



Youth COVID-19 Resource Guide

Physical Health

- If you feel that you have Coronavirus you can check your symptoms using this [link](#)
- If you are feeling sick **STAY HOME** and contact your primary doctor via phone.
- Practice social distancing
- Learn how to boost your immune system [here](#).
- Make sure your local pharmacy, insurance company, and primary care physician has your updated information.

Mental Health

The news outlets reporting out on COVID-19 every day and current social distancing guidelines can increase your anxiety. It's important to keep your mental health in check to avoid getting sick. Here are a few resources to help get you through.

- Check with your therapist to see if they are willing to schedule a session via phone or virtually.
- [Talk Space](#) is a convenient and affordable way to improve your mental health. Get matched with a license therapist from the comfort of your device and message via text, audio, and video.
- [NJ Hopeline](#): Need someone to talk to? We are only a phone call away. Our specialists are available 24 hours a day, 7 days a week to assist you.
- [Youth 2nd Floor Helpline](#) is a confidential and anonymous helpline for New Jersey's youth and young adults. You can check out their website or contact them via this number: 1-888-222-2228.
- [Crisis Text Line](#): Text (741741) from anywhere in the USA to text with a trained Crisis Counselor.

Important Links

If you would like to receive texts regarding updates and alerts as it relates to COVID-19, please text "[NJCOVID](#)" to 898-211

NJ COVID-119 Info: Hub: <https://bit.ly/2WNYyKl>

Food and Nutrition

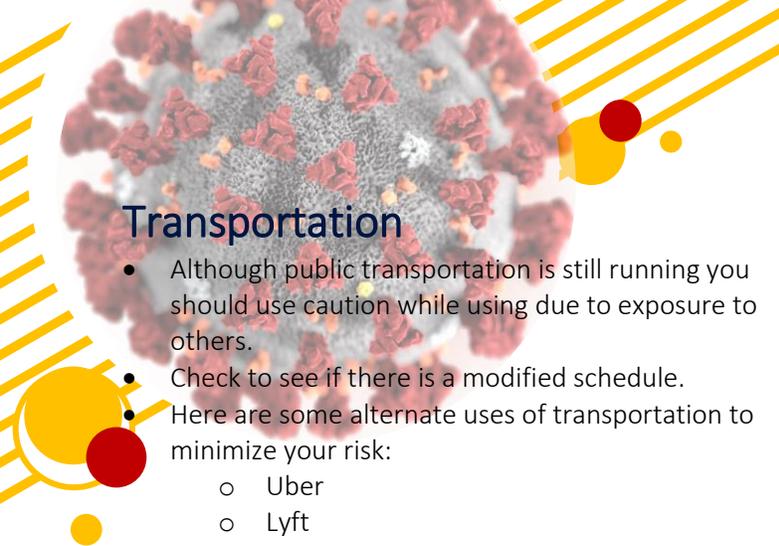
- **Food Pantries:** Get a list of your county's food pantries [here](#).
- Check Social Media for "Pop-Up" food pantries or organizations giving out food or other goods during this crisis.
- Nervous about physically going to the grocery store? Most grocery stores such as Walmart, Whole Foods, Acme, Target, and Shoprite offer curbside pick up or home delivery. Check their websites for more information.

Financial Assistance

- **Unemployment:** If you lost your job due to COVID-19 you can apply for unemployment.
- **ILP Stipend:** You will still receive your monthly stipend on your Q-Card during COVID-19
- **Tax Refund:** If you filed your taxes it is possible that you should be receiving your refund soon.
- **Other Info:** Contact your bank to see how they are responding to COVID-19.
 - Ask if they are closing all locations. Some Locations?
 - What if you need to deposit something in person or need to replace your card?



For direct information and daily NJ updates on COVID-19 you can follow Governor Phil Murphy on social media. He goes live via his Facebook page everyday at 2:00pm.



Transportation

- Although public transportation is still running you should use caution while using due to exposure to others.
- Check to see if there is a modified schedule.
- Here are some alternate uses of transportation to minimize your risk:
 - Uber
 - Lyft
 - Using a personal connection who has access to a vehicle would be ideal before public transportation.

Social Connections

Staying connected virtually has become everyone's reality during this rough time. Here are a few apps and ways you can stay connected with your loved ones while practicing social distancing:

- **TikTok:** Lighten up yours and somebody else's day by participating in the many challenges going on right now on social media.
- **Netflix Party:** Chat with your friends while binge watching a show or a movie.
- **Facebook Groups:** Connect to other foster care groups or find groups that have the same interests as you.
- Have a virtual brunch, work session, or even party using: [Zoom](#), [Google Hangouts](#), or [Google Duo](#).

Education

- If you're in the NJFC Scholars Program and are at at-risk of losing your housing contact due to your school shutting down contact [embrella](#).
- If you're **NOT** an NJFC Scholar and are at risk of losing housing due to your school shutting down contact [Together We Rise](#) for assistance
- U-Haul is offering 30 days of free storage to college students who are displaced due to the coronavirus outbreak.
- Scholly student relief fund: <https://myscholly.com/relief/>
- One Simple Wish is giving away laptops to youth currently or formerly in foster care. <https://www.onesimplewish.org/covid19>

Employment

If you lost your job or your hours have reduced as a result of COVID-19. Businesses across New Jersey need thousands of workers for immediate hire. Learn more about who is hiring in your community using this website: <https://jobs.covid19.nj.gov/>

If you have a car look into working for these delivery driving companies:

- [Doordash](#)
- [Uber Eats](#)
- [Grubhub](#)
- [Amazon Flex](#)
- [Instacart](#)
- [Shipt](#)

Technology

If you currently have Internet service but are worried you can't afford your bill, contact your provider. Most -- including Comcast, Spectrum, AT&T, T-Mobile and Verizon -- have already announced they will set up payment plans and not cancel your service. It's important that you call and say you are having trouble paying your bill due to coronavirus.

Comcast is providing access to their thousands of Xfinity hotspots (including non-Xfinity internet subscribers) for the next 60 days. They are also giving their current customers unlimited data for no additional charge. New customers can receive 60 days of their complimentary Internet Essentials package. For more information, visit <https://corporate.comcast.com/covid-19>

AT&T also keeping their hotspots open for all Americans. For more information, visit <https://about.att.com/pages/COVID-19.html>