

COPING WITH COVID-19

SAN DIEGO COMMUNITY RESOURCES



Resources included in guide



NUTRITION



HEALTH & WELLNESS



WIFI



HOUSING



IMMIGRANT RESOURCES



DISTANCE & HYBRID LEARNING



QUALITY OF LIFE



MENTAL HEALTH

Mending Matters



Our Mending Matters therapists are dedicated to enhancing access to mental health care and are currently providing Teletherapy services to our school partners.

If you are interested in receiving a Mending Matters' mental health newsletter that is COMING SOON, sign up [here](#)!

CONTACT

Phone: (619) 940-5165

Email: referrals@mendingmatters.org

Website: mendingmatters.org



@mendingmatters



NUTRITION

SAN DIEGO COUNTY OFFICE OF EDUCATION

Please click [here](#) for known food service sites open during the COVID-19 pandemic for students engaging in both distance learning and hybrid learning. Students age 2-18 have access to breakfast and lunch food items.

GROSSMONT UNION HIGH DISTRICT FOOD SERVICES DEPARTMENT

(619) 644-8183

All high schools will have free meals available to qualified students who are enrolled in the district. Meal serving times and locations for each school can be found [here](#). Each student will be provided with a meal pack, which includes 5 lunches and 5 breakfasts. Please click [here](#) for more information.

Please click [here](#) for meal applications to apply for Free or Reduced Meals as well as more information on Meal Charge Policy

SAN DIEGO UNIFIED DISTRICT FOOD SERVICES DEPARTMENT

(858) 627-7340

Curbside grab n'go meals are available at no cost for all children. Please click [here](#) for meal serving times and location sites.

FEEDING SAN DIEGO Feeding America

Please click [here](#) for nutrition resources.

SAN DIEGO FOOD BANK

Please click [here](#) for nutrition resources.



NUTRITION

MOUNTAIN EMPIRE UNIFIED DISTRICT FOOD SERVICES DEPARMENT

(619) 473-9022 x1125

Free meals for children, ages 2-18, distributed each Monday from 11-12pm. Each child will receive five breakfast and lunch meals.

Locations: Campo Elementary School
Descanso Elementary School
Clover Flat Elementary School
Potrero Elementary School

MOUNTAIN EMPIRE COMMUNITY

Feeding America Site Mobile Food Pantry

Eligibility: All Walk-ins Accepted - No Cost

Address: 14866 Lyons Valley Rd. Jamul, CA 91905 | Phone: (619) 669-7203 | Email: info@feedingamerica.org | Website: <http://www.feedingamericasd.org> | Hours: Thursdays 10:00-3:30pm, until resources last.

For additional Feeding San Diego Food Distribution Sites, please click [here](#) and input area code.

Mountain Health Food Pantry

Eligibility: Proof of Residency - Mountain Empire Community

Address: 976 Sheridan Rd. Campo, CA 91906 | Phone: (619) 478-2384 | Email: info@mtnhealth.org | Website: <http://www.mtnhealth.org> | Hours: By appointment only - intake call required | Case Management Provided

Mountain Health Albertsons Fresh Rescue

Eligibility: SENIORS 60 years or older

Address: 976 Sheridan Rd. Campo, CA 91906 | Phone: (619) 478-2384 | Website: <http://www.mtnhealth.org> | Hours: Wednesdays and Thursdays 1:00pm | Walk-ins accepted.



HEALTH & WELLNESS

211 Resources for Coronavirus

The 211 hotline is available for questions about COVID-19 and can provide housing, employment and food resources. Please dial 2-1-1 or visit their website [here](#).

SAMHSA

Please click [here](#) for tips on Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak. Additional resources can be found on SAMHSA website.

SD County: COVID-19 Updates

Text "COSD COVID 19" to **468-311**

Click here for Resources by Zipcode



WIFI

COX WIFI SERVICES

COX Wifi Services is providing affordable Wifi in the SD area. Please see more information [here](#).

