

Otis College COVID-19 Resource Guide

The Otis College Resource Guide aims to help students who are in need of assistance with food insecurities, housing insecurities, financial insecurities or other urgent crises. The Student Affairs team is here to support you and connect you to the appropriate resources.

***Please note that Otis College does not endorse or promote any one of the off-campus organizations we have listed, so please use them at your own discretion.**

Updates on COVID-19 Responses from Otis College:

- Any notifications based on changes in the College's operating status will be disseminated via email, with the [LiveSafe app](#) as a notification back-up.
- If you are looking for updates about COVID-19, the Student Health and Wellness Center (SHWC) has established a [Community Health Announcements page](#) that contains information and updates regarding the virus that might affect the Otis Community.
- Students should follow all recommendations and/or requirements posted on the [COVID-19 Resource Hub](#) and its linked pages. Please pay special attention to [Messages to the Community](#), [Community Health Announcements](#), and [International Travel Guidelines](#) posted there.

Food Pantries + Food Access:

During our campus closure, the Otis College Food Pantry will be temporarily closed. If you need access to food, here is a list of places and resources for students. Make sure to call ahead and make sure that the food pantry is open.

- Los Angeles Regional [Food Bank](#)
- California's Food Stamp Program (CalFresh) (Enrollment & Information: [here](#))
- [Free Food Pantries](#) (a comprehensive list of food pantries throughout LA county)
- [Additional Food Banks and Pantries](#) (phone numbers and addresses provided)
- [Map locator](#) (to easily find food, groceries and other government assistance)

Housing:

Otis College students have been asked to remain at home or to return home or to their permanent residences, as we have closed on-campus housing. To contact Otis College Residence Life and Housing, please see the information below.

- **Otis College Residence Life and Housing**
 - Hours of virtual operation: 8:30am - 5pm (PST)
 - Main Housing Line: (310) 846.2647 or studenthousing@otis.edu
 - RA Duty Phone: (425) 527.4655
 - Morgan Brown, Director, mbrown@otis.edu
 - Melinda Patton, Assistant Director, mpatton@otis.edu

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- Francarlo Resto, Coordinator, fresto@otis.edu

Mental Health:

Students can access free or reduced priced mental health services through these resources:

- The Student Health and Wellness Center (SHWC) is still available for both medical and counseling appointments. **It is required that ALL students CALL** before coming to the center to seek medical or psychiatric care. Please call the SHWC at [310-846-5738](tel:310-846-5738) with any questions or to make an appointment.
- [OwlCare Online](#) is Otis' health portal. Use your Otis ID Number and Pin to login. There you can securely message your provider, fill out necessary health forms, view past visits and upload documents for your provider.
- The Mental Health Access Line (open 365 days a year, 24 hours a day): [1.800.854.7771](tel:1-800-854-7771)
- The APP [Mindfulness](#) is a quick and easily accessible resource for non emergent mental health sources.
- Substance Abuse and Mental Health Services Administration (SAMHSA) is available 24/7 for treatment referral and information services: [1-800-622-4357](tel:1-800-622-4357)
- [The National Alliance on Mental Illness](#) is providing a Hotline during the COVID-19 and is available Monday - Friday, 10am-6pm Eastern Standard Time: (800)950-6264
- National Domestic Violence Hotline [1-800-799-7233](tel:1-800-799-7233)
- [Other ways to support your mental health during COVID-19](#)
 - Check in on family and neighbors
 - Ask for help
 - Talk about the facts
 - Exercise if you are able
 - Execute on your side hustle, dream gig, or new job
 - Relish in downtime
 - Embrace vulnerability
 - Make sleep a priority
 - Practice online yoga (Youtube is a great resource)

Physical Health:

If you need access to physical medical healthcare, check out the resources below, which are available to you for free or at a reduced price.

- The Student Health and Wellness Center (SHWC) is still available for both medical and counseling appointments. **It is required that ALL students CALL** before coming to the center to seek medical or psychiatric care. Please call the SHWC at [310-846-5738](tel:310-846-5738) with any questions or to make an appointment.
- For free and/or reduced medical services (physical and mental health) in certain clinics (map locators): [Community Clinic Association](#), [Health Services of Los Angeles County](#), and [Los Angeles County Department of Mental Health](#).
- Check out the [WIN app](#) to search and obtain basic need resources (created by [Our Children LA](#)).

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WIFI and Computer Access:

If you need access to a computer and/or wifi, check out these free resources below.

- Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. To enroll call [1-844-488-8395](tel:1-844-488-8395). Installation fees will be waived for new student households.
- [Comcast](#) is offering reduced and free services for Internet use for the next 60 days.

Support Centers:

If you need extra support or assistance, these support centers are resources available to you in Los Angeles.

- [The Los Angeles LGBTQ Center](#)
- [County of Los Angeles Public Health](#)
- [Immigration Center for Women and Children](#)
- [California Immigrant Youth Justice Alliance](#)
- [Family Source Centers](#) offers support to low-income families in Los Angeles
- [Here](#) is a list of service planning areas in Los Angeles that are providing **food, housing, health, transportation, and education** separated into [8 Service Planning Areas](#).

Transportation/Airline Information:

- [College Student Travel Assistance](#): Enterprise is offering reduced prices for renting vehicles through May 31st, 2020. Valid student ID required.
- [Frontier Airlines](#) has lowered flights to as low as \$39 one way for students.
- [Southwest Airlines](#) has lowered flights to as low as \$49 one way for all flights (Two checked bags are included in this price).

Educational Resources:

- **Otis College Student Learning Center**
 - Hours of operation: Monday through Friday 11am - 6pm (PST) and Saturday 12pm - 3pm (PST)
 - Tutoring and coaching services will be provided online via Zoom. Students can make an appointment online:
https://otis.libguides.com/slc/schedule_an_appointment
 - Office: (424) 207-3730; Text: (213) 260-4372
 - Email: slc@otis.edu
- Check out these online learning resources from the [Los Angeles Public Library system](#) (LA Public Library branches are closing until March 31st).
- [Cengage](#) is offering free and reduced price textbooks and resources
- [Adobe Creative Cloud](#) is offering free temporary access to software until the end of the semester.

Emergency Aid:

Students can contact any of these providers for emergency aid.

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- U-Haul will offer [30 days of free self-storage](#) at its facilities to help college students who are currently housing insecure.
- For emergency food and clothing, check out these [centers](#).
- For emergency housing resources, check out this comprehensive [state-sponsored list of emergency housing resources](#).
- [Map locator](#) helps individuals easily find organizations that provide emergency short-term, long-term and permanent housing or special housing.
- If you need financial assistance due to financial hardship, fill out this form: [Financial Assistance from Otis College](#)
- If your employment has been impacted by Covid-19, check out some state government resources here: [COVID-19 employment resources](#).
- [Unemployment benefits](#) are available to those whose hours have been reduced or who have lost their job due to coronavirus measures.
- If you work as a freelance artist and your work is impacted by Covid-19, check out these resources: [Freelance Artists](#).
- [Here](#) is a list of service planning areas in Los Angeles that are providing **food, housing, health, transportation, and education** separated into [8 Service Planning Areas](#).
- [Campus Storage](#) is providing affordable college storage to students.