Student Resource Living Guide

A comprehensive list of campus and community resources, with information and links to help students address academic, financial, legal, and health-related needs.
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Note: An asterisk (*) represents a community resource unaffiliated with UC Berkeley
Basic Needs

The UC Berkeley Basic Needs Center supports students with food, housing, and financial needs with the goal of basic needs security and equity among diverse communities. The center also affirms that mental and physical health and wellness are a critical part of basic needs support.

Basic Needs Center Interactive Resource Guide

- The Resource Guide contains links to general resources for food, housing, finances, health care, mental wellness, and dependent care.

Basic Needs Assistance Form

- Students may share their needs and contact information in the Basic Needs Assistance Form, and a staff member will reach out for individualized support.

Food/Grocery Needs

- Short-term food relief is available through the Food Pantry, with pop-up pantries located on the first floor of the MLK Student Union at the beginning of the Fall 2022 semester. Check the Food Pantry website for regular updates throughout the academic year, including pantry location and hours.
- Chronic food insecurity can be addressed via CalFresh
  - FAQ about the program: [http://calfresh.berkeley.edu/faq/](http://calfresh.berkeley.edu/faq/)
  - CalFresh Eligibility Criteria: [http://calfresh.berkeley.edu/eligibility/](http://calfresh.berkeley.edu/eligibility/)
  - For general questions, contact: calfreshsupport@berkeley.edu
  - Students may [click here](http://calfresh.berkeley.edu/eligibility/) to join a virtual group application session.
- For emergency food resources in the community, check out Food Now to search for a pantry or soup kitchen near you or call the Emergency Food Helpline at 510-635-3663.

Housing Needs

- Students who are unhoused or at risk of losing safe and stable housing are encouraged to complete the Basic Needs Assistance Form to schedule an individual care coordination appointment for short-term, emergency housing support.
- For campus and off-campus housing resources, check out this list of housing tips.

*SSI/SSDI

Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) are public benefits that provide financial assistance to low-income individuals and/or those living with disabilities that impact their ability to be employed. Please note that international students are not eligible for public benefits, and using these benefits can impact their immigration status. Visit the BIO Public Charge webpage for more information.
- Use the Social Security Administration Office Locator to locate an SSA office near you.
- For information on eligibility and application processes, visit the SSA Disability Benefits Webpage

**Medical and Mental Health Providers**
- Please refer to the SSDI LTR Instruct Template and Sample Doc

*Medi-Cal & Medicare*

Medi-Cal is California’s Medicaid program, providing public health insurance to low-income residents and those with disabilities. It is also available for individuals under 21, pregnant women, and those enrolled in certain government programs including CalFresh, CalWorks, and SSI. Please note that international students are not eligible for public benefits, and using these benefits can impact their immigration status. Medicare is available for individuals 65 and older and those who are younger with disabilities.

**Medi-Cal Eligibility Criteria:**
- [https://www.dhcs.ca.gov/services/medi-cal/Pages/DoYouQualifyForMedi-Cal.aspx](https://www.dhcs.ca.gov/services/medi-cal/Pages/DoYouQualifyForMedi-Cal.aspx)

**Medi-Cal Application & Enrollment Steps:**
- [https://www.dhcs.ca.gov/individuals/Pages/Steps-to-Medi-Cal.aspx](https://www.dhcs.ca.gov/individuals/Pages/Steps-to-Medi-Cal.aspx)

Students who are looking for assistance with enrolling in Medi-Cal for the first time may contact LifeLong Medical Care, which has various Bay Area locations. For legal support and advocacy in navigating difficulties obtaining or retaining Medi-Cal, students who reside in the Bay Area may contact Bay Area Legal Aid.

