

# Community Resources

The following resources and programs can help keep you and your family healthy and safe during difficult times. You are not alone.

## Unemployment insurance

Payments to workers who lose their job or have hours reduced through no fault of their own. Generally not available to undocumented workers (must have legal work status). Check the Employment Development Department (EDD) at [www.edd.ca.gov/unemployment/ui\\_online.htm](http://www.edd.ca.gov/unemployment/ui_online.htm) for more information or call (800) 300-5616 for English, and (800) 326-8937 for Spanish.

## Disability (SDI)

Payments to workers unable to work due to medical quarantine, non-work related injury or illness. Available to undocumented workers if you paid into SDI. Application must be certified by a medical professional, so contact your doctor to apply or visit [www.edd.ca.gov/disability/sdi\\_online.htm](http://www.edd.ca.gov/disability/sdi_online.htm)

## Paid Family Leave

Payments to people who can't work because they are taking care of sick or quarantined family members, or to parents who need time to bond with a new child. Paid Family Leave is also available to undocumented workers if you paid into SDI. Application must be certified by a medical professional, so contact your doctor to apply or visit SDI Online.

## Food stamps (CalFresh)

Financial help to buy groceries. No one will be cut off from CalFresh food stamp benefits at this time. If one family member gets food stamps, it does not impact another family member's immigration status. Call (877) 410-8823 or visit [www.getcalfresh.org](http://www.getcalfresh.org) to apply.

## Free meals

Dorothy's Place serves daily breakfast from 8:30 am to 9:30 am and lunch from 1:00 pm to 2:00 pm at 30 Soledad St. in Salinas. For more info, call (831) 757-3838.

## Meals delivered to seniors

Meals on Wheels has home-delivered meals for seniors 60 and older. For more info, call (831) 758-6325 for Salinas Valley, (831) 375-4454 for Monterey Peninsula.

## Free food

The Food Bank for Monterey County distributes free food. Call (831) 758-1523 or see the calendar at <https://foodbankformontereycounty.org/food-assistance>

## Nutrition for children

WIC (Women, Infants and Children) offers nutrition and breastfeeding support for pregnant women and kids up to age 5. Salinas office located at 632 E. Alisal St. For more info, call (831) 796-2888.

## Childcare for essential workers

Mexican American Opportunity Foundation (MAOF) offers free childcare services for essential workers, including agricultural workers. Call (831) 757-0775. The YMCA is offering childcare for essential workers. Call (831) 758-3811 or visit [www.centralcoastymca.org](http://www.centralcoastymca.org)

## Talk to someone about mental health

California Peer-Run Warm Line is a 24/7 service that provides free nonemergency emotional support for anxiety, panic, depression, finances, and alcohol and drug use. Speak with an English or Spanish-speaking counselor at (855) 845-7415.

## Free help with legal issues

California Rural Legal Assistance offers free assistance with legal issues related to housing, work, education, public benefits and health, and more. Call (831) 757-5221.

## Domestic violence and child abuse help

If you feel unsafe, call the police at 911 or the YWCA at (831) 372-6300 or (831) 757-1001. You can also call the National Domestic Abuse Hotline at (800) 799-7233.

## COVID-19 vaccines and testing

For the latest recommendations, vaccination and testing sites, visit [www.mcvaccinate.com](http://www.mcvaccinate.com) or call 2-1-1.

## Health care coverage

Health care is a right for all Monterey County residents. You may qualify for Medi-Cal and other programs. Call (866) 323-1953 for information. If you exceed the income brackets, you may be eligible for health care insurance with premium assistance from Covered California. Please visit [www.CoveredCA.com](http://www.CoveredCA.com) or call (800) 300-1506 (English) or (800) 300-0213 (Spanish).

## Low-cost medical care

Even if you have health insurance, many plans do not provide sufficient coverage for all health care needs, or you may have trouble locating a provider near you that accepts your insurance. You can contact 2-1-1 to learn about low-cost or free health services in your area. Search for a nearby Health Center that provides medical options on a sliding scale according to your ability to at [www.findahealthcenter.hrsa.gov](http://www.findahealthcenter.hrsa.gov). Health Centers offer a variety of services including medical, dental, vision and behavioral health care.

2-1-1 connects you to expert, caring help.  
Every call is confidential.

