

# 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](#)
- [Workers' compensation](#)
- College emergency aid funds
- [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:

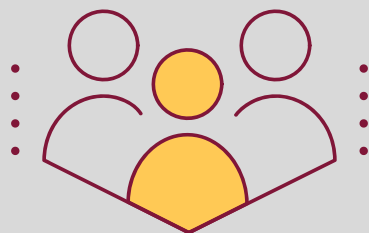
- [Storage discounts](#)
- Emergency [financial aid](#) for displaced students
- Alternative housing options:
  - Hotels
  - Motels
  - Local residents
- Foster youth should connect with the [Independent Living Coordinator](#)



## 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/resources/](https://hope4college.com/resources/)

We want you to be healthy and continue your education



@hope4college