

**FOOD, DIAPERS, RENT RELIEF, UTILITIES RELIEF,
IRS STIMULUS CHECK, MENTAL HEALTH HELP,
FAITH-BASED GROUPS, INTERNET CONNECTIONS**

**IDEAS FOR STAYING HEALTHY AND CONNECTED
WHILE STAYING AT HOME**

2-1-1 San Diego: 211 San Diego is the region's trusted source for access to community, health, social, and disaster services. By simply dialing 211 the call is free, confidential and available in more than 200 languages. 211 provides access to 6,000+ services, resources and programs through our online database.

<https://211sandiego.org/>

Comprehensive Supports and Services in San Diego County during COVID-19

www.sandiegocounty.gov/coronavirus

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/covid19_resources.html

State of California COVID-19 Response – Comprehensive Information

<https://covid19.ca.gov/>

How to Talk To Kids About The Corona Virus

<https://www.youtube.com/watch?v=w-VMJIP6jJo>

Food Resources

<https://feedingsandiego.org/>

CalFresh

<https://www.cdss.ca.gov/calfresh>

IRS Stimulus Check

<https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>

Internet & Connectivity for Distance Learning (SD County Office of Education)

<https://covid-19.sdcoe.net/Distance-Learning/Connectivity-Resources>

COVID-19 Telebriefing Schedule by Community Sector

https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/Community_Sector_Support/COVID-19_Telebriefing_Schedule_by_Sector_rev_4.1.20.pdf

Maintaining Mental Health and Wellness During COVID-19

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/COVID19/Tips%20to%20Maintain%20Mental%20Health%20and%20Wellness.pdf>

Therapy for Latinx

<https://www.therapyforlatinx.com/>

Open Path (Psychotherapy Collective): a non-profit nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need.

<https://openpathcollective.org/>

Psychology Today

<https://www.psychologytoday.com/us>

Informed Immigrant: You deserve to feel safe and empowered, no matter your immigration status. They are here to help you understand your rights and the resources available to you.

<https://www.informedimmigrant.com/>