

SUTTER/YUBA COMMUNITY RESOURCES

BEHAVIORAL HEALTH SERVICES

Latino Outreach Center (Sutter Yuba Behavioral Health): For **Spanish speaking** adults, children and families call **530-674-1885**, Monday through Thursday, 8:00AM – 5:00PM for information, registration and intake; all appointments are by telephone only.

Sutter Yuba Behavioral Health:

Youth Services call **530-822-7513**, Monday – Friday, 8:00AM – 5:00PM

Adult Services (new clients) call **530-822-7200**, Monday – Wednesday, 8:00AM – 5:00PM

Sutter North Bereavement Program: For adults and children call **530-749-3460**, Monday – Friday, 9:00AM – 5:00PM

Casa de Esperanza: Crisis line for help with domestic violence; 24 hours/day, 7days/week, **530-674-2040**

CalHOPE: Support for emotional stress, including COVID related stress; **833-317-4673**

California Parent and Youth Hotline: Support and resource referrals to parents and youth during COVID; 7 days/week, 8AM – 8PM, call or text **855-427-2736**,

California Peer-Run Warm Line: “a highly accessible low-threshold mental health resource that people can use to seek support before they’ve reached the crisis point, in the hope that support now will prevent crisis later. All calls are free and confidential.” Open 24/7, **1-855-845-7415** (toll free) or CHAT *mentalhealthsf.org*

National Institute of Mental Health:

Crisis Text Line: Text HELLO to 741741

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Disaster Distress Helpline: 1-800-985-5990; Text TalkWithUs to 66746

COVID-19 FINANCIAL AID

Childcare: Short-term funding is available for eligible Sutter County residents to assist with costs of childcare; call Sutter County One Stop, **(530) 822-5120 x3031**; ~~applications due October 30, 2020~~

Cash Aid: One-time payment of \$400 or \$800, income restrictions apply, call Sutter County One Stop, **(530) 822-5120**

HOMELESS SERVICES

REST Program: a seasonal overnight shelter program for families, couples, and single women; November 30 – April 2, 2021; check-in at 5:00PM at Cornerstone Church, 715 King Avenue, Yuba City; check-out at 8:00AM, hot evening meal and cold breakfast included. ID preferred but not required.

Hands of Hope: A day facility that provides laundry, showers, clothing, and light case management for people who are homeless, ID required.

Coordinated Entry: Part of HUD’s Continuum of Care (COC) Program, a county-based point of entry for people who are homeless or about to be homeless providing connections to all partnering homeless programs; ID required.

Sutter County: 900 Spiva Avenue, Yuba City; M-F 9:00AM - 3:30PM, **530-755-3491**

Yuba County: 131 F Street, Marysville; M-F 9:00AM - 3:30PM, **530-749-6811**

FOOD PANTRIES (distribution of food supplies)

1. Crossroads Community Church, Mon – Fri, 2:00pm – 3:00PM, 445 B Street, YC, 751-9168

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2. Salvation Army, T & F 9:00AM – 11:00AM, 401 Del Norte, YC, 216-4530 x4539
3. St. Andrew Presbyterian Church (Mother Hubbard's Cupboard), Mon-Fri, 1:15PM – 3:15PM, 1390 Franklin Ave., YC, 743-7353
4. St. Vincent de Paul (St. Isidore Catholic Church), T-TH, 9:15AM-11:15AM, 222 Clark Ave., YC, 671-5154
5. Hope of Heart Relief Center (Glad Tidings Church), Wed. & Fri, 10:00AM – 2:00PM, 4444 Live Oak Blvd. (north of Eager road)
6. First Lutheran Church, Thursdays, 10:00 – 11:30AM, 850 Cooper Avenue, Yuba City

FOOD DELIVERY PROGRAMS

1. Yuba-Sutter Food Bank will make deliveries to food-insecure seniors 60 and older, handicapped or other groups at high risk to coronavirus, and people without transportation on Saturdays, Tuesdays, and Thursdays beginning March 28. Contact the Yuba-Sutter Food Bank by 3:00pm on the day before the delivery. Call **530-673-3834** or email yubasutterfoodbank@gmail.com Type "Delivery" in the subject line. For more updates, go to <http://www.yuba-sutterfoodbank.com/>
2. Salvation Army Daily Food Distribution (also bathrooms and handwashing)
68 Second Street, Yuba City (near the boat dock), 12:00PM - 1:00PM
131 F Street, Marysville, 10:00AM - 11:00AM
3. Cornerstone Church of Yuba City offers a grocery and pharmacy run program for seniors and others who are at risk, can pay for their groceries, and need someone to shop for them. Call **530-674-8463** or visit www.cornerstoneyc.com/grocery
4. Yuba-Sutter COVID-19 Relief Task Force (group of nonprofit organizations): To assist locals affected by the current coronavirus emergency. Hotline open 7 days/week, 9:00AM – 5:00PM; **530-645-2003**, <https://www.yubasutterchamber.com/yubasutterrelieftaskforce>

