

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

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

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 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

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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COVID-19 RESOURCES

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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.