

ACCESS II STUDY SAFETY NET RESOURCES

EMPLOYMENT RELATED

Unemployment Insurance: \$40-\$450 per week for up to 26 weeks

<https://edd.ca.gov/Unemployment/UI-Calculator.htm>

If you have lost your job or have had your hours, you may be eligible for partial wage replacement benefits. The unemployment insurance benefit calculator above will provide you with an estimate of your weekly UI benefit amount.

INCOME RELATED

Federal Earned Income Tax Credit (EITC or EIC)

<https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit>

The Earned Income Tax Credit is a benefit for working people with low to moderate income. To qualify, you must meet certain requirements and file a tax return, even if you do not owe any tax or are not required to file. EITC reduces the amount of tax you owe and may give you a refund. To learn more about the federal EITC and see if you qualify, visit the link above.

California Earned Income Tax Credit (CalEITC)

<https://www.caleitc4me.org/>

The California Earned Income Tax Credit is a supplement to the federal EITC. If you haven't filed, you can still file and collect a refund for up to three years after the filing deadline of that tax year. You can find resources to file now for free online **[here](#)**. To learn more about the CalEITC, visit the link above.

CalWORKS

<http://www.benefitscal.org/>

If your family has little or no cash and needs housing, food, utilities, clothing, or medical care, you may be eligible to receive immediate short-term help from CalWORKS. Families that apply and qualify for ongoing assistance receive money each month to help pay for housing, food, and other necessary expenses. To apply online, visit the link above or **[contact your county social security agency](#)**.

Child Tax Credit (CTC)

<https://www.irs.gov/credits-deductions/individuals/child-tax-credit>

The child tax credit (CTC) is a benefit for working people with children. To qualify, you must meet certain requirements and file a tax return, even if you do not owe any tax or are not required to file. If you claim dependents, CTC may give you a refund. To learn more about the CTC and see if you qualify, visit the link above. You can find resources to file now for free online **[here](#)**.

California Young Child Tax Credit (YCTC)

<https://www.ftb.ca.gov/file/personal/credits/california-earned-income-tax-credit.html>

If you qualify for CalEITC and have a child under the age of 6, you may also qualify for a refundable tax credit through the Young Child Tax Credit (YCTC). Filing your state tax return is required to get the refund. You can find resources to file now for free online **[here](#)**.

FOOD RELATED

CalFresh: Amount per month dependent on income and household size

<https://www.getcalfresh.org/>

CalFresh, formerly known as food stamps, known federally as the Supplemental Nutrition Assistance Program or SNAP, provides monthly food benefits to individuals and families to buy food. To apply, visit the link above (available in English, Spanish, and Chinese) or call the CalFresh Benefits Helpline. **CalFresh Benefits Helpline: 1-877-847-3663**

Supplemental Nutrition Program for Women, Infants, and Children (WIC):
\$29-\$45 per child per month dependent on child age.

<https://myfamily.wic.ca.gov/>

WIC is a health and nutrition program for babies, children under 5, pregnant women, and new mothers that provides supplemental foods and nutrition education. To learn more about how WIC helps or apply visit the link above.

School Meals

<https://www.cde.ca.gov/ls/nu/rs/scales1920.asp>

California Department of Education, Nutrition Services Division: 1-800-952-5609

The National School Lunch Program serves nutritious meals to K-12 students at little or no cost. Free or reduced-price meals are provided to those children who qualify according to their family size and household income. To see if your child(ren) qualifies for free or reduced-price meals, visit the link above or call the California Department of Education, Nutrition Services Division.

Food Banks

Find a food bank near you: <http://www.cafoodbanks.org/find-food-bank>

HEALTH RELATED

Medi-Cal

<https://www.healthforcalifornia.com/covered-california/health-insurance-companies/medi-cal/>

Medi-Cal, California's Medicaid program, helps low-income families get health coverage at little to no cost. Depending on your income and family size, you could qualify for this service. Learn more about applying for Medi-Cal by visiting the link above.

