

Below is a list of resources that we found to be useful and active as of
Friday, August 28, 2020.

Please take care! Stay Safe!

Resources for Student Life During COVID-19

Academic Assistance

- **Student Academic Assistance & Tutoring Centers:** One-on-one tutoring and support **ONLINE**
<https://tutoring.ucdavis.edu/>

Financial Assistance

- **Financial Aid Office (Dutton Hall, 1st floor):** Campus grants, loans, scholarships and work study **CLOSED, working remotely**
<https://financialaid.ucdavis.edu/graduate/gradstudies>
- **Emergency, Short-term and Assistant Loans:**
<https://financialaid.ucdavis.edu/loans/short-term>
- **Aggie Compass:** One stop for financial resources including immediate and short-term assistance
<https://aggiecompass.ucdavis.edu/financial-security>

Food/Nutrition

- **Aggie Compass:** One stop for resources for students including assistance with food and shelter. Food and nutrition resources include Fruit & Veggie Up, CalFresh, The Pantry and Meals in Davis. Housing resources include emergency shelter and transitional housing. **OPEN, working remotely** Memorial Union, M-F, 9:00am-5:00pm
<https://aggiecompass.ucdavis.edu/>
E-mail: compass@ucdavis.edu
- **The Pantry:** CLOSED, but still offering services remotely through Aggie compass. For more information, email thepantry@asu.ucdavis.edu
<https://thepantry.ucdavis.edu/>

- **Healthy Aggies:** Nutrition/wellness online tips
<https://healthyaggies.com/>
- **Davis Farmers Market:** Year-round: Saturdays, 8:00am-1:00pm. March-Oct: Wednesdays, 3:00-6:00pm. Reduced cost produce at the end of the market
<https://www.davisfarmersmarket.org/>
- **CalFresh:** State benefits for food
<http://www.benefitscal.org/>
- **Nearby Foodbanks:**
 - **Sacramento County**
<https://www.sacramentofoodbank.org/>
 - **Solano and Contra Costa County**
<https://www.foodbankccs.org/>
 - **Yolo County**
<https://yolofoodbank.org/get-help/>

Students with Families

- **Child Care Grants:**
<https://hr.ucdavis.edu/departments/worklife-wellness/student-parent/ucd-funding>
- **Additional Medical Coverage Under CA's Medi-Cal Access Program:**
<http://mcap.dhcs.ca.gov/Home/default.aspx>
- **CA Dept of Public Health Women, Infants and Children Program:**
<https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx>
- **WRRRC google doc of COVID-19 Student Parent Community Resources:**
https://docs.google.com/document/d/1WNFHBBbC6HFORp2mtwKTb2USt2YPC_V2c0Qz-CCad0Y/edit?pli=1

Health and Mental Health Care

- **Coronavirus Health and Wellbeing Recommendations:**
<https://www.ucdavis.edu/coronavirus/news/health-well-being/>
- **COVID-19 Student FAQ:**
<https://campusready.ucdavis.edu/student-faq>

- **UC SHIP FAQs For Accessing Care During COVID-19 Pandemic:**
<https://www.ucop.edu/ucship/faqs/covid-19.html>
- **UCD Student Health and Counseling Services (SHCS):** Offers crisis and ongoing counseling; individual and groups; suicide prevention; sexual health, etc. Counseling referrals from SHCS can be made to a Sacramento location.
<https://shcs.ucdavis.edu/counseling-services> **OPEN, telehealth appointments**
 - Out of an abundance of caution and to promote healthy physical distancing as recommended by Public Health, Counseling Services is limiting our in-person appointments to crisis only. Telephone sessions are offered for non-crisis visits. Graduate students can call Counseling Services appointment desk at 530-752-0871 to schedule a telehealth visit appointment. Our registration staff will assist graduate students to schedule for the next available appointment with a CS counselor. Online scheduling is also available via Health-e-Message.
 - Crisis Consultation service is available in North Hall between 9:00am - 4:30pm (Monday - Friday).
 - Crisis services after office hours can be accessed by calling 530-752-0871 and following the prompts to speak to a counselor immediately.
 - Students can also use the crisis text line by texting RELATE to 741741.
- **Aggie Compass:** One stop for mental health resources including online counseling and campus and community resources:
<https://aggiecompass.ucdavis.edu/mental-wellness>
- **UCD Office of the Ombuds:** A confidential, independent, impartial, and informal problem-solving and conflict management resource for all members of the UC Davis community. The Ombuds can assist by listening to concerns, clarifying issues, identifying policies and resources, and providing coaching and communication strategies. **OPEN, working remotely**
<https://ombuds.ucdavis.edu>
- **Managing Fear and Anxiety:**
<https://studentaffairs.ucdavis.edu/sites/g/files/dgvnsk8726/files/inline-files/VCSA-MentalHealthCovid-ResourceFlyer.pdf>

Housing Assistance

- **Aggie Compass:** One stop for housing resources including emergency shelter and transitional housing, housing organization and free legal services:
<https://aggiecompass.ucdavis.edu/housing-security>

Recreation - Aggies at Home

To support the students and staff at UC Davis during suspended operations, Campus Recreation has put together this list of links that cover topics like how to work from home, at-home workouts, managing your free time and more. Although they aren't able to offer in-person programming at our facilities at this time, they will continue to support you by providing wellness resources. The following list provides online resources for each of Campus Recreation's program areas to help keep you active until our facilities reopen and programs resume. Tell Campus Rec how you're staying active by joining the conversation on [Facebook](#) and [Instagram](#)!

Check out their [Campus Recreation's Aggies at Home](#) resource list.

Additionally, [check out their live workouts](#) (open to anyone)! Includes all levels yoga, Vinyasa yoga, mat Pilates, cardio/strength fusion, and more!

Tax Resources

- **Finance & Business:**
<https://financeandbusiness.ucdavis.edu/finance/payroll-services/ee-resources/w-2>
- **Student Accounting:**
<https://studentaccounting.ucdavis.edu/student-resources/accounting/tax-info>

Transportation Resources

- **UCD-UCD Medical Center, Sacramento Shuttle:**
<http://www.ucdmc.ucdavis.edu/parking/intercampus/>
- **UCD- UC Berkeley Shuttle for UCD/UCB faculty, staff and students:**
<https://berkbus.ucdavis.edu/>

COVID-19 Updates and Resources

- **Student Affairs:** <https://studentaffairs.ucdavis.edu/news/coronavirus-update>
- **Frequently Asked Questions and Student Resources:**
<https://ebeler.faculty.ucdavis.edu/resources/faq-student-resources/#ProfessionalAnswers>