SPECTRUM WIFI SERVICES

School-aged students in Central San Diego can receive TWO MONTHS of free wifi - no prior contract with Spectrum required. To learn about this offer, call **844-895-4733** or **855-707-7328**. Must be 18 y.o. to call. Phone lines are open from 7:00am - 12:00am. Please click [here](#) to learn more about the California Lifeline Program that offers discounted wifi services to eligible families in California.



HOUSING

SDG&E

SDG&E will not be shutting off any amenities during COVID crisis. See more [here](#). Bill Discount Programs are offered to customers in need. For more information, click [here](#) for English and [here](#) for Spanish

CITY OF SAN DIEGO

The City of San Diego has agreed to halt evictions. See more [here](#).

SAN DIEGO HOUSING COMMISSION

City Bridge Shelters will remain open. See more [here](#).

SAN DIEGO HOUSING FEDERATION

Please click [here](#) for resource guide for affordable housing during COVID crisis.

YOUTH AND YOUNG ADULT RESOURCES

San Diego Center for Children has a list of housing resources for youth and young adults. Please click [here](#).



IMMIGRANT RESOURCES

CALIFORNIA IMMIGRATION GUIDE FOR COVID-19

Resources and support to help immigrant Californians stay safe and informed during COVID-19 can be found [here](#) in multiple languages.

EMBARC CRISIS RESPONSE

Embarc Crisis Response has crisis helplines, resources, and news in multiple languages. Please click [here](#).

Search for resources by state [here](#). Additional information and resources about coronavirus in multiple languages can be found [here](#) and [here](#).



DISTANCE & HYBRID LEARNING

SAN DIEGO COUNTY

Various resources from San Diego County for schools, staff, students, and families to help succeed in distance and hybrid learning can be [here](#).

UCSD EXTENSION

UCSD Extension created a parent's guide to distance learning. See more [here](#).

BRIGHT HORIZONS: WORLD @ HOME

Activities and educational support for Pre-K to school-age children. See more [here](#).

EARLY EDGE CALIFORNIA

Distance learning resources for dual language school-age learners. Please see more [here](#).

YOGA WITH ADRIENE FOR VIRTUAL LEARNERS

A playlist of free yoga videos for students, teachers, and parents to support with virtual learning. Please click [here](#).



QUALITY OF LIFE

Click on the icons for virtual tours & experiences!



- San Diego Zoo
- Yellowstone
- Mars
- Animal Cameras
- US Space & Rocket Museum
- Great Wall of China
- The Louvre



San Diego eLibrary



Beach Cams



Pittsburgh Zoo



Philadelphia Zoo



MENTAL HEALTH



**apps,
websites,
telehealth,
emergency lines &
community agencies**



applications

Click on the app symbol for a download link!



CALM
Free meditation
resources



**STOP. BREATHE.
THINK.**
Free mindfulness
resources



DOWN DOG
Brief free trial,
free Beginner
Yoga & At-Home
Work-Outs



HEADSPACE®
HEADSPACE
Free for
healthcare
providers



YOU PER
Free emotion
tracker,
journaling, &
goal-setting
using AI



GRIT X
Free mental health
resources including
a self-care toolkit.

websites



CHILD MIND INSTITUTE

- Daily videochats with clinicians
- Remote evaluations and telemedicine
- Comprehensive resources for parents
- On-air experts for media appearances

Please click [here](#) for link to website.



AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)

COVID-19 RESOURCES FOR FAMILIES, HEALTHCARE WORKERS, COMMUNITY LEADERS, PSYCHIATRISTS,

- 24/7 Helplines
- CDC information
- Mental Health Resources

Please click [here](#) for link to website.



CENTER FOR DISEASE CONTROL AND PREVENTION (CDC)

COPING WITH STRESS

Please click [here](#) for tools to cope with stress and overwhelming emotions.

TAKING CARE OF YOUR MENTAL HEALTH

Please click [here](#) for mental health resources.

