Health and Counseling Center

Multicultural Covid-19 Resources

Financial Tips

- Create or update your spending plan to help better understand your financial situation. Do you have money saved? Do you have other sources of income? Take all of this into account when you create your new spending plan.
- Review your expenses closely. Use this time to find out what expenses you do and do not need, such as memberships or subscriptions.
- Plan ahead and put together a weekly menu and grocery shopping list.
- Review your bills and prioritize which ones to pay. Call about your bills and ask if they are offering anything to people who are experiencing a reduction in their income or other options they may have available.
- **Helpful financial information:** [Protect yourself financially from the impact of the coronavirus](#)

Family Needs

- If you are undocumented or have family members that are undocumented and have been financially impacted by Covid-19, you can apply for emergency funds. For additional privacy, you can find contact information on their website before applying: [Betancourt Macias Family Emergency Fund](#)
- A fact sheet to help parents and caregivers think about how COVID-19 may impact their family: [Parent/Caregiver Guide to Helping Families Cope With COVID-19](#)
- Resources to support family members who are learning English: [English Learner Family Engagement During Coronavirus](#)
- Domestic workers who are financially impacted by COVID-19 can apply for $400 in emergency assistance: [Coronavirus Care Fund](#)

Additional Resources

[Resources for Immigrants during the coronavirus crisis](#)
[You Have Rights: Protect Your Health - Going to the Doctor](#)
[Update on Access to Health Care for Immigrants and Their Families](#)
[Mental Health Toolkit](#)
[Resource List for LGBTQ+ Asylum Seekers](#)
[Disaster Distress Helpline](#)

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