**Medicare Eligibility & Enrollment:**
- [https://www.ssa.gov/benefits/medicare/](https://www.ssa.gov/benefits/medicare/)

*Rx Assistance Programs*

**GoodRx**
- GoodRx provides prescription coupon savings that can be used at participating pharmacies: [www.goodrx.com](http://www.goodrx.com)

**Financial Aid & Grants for Medical Expenses**

This outline offers options for financial assistance for undergraduate and graduate students with medical emergencies and/or significant medical expenses.
Financial Aid
- Students may apply for a Short-Term Emergency Loan online through the Financial Aid Office. For ongoing medical fees impacting the student's education, they may complete a Cost of Attendance Form and speak to a Financial Aid advisor to discuss adjustments to their aid package.

Health Opportunity Fund
- Students who are recipients of the Pell Grant or DREAM Aid (or graduate students with Pell Grant equivalency), and all students registered with DSP, may access the UHS Health Opportunity Fund to cover some in-house costs at the Tang Center. Fund amounts may vary from year to year, so please check the website for updated information. Students that qualify receive an email notification at the start of the fall semester.

General Student Grants
- Students who have urgent medical needs resulting in unanticipated out-of-pocket expenses while receiving community medical or mental health care may be eligible for grants including The Orion Fund, the Richard & Ruben Rosillo Grant, the University Section Club, and the Basic Needs Center Holistic Fund. Note: Standard copays for ongoing services typically do not meet the criteria for grant funding.
  - Please refer to the Grants for Cal Students with Urgent, Unanticipated Medical Expenses Doc
  - Students may call Social Services at 510-642-6074 to schedule a grant phone consultation with a staff clinician to learn more about appropriate grants

Berkeley International Office
- International students with unanticipated medical costs may be eligible for BIO's Need-Based Medical Fund

Undocumented Student Program
- Undocumented students who are Dream Aid recipients can apply for a USP Emergency Grant to cover urgent medical expenses
- Undocumented students who are accessing mental health services off-campus can apply for co-pay reimbursement through USP Mental Health Refund

Hospitalization Financial Assistance
For low-income students who are hospitalized at Alta Bates Hospital and cannot afford hospital fees (may cover admission, but will not cover ambulance or physicians' fees):
- Eligibility and application process (pp. 2-5):
  https://drive.google.com/file/d/1q70zgpliv-nIM1qnU1OYqISgH1duATjI/view?usp=sharing
- Example patient/student application letter:
  https://drive.google.com/file/d/1g_8RD70woTWLizw_OBspetlXP_iBgpFp/view?usp=sharing
Disabled Students' Program

DSP strives to promote an inclusive and accessible campus environment and supports students who are managing disabilities by providing services and accommodations to help them succeed during their time at Cal. Students who wish to register with DSP can learn more about the application process online.

DSP Supportive Documentation - Forms for Healthcare and Mental Health Providers
https://dsp.berkeley.edu/students/new-students/documentation-dsp

Contact Information
- General Office Email: dsp@berkeley.edu
- General Office Phone: 510-642-0518

Emotional Support Animals

Students who are seeking registration for an Emotional Support Animal (ESA) in California to help them navigate a mental health diagnosis or disability are required to receive an assessment and obtain a formal letter of support from a CA-licensed mental health provider. **Completing an assessment for an ESA is at the discretion of the mental health provider. If a provider is not comfortable completing an ESA assessment, they can help their client connect to a community provider or another UHS mental health colleague who has experience in this area.

Please refer to the Emotional Support Animal Assessment & Letter Template Doc

*Compensation for Survivors of Trauma & Crime

Residents of California who have experienced physical or emotional injury or a threat of injury resulting from a crime may be eligible for financial compensation to assist with household modifications, relocation costs, income loss, and medical or mental health services.

Please refer to the Survivors/Victims of Crimes Fund Info Doc

*Legal Support & Services

The following agencies provide legal assistance throughout the Bay Area.
Reduced Course Load

Students are required to take a minimum of 13 units each semester unless they have an approved Reduced Course Load (RCL). Students with an approved RCL are still considered full-time students that pay full tuition and fees (unless approved for rare tuition reduction. See the Registrar's information.

