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/](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)**.

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**211 SAN DIEGO**

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

For general questions or access to resources.

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**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

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**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**

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**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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**CONTINUE ON NEXT PAGE**

**FOR MORE INFORMATION, PLEASE CONTACT VANESSA KIES AT VKIES@SDCHIP.ORG**
COVID-19 RESOURCES

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

CONTINUE ON NEXT PAGE
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](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.