

Resources for Students During COVID-19

This is a working document that will be updated as more information becomes available. It was created by the Arts & Sciences Advising Center in collaboration with other campus offices and is specifically geared toward Seattle University students, but it includes many resources that are available to the broader community. Last updated 9/4/2020.

Know of a resource that isn't listed here? [Let us know!](#)

FINANCIAL ASSISTANCE & MUTUAL AID

What's the resource?	How can it help?	Where can I learn more?
SU Funds for Emergency Assistance	Seattle University's Dean of Students oversees a variety of funds and programs that assist SU students experiencing temporary hardship.	Contact this office to discuss your situation.
SU Student Financial Services	Financial aid support for students impacted by COVID-19.	Contact this office to discuss your situation.
SU Mutual Aid	Student-led effort to collect information on what SU students need, and to identify people who could help with these needs. If you need support or if you have support to offer your peers in the SU community, please fill out this form .	https://tinyurl.com/rgvlanu
The Plate Fund	Restaurant workers who live and work in King County and have suffered financial hardship because of the COVID-19 crisis may be eligible for \$500 in immediate assistance. No SSN needed to apply.	See eligibility criteria and apply here .
One Fair Wage Service Worker Emergency Fund	Service workers who have had their income significantly impacted by COVID-19 may be eligible for temporary cash assistance as funding becomes available.	https://tinyurl.com/vf5o8ud
Financial Resource Guide for WA Residents	Guide to financial resources for Washington consumers impacted by COVID-19. Includes credit card, rent, student loan, and emergency loan assistance.	https://tinyurl.com/tc59g7g
UndocuScholars Recursos para Comunidades Indocumentadas	Resources for undocumented students and families, including emergency relief funds.	https://tinyurl.com/vh55zhy
WA COVID-19 Immigrant Relief Fund	Financial assistance for undocumented folks who have lost income due to the pandemic. The application for this fund will open in mid/late October 2020.	https://tinyurl.com/y3x9tn3d

Ingersoll Gender Center COVID-19 Response Programs	Wide range of financial assistance programs for trans and gender diverse community members.	https://tinyurl.com/y8fuljpa
Mutual Aid Solidarity Network (Seattle-wide)	<i>Note: They have temporarily paused due to demand, but intend to develop a new system and reopen. Check the link for updates.</i> Volunteer effort to deliver food and other supplies to the doors of vulnerable individuals in the greater Seattle area.	https://tinyurl.com/stt7eqp
Seattle Hospitality Workers Emergency Fund	<i>Note: They have temporarily halted applications for funding due to demand, but hope to reopen soon. Check the link for updates.</i> Funds for hospitality industry workers whose hours have been curtailed because of COVID-19 and who are not being otherwise compensated.	https://tinyurl.com/vz32fm3

HOUSING & UTILITIES

What's the resource?	How can it help?	Where can I learn more?
SU Housing & Residence Life	If you have concerns, contact HRL by email .	https://tinyurl.com/yxvcukg3
Seattle City Light & Public Utilities	60% discount on Seattle City Light bill and a 50% discount on Seattle Public Utilities bill for income-qualified residential households. Deferred payment plans available to all.	https://tinyurl.com/tn9a2j2
Puget Sound Energy	Up to \$1000 in energy bill assistance for customers who had their income significantly reduced due to COVID-19.	https://tinyurl.com/w9rrw8n
Temporary Moratorium on Residential Evictions	An emergency order is in effect that places a temporary moratorium on residential evictions in Seattle until at least December 2020.	Learn more about Seattle tenant rights and responsibilities during the COVID-19 emergency here .
King County Rent Assistance Program	King County tenants who meet the eligibility requirements may qualify for rent assistance. Complete the Tenant Interest Form to be added to a lottery pool; drawings from the pool will occur weekly.	Learn more , then complete the Tenant Interest Form .

FOOD

What's the resource?	How can it help?	Where can I learn more?
SU Food Pantry	Free supplementary food for all current students, staff, and faculty. For maximum safety, this is a pre-bagged and pick-up only operation. The "Pick-Up Order Form"	https://tinyurl.com/y2zlvv8y

	can be found on ConnectSU --submit this form by noon on Wednesday each week.	
Supplemental Nutrition Assistance Program (SNAP)	Food benefits for eligible low-income individuals and families, including those whose income situation recently changed due to COVID-19.	Find out if you're eligible here . Then find the application for your state here .
Seattle-Area Emergency Food Resources Map	Interactive map of emergency food resources—including supplemental groceries, to-go meals, and more—available in the Seattle area.	https://tinyurl.com/yxmecqv7
Spice Waala – Free Hot Meals	Spice Waala restaurant on Capitol Hill is serving 50 free hot meals every Monday and Tuesday from 5 pm to 7pm. Restaurant is co-owned by Dr. Sinha of the Social Work department.	https://tinyurl.com/yxosxm9t
The Seattle Community Kitchen Collective – Free Hot Meals	The Seattle Community Kitchen Collective—including Musang, Feed the People, That Brown Girl Cooks, Soulful Dishes and Guerilla Pizza Kitchen—is providing free meals to community members.	https://tinyurl.com/y9f9nk4d

