**COVID-19 RESOURCES**

Please click here to find a comprehensive list of all resources near you:[**Contra Costa County Resource Guide - 211**](https://cccc.myresourcedirectory.com/)

**Food Resources/Programs**

For an up to date comprehensive list of local food resources please click:[**Find Food in My City**](https://www.foodbankccs.org/get-help/foodbycity.html)

(925) 676-7543

4010 Nelson Avenue, Concord, CA 94520

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### **Loaves and Fishes of Contra Costa - (925) 293-4792**

### **[Loaves and Fishes of Contra Costa](http://www.loavesfishescc.org/)**

**Mental Health Support and Crisis Response**

**Contra Costa Crisis Center - Call 1-800-833-2900 or Text “HOPE” to 20121**

[**Contra Costa Crisis Center: Home**](https://www.crisis-center.org/)- get in contact with a counselor immediately, available 24/7

**Seneca Mobile Response Team - (877) 441-1089**

[**Seneca Crisis Response Programs**](https://www.senecafoa.org/crisis) **-** provides crisis support, will respond to your home

**Family Justice Center- (925) 281-0970** [**Family Justice Center – Home of the Contra Costa Family Justice Centers**](http://www.cocofamilyjustice.org/) **-** responding to emergency situations and those without access to phones

**National Suicide Prevention Hotline - 1-800-273-8255** [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/)

[Apps to Help with Mental Health](https://www.commonsensemedia.org/lists/apps-to-help-with-mental-health)

[Corona - Helping Your Family De-stress](https://www.commonsensemedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty)

<https://www.facebook.com/groups/1570599106420510/> - Free Therapist Led Support Group

Crisis Response

**Managing Anxiety**

[SEL Resources for Parents, Educators & School Communities Related to COVID-19](https://insidesel.com/2020/03/12/covid-19/)

<https://www.rulerapproach.org/managing-anxiety-around-covid-19/>

**Online Safety and Control for Parents**

[**https://iamcybersafe.org/s/parent-tips**](https://iamcybersafe.org/s/parent-tips)

**Talking to Your Child about COVID-19**

[7 ways to help kids cope with coronavirus (COVID-19) anxiety](https://blog.chocchildrens.org/7-ways-to-help-kids-cope-with-coronavirus-covid-19-anxiety/)

## **Financial Support**

**Mortgage Help: 90-Day Grace Period for Mortgage Payments**

Click here for more information· [Governor Gavin Newsom Announces Major Financial Relief Package: 90-Day Mortgage Payment Relief During COVID-19 Crisis](https://www.gov.ca.gov/2020/03/25/governor-gavin-newsom-announces-major-financial-relief-package-90-day-mortgage-payment-relief-during-covid-19-crisis/)

## **Financial Support: Internet & Phone**

**FREE Xfinity WiFi:** Xfinity WiFi hotspots across the country will be available to anyone who needs them for free

[Xfinity® WiFi by Comcast | Wireless Internet on the Go](https://wifi.xfinity.com)

[Comcast Announces Comprehensive COVID-19 Response to Help Keep Americans Connected to the Internet](https://corporate.comcast.com/covid-19)

**Internet: Comcast Internet Essential**

New Internet Essentials customers will receive two free months of Internet service, which is available to all qualified low-income households for $9.95/month plus tax. Apply by April 30, 2020.

[Comcast Internet Essential - COVID-19 RESPONSE](https://www.internetessentials.com/covid19)

**Internet: At&t**

In response to the public health crisis, Access from AT&T is temporarily:

•Offering two months of free service to new Access customers who order by April 30, 2020. $5/mo or $10/mo thereafter, depending on your speed.

•Expanding eligibility based on income and to households participating in National School Lunch Program/Head Start

•Waiving all home internet data overage fees

[Access from AT&T - Discount Internet Access](https://m.att.com/shopmobile/internet/access/#startedStep)

**Internet & Phone: T-Mobile**

Starting March 13 - ALL current T-Mobile and Metro by T-Mobile customers who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming).

For more information please click here: [T-Mobile Update on COVID-19 Response](https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response)