For parents and students:

Below is a list of helpful resources during COVID-19:

**Educational Resources**

*Technical or Equipment Support email: myhelp@montebello.k12.ca.us*

*Los Angeles County Office of Education*
https://www.lacoe.edu/

*California Department of Education*
https://www.cde.ca.gov

*University of California*
https://www.universityofcalifornia.edu/coronavirus

*California State University*
https://www2.calstate.edu/

*California Community Colleges*
https://www.cccco.edu/

**Nutrition Resources**

*Montebello Unified School District Nutrition Services:*
https://www.montebello.k12.ca.us/nutrition

*Website to help you make meals with what you have in the house:*
https://myfridgefood.com/

*USDA National Hunger Clearinghouse*
www.fns.usda.gov
1-866-3-HUNGRY or 1-877-8-HAMBRE
By Text: “97779”
How to access food:

PHFE WIC Program:
http://www.livebinders.com/media/get/MjAyOTE3MTk=

California Food Banks
http://www.cafoodbanks.org/find-food-bank

Heart of Compassion
www.heartofcompassionca.org

Los Angeles Regional Food Bank
https://www.lafoodbank.org/

Health and Mental Health Resources

Los Angeles County Department of Mental Health
https://dmh.lacounty.gov/

Covered California
https://www.coveredca.com/

Centers for Disease Control and Prevention (CDC)
https://www.cdc.gov/

Los Angeles County Public Health
http://publichealth.lacounty.gov/

Department of Health and Human Services
https://www.hhs.gov/

World Health Organization
https://www.who.int/

National Suicide Prevention Life Line
https://suicidepreventionlifeline.org/
1-800-273-8255

Financial Resources

California Employment Development Department
https://www.edd.ca.gov/
Los Angeles Homeless Services Authority
www.lahsa.org

Consumer Financial Protection Bureau
https://www.consumerfinance.gov/

California Coronavirus COVID-19 Response (Financial Help)

Government Response to Coronavirus COVID-19
https://www.usa.gov/coronavirus

Los Angeles County Department of Social Services
http://dpss.lacounty.gov/wps/portal/dpss

California Franchise Tax Board (FTB)
https://www.ftb.ca.gov/

Internal Revenue Service (IRS)
https://www.irs.gov/

Legal Resources

Los Angeles County District Attorney’s Office
https://da.lacounty.gov/

Los Angeles County Office of Education – Immigrant Relations
https://www.lacoe.edu/Home/Immigrant-Relations

Legal Aid Foundation of Los Angeles
www.lafla.org

National Association of Latino Elected and Appointed Officials (NALEO)
https://naleo.org/

Bettzedek
http://www.bettzedek.org/

Coalition for Humane Immigrant Rights (CHIRLA)
https://www.chirla.org/

Additional Links and Resources

Los Angeles County Resources
https://www.211la.org/
Assistance and resources during the COVID-19 pandemic
https://findhelp.org/

One Simple Wish (For Current and Former Foster Youth)
https://www.onesimplewish.org/

Mental Health Access Available 24/7 (Department of Mental Health)
800-854-7771

Domestic Violence Hotline
800-978-3600

Child Abuse Reporting Hotline
800-540-4000

Cal Fresh Healthy Living
https://www.Calfreshhealthyliving.org

Department of Health and Human Services - Centers for Medicare & Medicaid Services
Re: Section 1135 Flexibilities Requested in March 16, 2020 and March 19, 2020
Communications
http://www.livebinders.com/media/get/MjAyMjQ1NDE=

Guidance for Cloth Face Coverings
http://www.livebinders.com/media/get/MjAyODY2MjM=

Health Coverage Update for Los Angeles County Schools
http://www.livebinders.com/media/get/MjAyOTE3MjI=

One Degree COVID-19 Resources for Los Angeles County
http://www.livebinders.com/media/get/MjAyOTE3MjA=

EveryoneOn (low cost internet)
https://www.everyoneon.org/

California Emerging Technology Fund (low cost internet)
http://www.cetfund.org/

The latest on Public Charge and Covid-19
https://protectingimmigrantfamilies.org/

2020 Census
https://my2020census.gov/

California 2020 Census
https://census.ca.gov/