



CSUN Resources



Klotz Student Health Center

offers medical services including free Telehealth services that include primary care, wellness coaching and nutritional counseling.

Click [here](#) for more.

University Counseling Services

provides free and confidential mental health services, including brief individual and couples counseling, group counseling and workshops, and crisis intervention.

Click [here](#) for more.

They are open Monday–Friday (8am to 5pm) as well as after hours.

Women's Research and Resource Center

serves as a place where students on campus can find resources and services. They have a Food and Toiletry Pantry is open for all students. Click [here](#) for more.

CSUN Food Pantry

supplies food and offers food program assistance to those who are without reliable access to affordable, nutritious food.

Individuals may visit the CSUN Food Pantry ONCE per week. Click [here](#) for more.

**It's quick, simple, and confidential.

Visitors to the CSUN Food Pantry are NOT expected to show proof of need; they only ask for proof of campus affiliation such as a CSUN ID**

CSUN CalFresh

is a nutrition assistance program that helps low-income individuals and families buy the food they need. CalFresh dollars help stretch a tight food budget and help many people afford to incorporate healthy foods like fruits and vegetables into their diets. Click

[here](#) for more.

CalFresh Outreach Program can assist you with your application to CalFresh, including determination of eligibility. All appointments are via phone or Zoom. Click [here](#) for more.



Community Resources



NAMI-SFV provides free support groups, free mental health training, and connection to resources. All NAMI San Fernando Valley programs are free and include classes, presentations, and support groups. Click [here](#) for more.

Instagram: @namisanfernando

Los Angeles County Level Resources LA County provides “resources” for LA county residents such as COVID testing and vaccine information, food resources, rent relief programs, and Wi-Fi locators. Click [here](#) for more.

San Fernando Valley Mental Health Clinic provides mental health services to the SFV community as well as other resources (e.g., hotlines, food banks, shelters, support groups). Click [here](#) for more.

State Level Resources: If you’ve been affected by COVID-19, you may be eligible for help (rent and utilities, food, sick leave, unemployment). Click [here](#) for more.

Los Angeles Regional Food Bank provides food for Los Angeles County, distributes food and other essentials to children, seniors, families, and other individuals in need. Click [here](#) for more.

