Assistance for Unemployed California Residents - Information & Referrals

The State of California and partner organizations provide a wide range of services to help people who have exhausted, or may soon exhaust, their unemployment insurance. Unemployed individuals may be eligible for assistance to meet basic needs as well as other services such as health care, counseling, employment and training assistance. In many parts of California, you can call 2-1-1 to learn about resources in your community or contact the agencies & organizations listed below directly to inquire about their programs. Some programs may have eligibility criteria.

2-1-1™

Get Connected. Get Answers.

Dial 2-1-1 any day, 24 hours a day, 7 days a week. You will be greeted by counselors that can refer to the local services you need.

All calls are free and confidential. They have information on local resources including utility assistance, child care, mental health, food help or workforce retraining.

See if 2-1-1 can help you, Call Now!

2-1-1 is not available everywhere

BASIC NECESSITIES ASSISTANCE

California Work Opportunities & Responsibility to Kids (CalWORKs)
Cash assistance to families with children and pregnant women in the last 120 days of pregnancy, who have little or no assets or income.
http://www.cdss.ca.gov/calworks or **http://www.c4yourself.com**

General Assistance or General Relief
Counties make loans or grants to adults without children who have little or no assets or income. **http://www.cwda.org/links/chsa.php**

FOOD ASSISTANCE

Food Stamp Program
The Food Stamp Program helps low-income people buy nutritious food at most grocery stores and some farmer's markets.
http://www.c4yourself.com / 1-877-847-3663

Emergency Food Assistance Program (EFAP) & Local Food Banks
In California, federal, state and local community organizations coordinate to ensure that groceries are available at local food banks.
http://www.cafoodbanks.org

Free Summer Lunch Programs
Free lunches are available to all children under 18, regardless of income, every summer. **http://www.cde.ca.gov/ds/sh/sn/summersites10.asp**

School Meals
Free and reduced-price breakfast & lunch at all California public schools.

Women Infants and Children (WIC)
Pregnant women & children under 6 receive nutrition support at WIC.
http://www.cdph.ca.gov/programs/wicworks / 1-888-942-9675

MEDICAL CARE & HEALTHCARE COVERAGE

Medi-Cal
Pays for health care for certain low- and medium-income people. Apply at:
http://www.cwda.org/links/chsa.php or **http://www.c4yourself.com**

County Health Program
Counties offer health care for low-income people not eligible for other help.
http://www.cwda.org/links/chsa.php or **http://www.c4yourself.com**

Community Health Clinics
California Primary Care Association can help you find a community clinic.
http://www.cpca.org/resources/findclinic

LOW COST CAR INSURANCE

Department of Insurance
Learn about low-cost car insurance.
http://www.doi.org

CHILD SUPPORT ASSISTANCE

Request changes in your child support orders due to loss in job or UI Benefits.
http://www.childsup.ca.gov

COMMUNITY-BASED RESOURCES

Cal-Neva Community Action Partnership
Local services including utility and rental assistance.
http://www.cal-neva.org

CREDIT CARD DEBT RELIEF

Consumer Credit Counseling Services
A non-profit organization offering credit counseling.
http://www.cccsstl.org/debtsolutions/index.asp

ELDER SERVICES

Assist elders and their families to identify services and opportunities.
http://www.aging.ca.gov/local_aaa/AAA_listing.asp

FINDING A JOB

One Stop Career Centers
Job search support and technical assistance.
http://www.edd.ca.gov/ONE-STOP/osfile.pdf

FINDING A JOB

Employment Development Department
Online guides to jobs and job seeker services.
http://www.edd.ca.gov

MENTAL HEALTH

The Riley Guide Website
A guide to coping with job loss.
http://www.rileyguide.com/cope.html

HOUSING RESOURCES

Housing and Urban Development
To find local non-profit organizations who can offer housing assistance. **http://www.hud.gov**

Learn about avoiding foreclosure
http://www.hud.gov/local/ca/homeownership/foreclosure

Locate a regional housing authority.
http://www.hud.gov/local/ca/renting/hawebsites.cfm

Housing California
Homeless prevention programs found at:
http://www.housingca.org/nr/resources/housing_assistance/

UTILITIES ASSISTANCE

California Alternative Rates for Energy Program (CARE) offers low-income consumers a 20 percent discount on energy bills. **http://www.cpuc.ca.gov/PUC/energy/Low+Income/care.htm**

The California Public Utilities Commission (PUC) provides assistance in negotiating a more affordable payment to utility companies if a customer has trouble paying his/her energy, telephone, or water bill.
http://www.cpuc.ca.gov/puc/cec/b_paymentplan.htm

Some utilities have emergency payment assistance programs for their customers.
http://www.cpuc.ca.gov/PUC/energy/Electric+Rates/billassist.htm

Family Electric Rate Assistance (FERA) Program provides assistance to families with slightly higher incomes. FERA is available for customers of Southern Ca. Edison, San Diego Gas and Electric Company, and Pacific Gas and Electric Company. **http://www.cpuc.ca.gov/PUC/energy/Low+Income/fera.htm**

The Low-Income Energy Efficiency program provides no-cost weatherization for low-income households who meet the **CARE** income guidelines: **http://www.cpuc.ca.gov/PUC/energy/Low+Income/liee.htm**

The Department of Community Services and Development can connect people to home energy assistance, energy crisis intervention, and low-income weatherization programs. **http://www.csd.ca.gov**

Lifeline telecommunications program provides a discount for landline service, unlimited local incoming and outgoing calls. **http://www.cpuc.ca.gov/PUC/Telco/Public+Programs/ults.htm**