

CITY OF SANTEE COVID-19

INDIVIDUAL, FAMILY & YOUTH RESOURCES | APRIL 14, 2020

*The coronavirus outbreak is a challenging time for all of us. You may be feeling anxious, stressed, worried, sad, bored, depressed, lonely or frustrated. Help and resources are out there for you and your family during this difficult time. **YOU ARE NOT ALONE !***

Visit the State of California COVID-19 website for a list of resources, including hotlines if you want to talk to someone, behavioral and mental health services, organizations to call if you feel unsafe, and financial and family support. Some of these resources are also outlined below.

www.covid19.ca.gov/resources-for-emotional-support-and-well-being

LOCAL RESOURCES FOR EMOTIONAL SUPPORT & WELL-BEING

Suicide Prevention Lifeline	1-800-273-8255 or Text 838255 suicidepreventionlifeline.org	24-hour confidential support for people in distress and help for suicide prevention
Domestic Violence Hotline	1-800-799-SAFE (7233) or or Text LOVEIS to 22522 thehotline.org/help	24-hour confidential assistance for emotional and physical safety for you or a loved one
Child Abuse Hotline	1-800-344-6000 (S.D. County) 1-800-4-A-CHILD (National) childhelp.org	Report suspected child abuse or neglect; offers prevention, intervention & treatment programs
California Peer Warm Line	1-855-845-7415 mentalhealthsf.org/peer-run-warmline	Non-emergency resource to assist with emotional support
Santee Community Mental Health Resources	tinyurl.com/SanteeMentalHealth	List of local resources provided by the Santee School District
Crisis Hotline	1-888-724-7240 Text HOME to 741741 up2sd.org/hotline	Support, referrals, and crisis intervention
Live Well at Home	tinyurl.com/LiveWellAtHome	Stay healthy at home in mind and body; resources for all ages
Positive Parenting Program for S.D. County Families	858-637-3021 jfssd.org/positiveparenting	Positive solutions to create a happier, calmer family life

CHILDCARE RESOURCES

YMCA Childcare Resource Service • For assistance in finding a licensed provider during crisis 1-800-481-2151 (first responder families can call 619-952-0242)

San Diego for Every Child • Offering grants for childcare costs and basic needs for essential workers

SanDiegoForEveryChild.org/covid19

IMMIGRATION RESOURCES

San Diego Immigrant Rights Consortium (SDIRC) • Providing funding for immigrant families in San Diego County who have lost all or part of their income due to COVID-19

tinyurl.com/ImmigrantReliefFund

INDIVIDUAL, FAMILY & YOUTH RESOURCES

Strategies for Managing Stress:

- Be mindful of your intake of information from news sources about the virus, and consider taking breaks from it.
- Maintain social contact with supportive relationships like friends, family or others, by phone, text, or internet.
- Treat your body kindly: eat healthy foods, avoid excessive alcohol, and exercise as you are able.
- Consider calling your health care provider if your anxiety interferes with your daily activities.

Santee virtual fun is available for you and your family.

Check it out at: tinyurl.com/SanteeVirtualRec

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/COVID19



STAY UP TO DATE ON ALL THINGS RELATED TO COVID-19

www.COVID19.ca.gov

www.CDC.gov

www.SanDiegoCounty.gov

www.211SanDiego.org

CITY OF SANTEE

CityofSanteeCA.gov

or follow us on Facebook

STATEWIDE INFORMATION HOTLINE

1 (833) 544-2374



MindShift App to help cope with stress & anxiety

Not sure where to turn?



Call 211 to speak to a live, trained professional who can help answer your questions and help find resources