HEALTH, WELLNESS, AND COMMUNITY

What's the resource?	How can it help?	Where can I learn more?
Free COVID Testing	The City of Seattle is now offering free COVID-19 testing for all ages at four sites across Seattle. Drive-through testing is available, but you must first register online.	https://tinyurl.com/y389ekek
SU Counseling & Psychological Services (CAPS)	Phone appointments for SU students currently located in WA state. Referrals for SU students not located in WA state. COVID-19 Resources Page includes information about managing stress and adapting to college life online.	Call 206-296-6090 during business hours or visit their webpage .
SU Campus Ministry	Pastoral care and conversations are available to all students, regardless of religious or spiritual background, and serve as opportunities to process their lived experience. Students can set up time for conversation and care for any kind of experience, including but not limited to major life transitions, stress, relational challenges, and identity exploration.	Use this form to connect with a Campus Minister for a one-on-one video or phone conversation. Campus Ministers are available Monday-Friday 9am-5pm PDT and will respond within one working day.
SU Virtual Community Building	Redhawks United contains resources for SU undergraduate and graduate to reduce social isolation and encourage connections	https://tinyurl.com/vkrwp9e

	while on-campus opportunities are suspended.	
SU Virtual Affinity Spaces – Office of Multicultural Affairs	Virtual community spaces for various affinity and identity groups. Come join for real talk, for laughter, and for meaningful relationship building.	https://tinyurl.com/ya35pkyx
SU Office of Wellness & Health Promotion	Compilation of free wellness resources for caring for yourself and others.	https://tinyurl.com/y8zvpne6
SU University Recreation (UREC)	Virtual fitness classes and free 15-30 minute virtual check-ins with trainers. One-on-one check-ins can address healthy habits, goal setting, workout advice, and behavior change conversations.	https://tinyurl.com/y3ef866s
Washington Listens	Free nonclinical support for people experiencing elevated stress due to COVID-19. Talk anonymously with a trained support specialist and/or get connected to resources and groups working through the stress together.	Call the support line available Mon-Fri 9am-9pm, Sat-Sun 9am-6pm: 833-681-0211. Or visit the website .
Open Path Psychotherapy Collective	Mental health care at steeply reduced rates for individuals without health insurance or whose health insurance doesn't provide adequate mental health benefits.	https://tinyurl.com/y6sg9gzj
Care for Your Coronavirus Anxiety	Free resources for anxiety and mental health in a global climate of uncertainty.	https://tinyurl.com/rghpjz4
Headspace	Free meditations, sleep, and movement exercises to help you out, however you're feeling.	https://tinyurl.com/wdvgck2
Sanvello Wellness App	Seattle U students get access to Sanvello Premium by signing up with their SU email address. Sanvello offers a variety of activities. Since no two people are the same, students can select and use whichever tools are most helpful for them in their personal wellness journey.	Download on the Apple App Store . Get it on Google Play .
Free Virtual Yoga Classes	Yoga for Beginners is a free, guided yoga experience! This is an easy way to take a break from working and get some movement in.	https://tinyurl.com/srcycdy

LEARNING & TECHNOLOGY

What's the resource?	How can it help?	Where can I learn more?
SU Lemieux Library	Free laptop computers and mobile hotspots available to SU students on loan.	Visit the Library's webpage or email library@seattleu.edu .

SU Learning Assistance Programs	Information on strategies and resources for remote learning, tailored specifically to SU students.	https://tinyurl.com/ycwb7hmo
SU Disability Services	Support for students seeking academic, housing, or meal plan accommodations. Students with disabilities have the right to reasonable accommodations, regardless of the modality in which classes are delivered.	https://tinyurl.com/y5mabbj2
Comcast	60 days of free Internet Essentials service (25/3 Mbps speeds) for low-income households and free wifi hotspots.	https://tinyurl.com/sn8wu23
Spectrum	60 days of free wifi and broadband to any household with college students.	Learn more and call 844-488-8395 to enroll.
CamScanner	Phone camera scanner app. If you need to share documents in PDF but don't have a scanner, this is a good option. The Premium version is available to educators and students for free.	https://tinyurl.com/qfqrjva

TEXTBOOKS

What's the resource?	How can it help?	Where can I learn more?
SU Campus Store	SU Campus Store is offering free shipping for online orders.	https://tinyurl.com/t5a4mvp
SU Lemieux Library	Many textbooks are available for free in electronic format.	https://tinyurl.com/y5aolgem

GENERAL RESOURCES

What's the resource?	How can it help?	Where can I learn more?
King County 2-1-1	You may be able to access additional resources that are available to the larger King County community. Find out what's available by contacting the 2-1-1 system.	Phone: Mon-Fri, 8am-6pm <ul style="list-style-type: none"> • 211 • 800-621-4636 • 206-461-3610 TTY Text: Mon-Fri, 9am-4pm <ul style="list-style-type: none"> • 877-211-9274 – send your zip code Chat and search for resources online .
King County Crisis Connections Line	Immediate help to individuals, families, and friends of people in emotional crisis. Crisis Connections can help you determine if you or your loved one needs professional consultation and can link you to the appropriate services.	866-4CRISIS (427-4747)

<p>King County Medical Society Childcare Referral Service</p>	<p>For those who wish to provide childcare to children of healthcare workers, and/or for healthcare workers who need childcare.</p>	<p>If you are a healthcare provider in need of childcare, fill out the healthcare provider form. If you are interested in providing childcare, fill out the babysitter form. Questions? Contact Czarina Manzano at cmanzano@kcmsociety.org</p>
<p>COVID-19 Fact Sheets</p>	<p>Coronavirus facts in Amharic, Arabic, Chinese, Hindi, Japanese, Korean, Russian, Somali, Spanish, Tagalog, and Vietnamese.</p>	<p>https://tinyurl.com/rm3ekog</p>

Need help accessing one of the resources? Facing a hardship that isn't addressed here? Reach out to [your academic advisor](#) or the [Dean of Students](#) for help getting connected with resources and next steps.

This document is a compilation of resources already shared with the campus community by several SU offices and programs. Many thanks to the SU Project on Family Homelessness, OMA, the Ignite Mentorship Program, the Institute for Public Service, the College of Arts & Sciences Dean's Office, and more.

This document is not intended to represent SU's resources or response overall. For information on SU's COVID-19 response, consult the [SU COVID-19 website](#).