HOUSING & HOMELESSNESS RELATED

CalWORKs Housing Support Program (HSP) & Homeless Assistance (HA)

<https://www.cdss.ca.gov/inforesources/cdss-programs/housing-programs/calworks-housing-support-program>

The CalWORKs HSP and HA are for families enrolled in CalWORKs. HSP is intended to foster housing stability for families experiencing homelessness. HA aims to help families meet reasonable costs of securing housing. Both programs are administered at the county level. Find HSP contacts [here](#).

Bringing Families Home Program (BFH)

<https://www.cdss.ca.gov/inforesources/cdss-programs/housing-programs/bringing-families-home-program>

The Bringing Families Home (BFH) program is intended to help reduce the number of families in the child welfare system experiencing homelessness, increase family reunification, and prevent foster care placements. BFH is administered locally. To learn more, contact CDSS (info at bottom of page).

Housing and Disability Advocacy Program (HDAP)

<https://www.cdss.ca.gov/inforesources/cdss-programs/housing-programs/housing-and-disability-advocacy-program>

The Housing and Disability Advocacy Program (HDAP) assists homeless, disabled individuals apply for disability benefit programs, while also providing housing supports. Find HDAP contacts [here](#).

Home Safe Program

<https://www.cdss.ca.gov/inforesources/cdss-programs/housing-programs/home-safe-program>

The Home Safe Program is intended to support the safety and housing stability of individuals involved in Adult Protective Services (APS) who are experiencing, or at imminent risk of experiencing, homelessness due to elder or dependent adult abuse, neglect, self-neglect, or financial exploitation by providing housing-related assistance using evidence-based practices for homeless assistance and prevention. Find a list of county departments operating the Home Safe Program [here](#).

For any other questions regarding the above housing programs, contact the California Department of Social Services (CDSS) Housing and Homelessness Branch:
housing@dss.ca.gov

(916) 651-5155

Take Charge of Your Mental Health

It's okay to not feel okay. Here are some resources.

If you are experiencing a mental health crisis and need immediate assistance, please call "911" and explain the nature of your problem to the operator.

HOTLINES

National Alliance on Mental Illness (NAMI): 1-800-950-6264

The NAMI Help Line is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public.

National Suicide Prevention Lifeline: 988

We can all help prevent suicide. These hotlines provide 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones, and best practices for professionals.



TO FIND LOCAL MENTAL HEALTH SERVICES

County Contact List: <https://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx>

If you are seeking non-crisis, general mental health services or information, use the link above to search for your county's mental health services (phone numbers and websites listed).

WHAT IF I HAVE MEDI-CAL?

Medi-Cal Mental Health Care Ombudsman: 1-888-452-8609

Medi-Cal provides mental health care and substance use disorder services. If you are in a Medi-Cal managed care plan, call your plan or the Medi-Cal Mental Health Care Ombudsman number above.

WHAT IF I'M UNINSURED?

Mental Health America: <https://www.mhanational.org/finding-help>

Much of the health care system in our country depends on health care coverage, which is usually provided by a form of insurance. If you don't have insurance, it can be difficult to pay for treatment unless you are independently wealthy. Consider the options [here](#) to obtain coverage; in the meantime visit the link above to get immediate help.

ACCESS STUDY RESOURCES FOR IMMIGRANT CALIFORNIANS

Last Updated 12/22/2022

Additional Health Resources

- This **short guide** from Protecting Immigrant Families talks about your rights when going to the doctor and protecting your health.
- This **localclinic.net** site can help you find the nearest community health center that takes patients regardless of immigration status.

Additional Economic Resources for Undocumented Workers

- Do you file taxes with an ITIN? You could get money back through the California Earned Income Tax Credit and Young Child Tax Credit. Learn more **here**.
- Legal Aid at Work has compiled a list of known **Relief Funds for Undocumented Workers in California**.

More Information About Programs to Support Your Family

- Programs like Medi-Cal, CHIP, School Meals, WIC, and CalFresh (“food stamps”) help your children lead healthier and stronger lives.
- If you are uncertain if your immigration status could be impacted by receiving benefits, please use this **tool** and seek guidance from local-nonprofits or immigration attorneys.

Know Your Rights

- Review these **handouts** from the Immigrant Legal Resource Center on what to do if ICE knocks on your door.