



# **Coronavirus (COVID-19) Crisis Resource Guide** *for Achieve Atlanta Scholars*

Scholars, we've compiled resources to help with your health, academics, finances, and food security. If you still need support after reviewing the resources below, please contact Achieve Atlanta at [info@achieveatlanta.org](mailto:info@achieveatlanta.org) or at (404) 880-3500.

## **Comprehensive Support**

Aunt Bertha Social Needs Network: <https://www.auntbertha.com/>

## **Academics**

Your college should have a special COVID-19 website attached to their main website with support and resource information. Please check this website for academic resources and contact your academic advisor for support. Remember to reach out to your professor as soon as possible if you have questions or concerns about your academic success in a class.

## **Housing**

If you are in Atlanta, Atlanta Volunteer Lawyers Foundation may be able to assist you with your housing needs or point you to other resources. You can read about their available assistance at [avlf.org/covid-19/resources/](https://avlf.org/covid-19/resources/) or you can call 404-521-0790.

## **Mental Health**

Achieve Atlanta is providing a valuable benefit to all Scholars and their immediate family members known as the Student Assistance Program (SAP). We have partnered with McLaughlin Young Group, an independent provider of SAP services. The SAP offers help for personal and/or professional concerns by providing free, confidential, short-term counseling and personal consultation. The SAP has a network of counselors that are conveniently located. They can help you improve or resolve personal difficulties whether big or small, personal or school-related.

Some examples of concerns that the SAP addresses include:

- Family conflict
- Relationship issues
- Grief and loss
- Stress
- Depression and anxiety
- Communication breakdowns
- Alcohol or drug use
- School-related issues

**To seek assistance through the SAP, simply call 704-529-1428 or 800-633-3353.**

**Appointments are available during both daytime and evening hours.**



## Physical Health / Medical Support

Needy Meds provides information and resources about medical cost assistance: [needy meds.org/](http://needy meds.org/)

Free and sliding scale **medical clinics**: [www.freeclinics.com/](http://www.freeclinics.com/) and [nafclinics.org/](http://nafclinics.org/)

Fitness classes:

Orangetheory is offering a free YouTube workout: <https://www.orangetheory.com/en-us/athome/>

## Food

If you and your family are facing difficult decisions, the **Atlanta Community Food Bank** would like to help. With the help of our community partners, they are here for you in several ways:

- Text "FindFood" or "Comida" to 888-976-2232 to find local food partners in your area
- Call (678) 553-5917 Monday through Friday from 8:30 a.m. to 4:30 p.m. for help applying for the
- Supplemental Nutrition Assistance Program (**SNAP**), a federal program that helps millions of Americans put food on the table. You can use SNAP to purchase food from your local grocery store and participating farmers' markets.

**Food4Life, Atlanta Survival Program** is offering free grocery delivery for those impacted by COVID-19. Visit <https://atlsurvival.org> for more information, to see a full list of those who they support, and to apply for assistance.

## Finances

The federal government has recently made additional aid available to students. We recommend you reach out to your financial aid office and ask about the following:

**Emergency Aid:** The federal government has made money available to colleges to grant as emergency aid to students. Call your college financial aid office to make the request.

**Federal Work-Study Wages:** Schools have the option of continuing to pay work-study students. If you had a work-study job on campus, we recommend you contact your supervisor and/or financial aid office to inquire about continuing to be paid.

**Student Loans:** Student loan interest is frozen on all federal student loans through September 30. This is for both currently enrolled students and borrowers in repayment. Further, borrowers of federally held loans do not need to make payments during this time period. To learn more, visit: <https://www.ncan.org/> or contact your loan servicer.

In Scholly's unrelenting effort to support students in need, they are providing cash assistance to those in need during this unprecedented crisis. Visit <https://myscholly.com/relief/> to apply for up to \$200 in cash assistance.

The Achieve Atlanta emergency grants program is designed to help Scholars who are in a bind or need money to pay for emergencies. Visit [www.achieveatlanta.org/emergencygrants](http://www.achieveatlanta.org/emergencygrants) to see what expenses are eligible and non-eligible.