WIC (WOMEN, INFANTS, AND CHILDREN)

Nutrition education, breastfeeding support, groceries, and community resources for Sutter and Yuba County residents with these qualifying conditions: pregnant, breastfeeding/bottlefeeding, or have a child under age 5 AND low to medium income or receive Medi-Cal, CalWorks, or CalFresh. Migrant, military, and kinship/foster care families are encouraged to apply.

Appointments by phone only during COVID-19:

Sutter County: 822-7224; M-TH, 8:00AM-5:30PM, Fri, 8:00AM-4:45PM

Yuba County: 749-4830; M-F, 8:15AM – 6:30PM

LOW-COST INTERNET SERVICES

- Xfinity: Comcast will offer new residential customers who qualify its \$9.95-per-month, with the first 3 months free. <https://apply.internetessentials.com/> **855-846-8376**
- AT&T offers families with at least one person in household who is a SNAP participant 10Mbps home internet service for \$10.00 per month. Call **855-220-5211** or go to <https://www.att.com/internet/access/>

COVID-19 TESTING

Public health officials are encouraging anyone who feels they should be screened and tested for coronavirus (COVID-19) to call their primary care physician first. For those who do not have a primary care physician, there are currently three screening and testing sites in Yuba-Sutter:

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1. Ampla Health, 1000 Sutter Street, Yuba City; 530-673-9420
2. Peach Tree Health, 5730 Packard Avenue, Marysville; 530-812-7011
3. OptumServe, Sutter County Veterans Hall, Yuba City; register online <https://lhi.care/covidtesting> or call 888-634-1123, "walk-in appointments are not allowed"

ONLINE COVID-19 SYMPTOM CHECKER

<https://www.adventisthealth.org/coronavirus-preparedness/>

This is a free service available 24/7 to the general public. Click on the icon in the lower right hand corner for an interactive symptom checker.

CORONAVIRUS COVID-19) UPDATE FOR YUBA SUTTER

[Coronavirus \(COVID-19\) Updates](#)

This website has up-to-date information about current numbers of confirmed cases, local store hours, frequently asked questions, testing and a useful link for VERY EASY instructions on how to make your own face mask.

<https://maidsailors.com/blog/how-to-make-a-surgical-mask/>

EMPLOYMENT

OnwardCA <https://onwardca.org/resources/?state=ca&lang=en>

This website . . . "aims to serve as a one-stop repository of information and resources for workers displaced by the COVID-19 pandemic." There are links to information and resources in three areas of need: Immediate sources for monetary aid for both workers and employers; Emergency non-monetary resources such as food, shelter, medicine, childcare and more; and Job matching to pair up workers' skills with companies that are doing immediate hiring.

The website is a collaboration between Bitwise Industries, Kapor Center, Gov. Gavin Newsom's office, LinkedIn and Salesforce.

Employment Development Department https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

California Coronavirus Response <https://covid19.ca.gov/>

Sutter County One Stop: www.sutteronestop.com 530-822-512

MEDICAL INSURANCE

For people who have suddenly lost their job and/or health insurance there are a few of options:

People who had health insurance through their job and no longer have that job are entitled to continued coverage under COBRA for at least 18 months; however, the premium for this coverage will be higher because the employer is no longer paying their part.

People who do not want to use COBRA may be able to buy coverage through Covered California (California's version of the Affordable Care Act). It is worth investigating because the federal financial assistance is augmented by new state subsidies available for Californians who make up to \$75,000 per year, or up to \$150,000 per year for a family of four. www.coveredca.com/see-if-you-qualify-for-financial-help/

Covered California has announced that anyone uninsured and eligible to enroll through the program can sign up through June 30. Call 800-300-1506 for more information.

People with low or no income may qualify for Medi-Cal; most Californians with incomes under \$17,200 or a family of four under \$35,500 will not have to pay a premium. Go to <https://www.dhcs.ca.gov/services/medi-cal/Pages/ApplyforMedi-Cal.aspx>

EMERGENCY ALERT

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Sign up via text, phone, or email:

Yuba County: bepreparedyuba.org

Sutter County: bepreparedsutter.org