

# Resources available while you isolate or quarantine



## Food help

Call 311 anytime if you're having trouble getting or affording food while isolating or quarantining.

Visit [SF.gov/get-food-resources](https://www.sfgov.org/get-food-resources) for more information.

Sign up for monthly CalFresh benefits at [GetCalFresh.org](https://www.getcalfresh.org) or 415-558-4700.

## For older adults and people with disabilities

Call the Department of Disability and Aging Services (DAAS) at 415-355-6700 to get:

- Home-delivered meals
- Emergency food boxes
- Support with online food delivery services
- Grocery drop-off from volunteers



## Housing information

### Evictions

If you can't pay your rent during the pandemic, you may be protected from eviction and get more time to pay your rent. However, your rent is not cancelled. You still owe your landlord any missed rent payments.

If you need help paying rent, you can apply for Season of Sharing funds at [sf.gov/get-help-pay-housing-or-other-emergencies](https://www.sf.gov/get-help-pay-housing-or-other-emergencies).

This site also provides links to other organizations that can help with housing.

See more information on [SF.gov/eviction-moratorium](https://www.sfgov.org/eviction-moratorium).

## Tenant Counseling Organizations

- Bill Sorro Housing Program (BiSHoP) 415-513-5177 or [info@bishopsf.org](mailto:info@bishopsf.org)
- Causa Justa :: Just Cause at 415-487-9203
- Chinatown Community Development Center at 415-984-2730
- Housing Rights Committee of San Francisco at 415-703-8634
- South of Market Community Action Network at 760-913-8913 or [tenantcounseling@somcan.org](mailto:tenantcounseling@somcan.org) ([sfadc.org/landingpage/covid-19-counseling/](https://www.sfadc.org/landingpage/covid-19-counseling/))
- SF Tenants Union at 415-282-6622 or [info@sftu.org](mailto:info@sftu.org)
- Tenderloin Housing Clinic CEOP at 415-775-7110 ext. 1702 or [allyn@thclinic.org](mailto:allyn@thclinic.org)

## Help for homeowners

Apply for a loan up to \$25,000 for costs like HOA dues and property taxes, at [sfmohcd.org/COVID19HELP](https://www.sfmohcd.org/COVID19HELP). You need to make under a certain amount for your household size.





## Financial and Work-Related Help

If you have to isolate or quarantine, you can use Paid Sick Leave or State of California unemployment benefits. Apply for unemployment at [edd.ca.gov](http://edd.ca.gov). During the pandemic, you do not need to have a letter from your healthcare provider to use Paid Sick Leave.

According to the CDC and SF Department of Public Health recommendations, your employer should NOT request a doctor's letter or a negative test to return to work if you had COVID-19. If they request either of these, you can direct them to [www.sfcdcp.org/workletter](http://www.sfcdcp.org/workletter).

For other local resources for workers impacted by COVID-19, visit [oewd.org/employees-impacted-covid-19](http://oewd.org/employees-impacted-covid-19). If you have other concerns related to the impact of isolation and quarantine on your work or finances, visit [www.sfcdcp.org/workerFAQ](http://www.sfcdcp.org/workerFAQ).



## Medical care resources

If you are uninsured and need medical care, you may call the SF Health Network Call Center at 415-682-1740.

You may also visit [SF.gov/CovidHealthcare](http://SF.gov/CovidHealthcare) for more information.

If you have a medical or psychiatric emergency, call 911.  
Texting 911 is also available.

## Mental health resources

### Access to mental health and substance use disorder services

- 24-hour access line  
888-246-3333  
TDD: 888-484-7200
- For general information and appointments, call 415-503-4730

### Comprehensive Crisis Services

Offers assistance to people in crisis including assessments and crisis interventions.

415-970-3800

24 hours a day, 7 days a week

### Urgent care for mental health issues

- Westside Crisis  
415-355-0311  
245 11th Street  
Monday to Friday, 8 am to 2 pm
- Dore Urgent Care  
415-553-3100  
52 Dore Street  
24 hours, 7 days a week

### Mental health services for young adults

415-642-4525

Monday to Friday, 9 am to 5pm

### Mental health and substance use services for individuals experiencing homelessness

415-234-3707

Monday to Friday, 10 am to 8 pm

### Peer-run mental health talk line

855-845-7415

24 hours a day, 7 days a week

