

# COVID-19 RESOURCES



The SPC is committed to supporting you through these difficult times. Below are some resources on COVID-19 for your reference.

**COUNTY OF SAN DIEGO COVID-19 INFORMATION**  
[www.coronavirus-sd.com](http://www.coronavirus-sd.com)

## **SAN DIEGO COUNTY ACCESS & CRISIS LINE**

Call **888-724-7240**

Help is available to you **24 hours a day, 7 days a week**, in over 150 languages.

**CHAT Services:** <https://omnidigital.uhc.com/SDChat/>

Can't call or feel more comfortable chatting online?

CHAT services are available via computer, tablet or smartphone **Monday through Friday (4PM to 10PM)**.

## **211 SAN DIEGO**

Dial **2-1-1** or visit [www.211sandiego.org](http://www.211sandiego.org)

For general questions or access to resources.

## **NATIONAL CRISIS HOTLINES & TEXTLINES**

### **National Crisis Text Line**

Text "HOME" to 741741 to connect with a Crisis Counselor 24 hours a day, 7 days a week.

### **National Domestic Violence Hotline**

For any victims and survivors who need support, call 1-800-799-7233 or 1-800-787-3224 for TTY, or if you're unable to speak safely, you can log onto [thehotline.org](http://thehotline.org) or text LOVEIS to 22522

### **Veterans Crisis Line**

Call 1-800-273-8255 and Press 1 OR Text 838255

## **SUICIDE PREVENTION & MENTAL HEALTH ONLINE SUPPORT GROUPS**

**Recovery International Online/Phone Self-Help Meetings for Mental Health and Wellness**

**Survivors of Suicide Loss: San Diego-Based Online Support Group Meetings**

## **SUICIDE PREVENTION & MENTAL HEALTH RESOURCES**

**7 Science-Based Strategies to Cope with Coronavirus Anxiety**

**AFSP: Mental Health & COVID-19**

**AFSP: Taking Care of Your Mental Health in the Face of Uncertainty**

**CDC: Helping Children Cope with Emergencies**

**CDC: Mental Health & Coping During COVID-19**

**CDC: Reducing Stigma During COVID-19**

**Coronavirus Anxiety - Helpful Expert Tips and Resources**

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FOR MORE INFORMATION,  
PLEASE CONTACT VANESSA KIES AT [VKIES@SDCHIP.ORG](mailto:VKIES@SDCHIP.ORG)

# COVID-19 RESOURCES

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## **SUICIDE PREVENTION & MENTAL HEALTH RESOURCES (CONTINUED)**

[Each Mind Matters: Community Connections in Times of Physical Separation](#)

[MHA National: Mental Health Resources and COVID-19 Information and Resources](#)

[NAMI: COVID-19 \(Coronavirus\) Information and Resources](#)

[SAMHSA: Tips For Social Distancing, Quarantine, And Isolation During An Infections Disease Outbreak](#)

[The National Council on Behavioral Health: Resources and Tools for Addressing Coronavirus \(COVID-19\)](#)

[WHO: Mental Health and Psychosocial Considerations During COVID-19 Outbreak](#)

## **FAITH-BASED RESOURCES**

[CDC: Resources for Community- and Faith-Based Leaders](#)

[County of San Diego: Faith-based Organization Listserve to Receive Updates](#)

## **HIGHER EDUCATION RESOURCES**

[California Community Colleges Chancellor's Office Novel Coronavirus 2019 \(COVID-19\) Updates for Students and Staff](#)

[Coping and Staying Emotionally Well During COVID-19-related School Closures](#)

[Hope Matters: 10 Strategies to Support Students and Help Them Learn During Coronavirus](#)

[The Hope Center: Supporting Students During COVID-19: The #RealCollege Guide](#)

## **MILITARY & VETERAN RESOURCES**

[COVID-19: Coronavirus Info for the Military](#)

[PsychArmor: Resources for Military Caregivers](#)

## **OLDER ADULT RESOURCES**

[AFSP: COVID-19 - We Must Care for Older Adults' Mental Health](#)

[CDC: COVID-19 Guidance for Older Adults](#)

[Coronavirus Disease 2019 \(COVID-19\): What do Older Adults and People with Disabilities Need to Know?](#)

[County of San Diego Aging & Independent Services Special Edition Bulletin: Coronavirus](#)

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## SCHOOLS (K-12) RESOURCES

**Be SMART: Safe Gun Storage and Education**

**Flexibility for Families During the COVID-19 Pandemic**

**Known Food Service Sites Open During School Closures/Sitios de Distribución de Alimentos Funcionando Durante el Cierre Escolar**

**Local Schools and District Closures Due to COVID-19 with Anticipated Reopen Dates**

**SDCOE Student Wellness and Positive School Climate: Mental Health and COVID-19 Information and Resources**

## GENERAL RESOURCES

**COVID-19 Community Resource Guide: How to Access Free Food, Health Care & Other Services in San Diego County**

**COVID-19 Resources for Undocumented Californians**

**COVID-19: YMCA Childcare Resource Service Providing Enhanced Child Care Referrals to All Local Families Seeking Child Care**

**For Small Businesses That Have Been Financially Impacted**

# SELF-CARE TIPS



*It is easy to feel stressed, anxious, and uncertain with the influx of COVID-19 news. However, it is still important to stay mindful of caring for ourselves both physically and mentally as we practice social distancing. Below are some tips on self-care for your reference.*

*Source: <https://emergency.cdc.gov/coping/selfcare.asp>*

1. **Take care of your body**- Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep.
2. **Connect with others**- Share your concerns and how you are feeling with a friend or family member, while still practicing social distancing.
3. **Take breaks**- Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths.
4. **Stay informed**- When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials.
5. **Avoid too much exposure to news**- Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
6. **Seek help when needed**- If distress impacts activities of your daily life for several days or weeks, please call the San Diego County Access & Crisis Line at **888-724-7240** or a medical professional.