

# COPING WITH COVID-19

## SAN DIEGO COMMUNITY RESOURCES



# Resources included in guide



NUTRITION



HEALTH & WELLNESS



WIFI



HOUSING



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.

Our therapists are creating workbooks to support with social and emotional health for students and families during the COVID-19 crisis. If you are interested in accessing these workbooks, please subscribe to our newsletter by clicking [here](#).

### CONTACT

Phone: (619) 940-5165

Email: [referrals@mendingmatters.org](mailto:referrals@mendingmatters.org)

Website: [mendingmatters.org](http://mendingmatters.org)



@mendingmatters



# NUTRITION

## SAN DIEGO COUNTY OFFICE OF EDUCATION

Please click [here](#) for known food service sites open during school closures. Students age 2-18 have access to breakfast and lunch food items.

## GROSSMONT UNION HIGH DISTRICT FOOD SERVICES DEPARTMENT

**(619) 644-8183**

During the school closure, all high schools will have free meals available to all students who live in the community. Meals service will be set up in front of all schools, a drive-up and walk-up service will be available. Meals will be available from 10:30am to 12:30pm.

## FEEDING SAN DIEGO Feeding America

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

## SAN DIEGO FOOD BANK

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

## EXPENSIFY

Please click [here](#) for personal food purchase reimbursement opportunities.



# 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

## SD County: COVID-19 Updates

Text "COSD COVID 19" to [468-311](#)



# WIFI

## COX WIFI SERVICES

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

## SPECTRUM WIFI SERVICES

If students do not have access to internet during the school closures, please call Spectrum Wifi Services at [1-844-488-8398](#) for free Wifi.



# HOUSING

## SDG&E

SDG&E will not be shutting off any amenities during COVID crisis. See more [here](#).

## 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.



# QUALITY OF LIFE

Click on the icons for virtual tours & experiences!



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



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**  
Free Yoga &  
At-Home Work-  
Outs



**HEADSPACE®**

**HEADSPACE**  
Free for  
healthcare  
providers



**YOUPER**  
Free emotion  
tracker,  
journaling, &  
goal-setting  
using AI



## 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)

### SELF CARE & COPING DURING AN INFECTIOUS DISEASE OUTBREAK

Please click [here](#) for self-care and coping resources during COVID-19.

Please click [here](#) for resources to support with anxiety during COVID-19.



## 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.

# 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/](https://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.

### JOURNALING & 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.



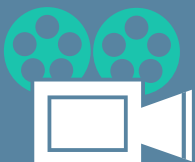
## Be curious!

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.