

## COVID-19: Virginia College Student Resources

*Disclaimer: This is a socially curated resource list. Please visit each site to determine validity and usage. To suggest additional resources for the college student community, please email [paularobinson@schev.edu](mailto:paularobinson@schev.edu).*



### Financial Assistance

- Do you need to update your FAFSA because of the impact of the pandemic on your family's income? If so, you must start by submitting an appeal letter to your campus financial aid office in order to have your request to modify your application considered. The [FormSwift online tool](#) helps you to develop your appeal letter.
- [Frequently Asked Questions](#) about the Emergency Financial Aid Grants to Students under Section 18004 of the Coronavirus Aid, Relief, and Economic Security (CARES) Act.
- Federal [Student Aid webpage](#) offers information on the coronavirus and forbearance for students, borrowers and parents.
  - One Stop Portal for Federal Student Aid: <http://studentaid.gov>
- Other student loan resources:
  - [General Help with Student Loans](#) or 804-786-2832
  - [Student Loans 101](#)
  - [Loan Repayment](#)
  - [Effective Strategies for Student Loans](#) (Handout)
- For information on meal sites, unemployment insurance, utilities relief, child care subsidies, and other benefit programs please see the [COVID-19 Virginia Resources](#) webpage. The Virginia Department of Social Services launched this website and a corresponding mobile app to streamline access to critical and actionable resources from a variety of state and federal agencies. Download in your Apple Store or Google Play.
- ["7 Things to Know if You've Lost Your Income"](#) from Virginia Poverty Law Center



### Health & Wellness

- General information, public health guidance, and data related to the COVID-19 outbreak in Virginia is available at the [Virginia Department of Health website](#).
- If you have symptoms and want to be tested for COVID-19, contact your healthcare provider. Your provider might collect samples to test you or help you to [find sampling sites](#) in your area. Learn more about [what to do if you feel sick](#).
- [FoodPantries.org](#) has a listing of over 650 pantries across the state, but many are currently stretched thin. Find one in your area and contact them directly to inquire about the services they provide, or to donate/volunteer.
- [Virginia Anti-Violence Project \(VAVP\)](#) is continuing to offer their services virtually. You can use their 24/7 LGBTQ+ Helpline for those who need information or help regarding intimate partner abuse, sexual assault, or stalking by calling [866-356-6998](tel:866-356-6998) or texting [804-793-9999](tel:804-793-9999). To get in touch about their virtual services or for more information about their resources, please email [info@virginiaavp.org](mailto:info@virginiaavp.org).
- [Virginia Sexual & Domestic Violence Action Alliance Statewide Covid-19 Campaign](#) has been launched to let survivors know that help is still available. The Virginia Statewide Hotline is also still available to call: [800-838-8238](tel:800-838-8238) or text: [804-793-9999](tel:804-793-9999)
- Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP) or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.
- Virginia's Statewide Peer-Run [Mental Health Warm Line](#) provides friendly, non-judgmental peer support if you need/want to talk, or if you need help finding information on **mental health and wellness resources**. You can reach the Warm-Line at [\(866\) 400-6428](tel:866-400-6428). *A Warm Line is not a crisis hotline, which is for emergencies. If you are in crisis, call the National Crisis Hotline at 1-800-273-8255 or 911; you can also text MHA to 741741 to connect with a crisis counselor*



## General Resources

- [Surviving COVID-19: A #RealCollege Guide for Students](#) was developed by the Hope Center at Temple University to highlight **common needs** of college students during COVID-19 and provide resources to meet those needs.
- **The State Council of Higher Education for Virginia** (SCHEV) has a [Higher Education and COVID-19 webpage](#) that is updated regularly with information to assist students, parents, colleges and universities in navigating through these challenging times.
- How the **Families First Coronavirus Response Act (FFCRA)** impacts college students – [policy brief](#) from the Hope Center
- [Website](#) with virtual resource kits, phone hotlines, live streams and webinars to gather information and support for the LGBTQIA+ community.
- [Department of Motor Vehicles](#) has granted a 60-day extension for those who cannot renew online or whose license or registration expires before May 15.
- [List](#) of companies offering free **Wi-Fi** services
- [List](#) of companies offering **remote job** opportunities
- [List of national organizations](#) offering support to **immigrants and undocumented families**
- [Video](#) message to **current and future college students** from Virginia college and university presidents

*Have a general question about resources available to you during this time? Please [email](#) or [dial 211](#)*



Be safe. Be informed. Be well.