L&S Advising can approve an RCL for students who meet one of the following criteria, found here (see “Overview & Eligibility” under “Unit Minimum & Maximum FAQs”).

For international students:
- meet with a BIO advisor before taking any steps to reduce course load. Additionally, BIO has its own process and forms for immigration RCL approvals, and DSP accommodation letters do not meet federal requirements. For more information, see the BIO Enrollment Webpage

Forms:
- Reduced Course Load Petition

Medical Withdrawal

Students managing a significant medical or mental health condition that is impacting their academics or ability to continue with their program may consider an academic adjustment or medical withdrawal from the university.

Before pursuing a medical withdrawal or academic adjustment, students may visit the Social Services website to learn more about the process. Other areas that may be impacted by withdrawing from school include:

- Financial aid (For general concerns, contact Cal Student Central, 120 Sproul Hall, at 664-9181). Students are also encouraged to meet with a Financial Aid Advisor to
discuss financial the impact of withdrawing from the university
https://financialaid.berkeley.edu/

- **Housing** [https://housing.berkeley.edu/](https://housing.berkeley.edu/)
- **Registration fees** [https://registrar.berkeley.edu/](https://registrar.berkeley.edu/)
- **Visa/immigration status** (If you are an international student (on an F-1 or J-1 visa), you should talk to an advisor at the Berkeley International Office, 2299 Piedmont Avenue, 642-2818. [Meet with a BIO advisor](https://housing.berkeley.edu/))
- **Course registration.** A withdrawal will cancel all enrollment, current and future. You may *not* attend summer session while on withdrawal status. [http://summer.berkeley.edu/](http://summer.berkeley.edu/)
- **Student Health Insurance coverage (SHIP)** remains active in the current semester if paid for. [https://uhs.berkeley.edu/search/site/ship](https://uhs.berkeley.edu/search/site/ship)
- **Medical Withdrawal Information Sheet** [https://uhs.berkeley.edu/sites/default/files/medical_withdrawal_infosheet.pdf](https://uhs.berkeley.edu/sites/default/files/medical_withdrawal_infosheet.pdf)

Withdrawals late in the semester may result in an undergraduate's inability to enroll in the subsequent semester due to college deadlines. In addition, ten days after a withdrawal is filed with the Office of the Registrar it is irrevocable, so please make sure all of your questions are answered prior to proceeding with your request.

**Student Parent Resources**

The Student Parent Center is a centralized, multi-purpose campus resource, where students can seek informed advice, develop leadership skills, engage in informal study groups, celebrate achievements, recover from setbacks, and form lasting friendships. This section is designed to meet the unique needs of student parents through campus and community resources.

**Student Parent Resource Guide**
This robust guide offers community and campus resources for student parents both on and off-campus including childcare, basic needs, mental health, legal support, housing, rental assistance, educational resources for kids, and parenting resources.

Tomie Linear, SPC coordinator: tlinear@berkeley.edu. Book appointment at: tomielinearspc.com/youcanbook.me

Anita Adams, SPC Success Coach: anitaadams@berkeley.edu
- **Drop-In 10:00 AM-12:00 PM** (tinyurl.com/anitadropin)

**Drop-in Hours for Counseling**
- Mon-Thur (Jason Straussman: jstraussman@Berkeley.edu or 510-561-8199)
- Book here: [https://villageandspc.youcanbook.me/](https://villageandspc.youcanbook.me/)
Financial Aid Services

- Financial Aid Specialist: Sarah Christensen (sarahchr@berkeley.edu)
- Student Parent Financial Aid Advisor: Shannon Harrison (Sharrison@berkeley.edu)
  - Shannon offers drop-in aid the first three Thursdays of the month (10:00-12:00 PM)
  - Shannon is best reached by direct email

Academic Resources

- Kendra Van Nyhuis, Ph.D. - Student Parent Advisor: Book an advising appointment here
- Torey Bookstein - L&S Advisor and Counselor
  - Transfer student advising appointments with Torey: Click here!
  - Frosh admit advising appointments with Torey: Click here!