoodBank.org](#) | [NorthCountyFoodBank.org](#) | [Cuyamaca Pantry](#). **No documentation is needed.** You can also email Cuyamaca.Cares@gcccd.edu for information on local food resources and CalFresh.

The Small Business Administration (SBA) Loans for Small Businesses - SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing. For more information, visit the [SBA website](#).

If you or someone you know has a small business.



For information about housing resources, please access the Cuyamaca Cares housing website at:

<https://www.cuyamaca.edu/student-support/cuyamaca-cares/housing-assistance.php>

If you need a place to live.



If you cannot pay rent.

If you were laid off, furloughed, or fired because of COVID-19.



File for unemployment through the [Employment Development Department \(EDD\) Services](#) - EDD provides various support services to individuals affected by COVID-19 in California. This includes Disability Insurance, Unemployment Insurance, and Paid Family Leave.

If you need diapers.



Find a local distribution site here: sandiegofoodbank.org/programs/diaper-bank-program/
Make sure to call ahead.

Access the San Diego resource page at:

<https://www.sdhc.org/housing-opportunities/help-with-your-rent/covid-19-rental-assistance/>

or

Email Cuyamaca.Cares@gcccd.edu for information and housing referrals.