

Monterey / Carmel Area Resources for those in need

Shelter and Housing:

Community Homeless Solutions:

Website: communityhomelesssolutions.org/programs

Programs include:

Transitional housing program:

To apply for housing call (831) 384-3388 to schedule an assessment appointment

Domestic Violence shelter - All inquiries are confidential

Hamilton House Shelter

Marina, California

Phone (831) 394-8372

Overnight warming shelter (Salinas)

YWCA

Domestic Violence shelter for women and children - All inquiries are confidential

Lawson Safehouse, at (831) 757-1001 or (831) 372-6300.

YMCA of the Monterey Peninsula

[YMCA](#)

Mortgage Relief:

Recently enacted legislation, known as the [CARES Act](#) directs lenders holding federally backed mortgages to suspend borrowers' payments for up to 12 months if they have lost income because of the coronavirus outbreak. The law also suspends foreclosure and foreclosure-related eviction action and changes the rules regarding credit reporting during some or all of the coronavirus emergency period

How to Request Forbearance

Borrowers with federally-backed mortgage loans, will be granted forbearance of up to 180 days by submitting a request to their servicer (the company you make payments to) and affirming that you are experiencing financial hardship during the COVID-19 emergency. No further documentation or proof is required.

No Extra Penalties, Interest, or Late Fees: During any forbearance period granted to you, your servicer cannot charge any penalties, interest, or fees

No Reporting to Credit Bureaus

No Foreclosures or Evictions

Additional Help Possible Once you reach the end of your forbearance period, you may qualify for additional assistance if you need it

Information regarding the Suspension of Evictions:

<https://www.monterey.courts.ca.gov/covid-faq/evictions>

Food and Nutrition Needs:

Food Bank and essential supplies at CMS - pick up every Thursday CMS gym 10am -11am, Spanish speaking available.

[Request for needs](#)

Food Bank for Monterey County

Call: 211

or

For information on food pick up visit their website:

<https://foodbankformontereycounty.org/food-assistance/>

Food Bank for Monterey County COVID-19 Drive-Thru Weekly Distribution Sites (Coastal & Carmel Valley)

<https://foodbankformontereycounty.org/wp-content/uploads/2020/04/COVID-19-Coastal-Counties.pdf>

Dorothy's Kitchen - 8:30 a.m. to 9:30 a.m. for breakfast and 1:00 p.m. to 2:00 p.m. for lunch every day (pick up at the door)

For more information visit their website:

<https://www.dorothysplace.org/dorothys-kitchen/>

Gathering for Women Food Service program - located in the Monterey Peninsula Foundation Founders Center Building

Breakfast 8:00a.m. - 9:30a.m. (M-F)

Lunch 12:00p.m. - 1:00p.m. (M-Th)

For more information visit their website:

<https://www.gatheringforwomen.org/food-services.html>

Additional nutrition resources:

[Harvard T.H. Chan School of Public Health](#)

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate-vs-usda-myplate/>

[NCAA Sports Science Institute](#)

ncaa.org

Mental Health Services:

Monterey County Suicide Prevention Hotline: (877) 663-5433

Provides free and confidential emotional support to people in suicidal crisis or

emotional distress;

Available 24 hours a day, 7 days a week

Behavioral Health Services of Community Hospital of the Monterey Peninsula

Call: (831) 625-4600

Community Human Services

Mental health service: 2560 Garden Rd # 201B

Call: (831) 658-3811

Behavioral Health | Monterey County, CA

<https://www.co.monterey.ca.us/government/departments-a-h/health/behavioral->

NAMI Monterey County (National Alliance on Mental Illness)

<https://namimonterey.org/resources/> many support number and contacts on this website

Kinship Center:

Mental Health Services in Monterey County | ter

www.kinshipcenter.org >

Mental Health Services in Monterey County. Mental Health Clinic (D'Arrigo Children's Clinic) *

For children who have Monterey County Medi-Cal or are part of the Adoption Assistance Program (AAP)

Call: (831) 455-4770

Additional Mental Health Resources:

Teens Health: <https://teenshealth.org/en/teens/your-mind/mental-health>

MentalHealth.gov

[Monterey County Rape Crisis Center](#)

[How to file for unemployment](#)

[Office of Workforce Development](#)

[First Five Monterey](#)

Resource for any county family with a child up to age 5.

[Beacon House](#)

Open and accepting patients

[California Undocumented Worker Relief](#)