



IDEA Headquarters
2115 W. Pike Boulevard
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IDEA Alumni Affairs Resource Guide: COVID-19

Dear IDEA Alumnus,

In response to the COVID-19 pandemic, the IDEA Alumni Affairs team is collecting community and well-being resources for our alumni. Note: This list is not exhaustive, and is dynamic; meaning, resources will be added as we learn of them. Additionally, IDEA Public Schools does not endorse any specific resource on this list, merely offering these as additional avenues of support during this time.

As always, if after exhausting resources from your college or university, you need additional support, please submit an [IDEA Alumni Affairs support request form](#) here.

Sincerely,
The IDEA Alumni Affairs Team

Best Practice Resource: Your College or University

Most universities and colleges have updated their landing pages with special links to COVID-19 resources and support. Use this friendly guide when navigating:

>>Need information about commencement or graduation? Often colleges will link to FAQs on graduation, commencement, etc. These are updating in real time.

>>Need counseling support services? Many colleges and universities are allowing students to schedule appointments with the counseling or well-being centers. Check with your campus to see if this is available to you.

>>Need information regarding storage of materials? Reach out to Student Life or Residence Life for more information. Many colleges have options for free storage for students.

>>Want to know about transportation reimbursement? Some colleges are offering this support as well, be sure to check with Financial Aid to see if this applies.



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General Information

CDC Center for Disease Control and Prevention: Stay informed on the most current and up to date information from the CDC

211 Texas : Texas Health and Human Services Commission, free, anonymous social service hotline available 24 hours a day, 7 days a week, 365 days a year. Includes medical, financial, housing, food and mental health.

Successful Strategies for Online Classes

Check out this [resource](#) from Rasmussen College

Internet Resources

Comcast Internet Essentials: New Customers will receive two months of free service

Charter/Spectrum: 60 days free internet to new customers in response to COVID-19

Computer Resources

Adobe: Offering temporary at-home access to Creative Cloud (for college students who need to access) with no additional costs

Storage Resources

UHaul: Offers free 30 day storage to college students

Emotional and Mental Health Supports

Your campus or university! Many colleges and universities are offering appointments with counseling centers during this time. Check out your specific campus website for more details.

Care for Your Coronavirus Anxiety: Resource that captures tools around anxiety and socioeconomic stress as related to the COVID-19 pandemic

Crisis Text Line: Text from anywhere in the US to text with a trained Crisis Counselor

National Suicide Prevention Hotline

My Grief Angels: Resource offering various supports to individuals who are grieving.

HeadSpace Mindfulness Meditations: Head Space is offering free mindfulness meditations in response to the COVID-19 crisis

Medical Supports

Needy Meds: Information and resources on medical cost assistance.



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[National Free Clinics and Sliding Scale Clinics](#)

[Texas Free Clinics and Sliding Scale Clinics](#): Locate your city to find free clinics and sliding scale clinics near you

Financial Resources

[211 Texas](#) : Collection of resources searchable by location/zip code

[Hidalgo County Community Service Agency: Offers family support services and utility assistance](#)

Cameron-Willacy Counties Community Projects, Inc.: (956) 544-6411

[San Antonio COVID-19 Supports](#)

[Feeding America](#): Find your local food bank

[Restaurant Workers](#): If you work in the restaurant industry and you lost your employment due to COVID-19, these resources might help.

Career Supports

[ETS releases at Home GRE](#) : Need to take the GRE for grad school? ETS is working on setting up virtual at home testing

[College Board Career Finder](#) : Use your College Board login or set up a new account for a brief and simple career assessment based on interests

[Career One Stop](#) : Sponsored by the U.S. Department of Labor, one stop for career exploration, training, jobs

[LinkedIn Resources](#) : Resources for online learning and professional development