HELPING CHILDREN COPE WITH EMERGENCIES

Please click [here](#) for resources to help children cope during COVID-19

websites



UNIFORMED UNIVERSITY OF HEALTH SERVICES

Resources for responding to environmental trauma can be found [here](#).



NATIONAL CHILD TRAUMATIC STRESS NETWORK

Click [here](#) for a caregiver / parent guide to support your family during COVID-19



NATIONAL PUBLIC RADIO

Just for kids: A comic exploring the new Coronavirus by Malaka Gharib. Click [here](#) for access to the comic.



NEW YORK TIMES

Click [here](#) for resources on how to talk to teens about Coronavirus.



emergency support hotlines

SAN DIEGO ACCESS & CRISIS LINE

(888) 724-7240

TDD / TTY Dial 711
7 days a week
24 hours a day

LIVE CHAT

up2sd.org/hotline/

Available 4pm to 10pm

More resources
on website

CRISIS TEXT LINE

**Text "HOME"
to 741741**

THE TREVOR PROJECT

1-866-488-7386

[www.thetrevorproject.org/
get-help-now/](https://www.thetrevorproject.org/get-help-now/)
24 / 7 ACCESS

ALCOHOLICS ANONYMOUS

Click [here](#) for online
meetings

211

**[https://211sandiego.org/
resources/health-
wellness/](https://211sandiego.org/resources/health-wellness/)**

Housing, Employment,
& Food



community agencies



COMMUNITY PSYCHIATRY

ADDRESS:

4305 University Avenue, Suite 150
San Diego, CA 92105

PHONE: 858-966-5484



RADY CHILDREN'S BEHAVIORAL HEALTH URGENT CARE

ADDRESS:

4305 University Avenue, Suite
150 San Diego, CA 92105

PHONE: 858-966-5484



SAN DIEGO COUNTY EMERGENCY SCREENING UNIT

For those with private insurance, go to your nearest hospital's emergency room. For those with Medi-Cal, there is an Emergency Screening Unit (ESU) at Third Avenue San Diego, CA 92103. Please call in advance at (619) 876-4502. Regardless of insurance, you will be accepted at any emergency room.



SAN DIEGO YOUTH SERVICES EAST COUNTY BEHAVIORAL HEALTH CLINIC

PHONE: (619) 448-9700



self-care tips from your mending matters therapist



Get your creative juices flowing.

WRITING & ART

Find a 30 day journal or art prompt online.

CREATE

Create creative content such as a TikTok video, a dance routine, build, or look up repurposing activities!



Engage in movement.

PLAY WITH YOUR PET

STRETCH

TAKE A WALK

DANCE

YOGA

MEDITATE



Practice gratitude & affirmations.

ROUTINE

Set a morning or night routine of naming three things you are grateful for.

AFFIRMATIONS

Stop to identify unhelpful thoughts and replace them with affirmations:

"My feelings are real"

"I am allowed to rest"

"I am enough"

"I can spend time on myself."



Read.

Use this time to read the books you are interested in reading. Ask family and friends for recommendations!



Breathing exercises.

Exhale to the count of 5.

Hold breath to the count of 6.

Exhale slowly to the count of 7.



self-care tips from your mending matters therapist



Talk to friends and family using FaceTime or other apps like Skype.

Social distancing does not have to mean isolation from our support systems.



Get adequate sleep.

ROUTINE

Use this time to create a consistent sleep schedule.

SLEEP SUPPORT

If you have trouble sleeping, find sleep meditations on Youtube or download the Calm app.



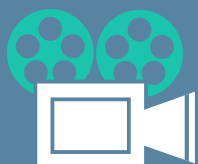
Be curious!

Ask yourself "What is something I am interested in learning more about?" Look up Youtube videos related to those topics. Talk to your family members about your interests.



Practice self compassion.

It is okay not to be productive. It is okay to have feelings of anxiety and stress. Try to identify two personal strengths you have been mindful of in the past week.



Movie marathon!

Ask family and friends for movie recommendations to binge-watch! You can watch movies with family and friends using Facetime or Skype.