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Help Lines:

Call 911 if you or the person you are helping is in immediate danger or if you feel like you want to harm yourself or others.

Mental Health

- [NAMI](#) (National Alliance on Mental Illness) Text NAMI to 741741 (M-F 10am-6pm ET)
Call 1-800-950-NAMI (6264) or info@nami.org
- [National Suicide Prevention Lifeline](#) (24/7) Call 1-800-273-TALK (8255) or text [838255](#)
 - [Nacional de Prevención del Suicidio](#) – Llamada 24 horas todos los días de la semana 1-888-628-9454 ¡Su llamada es confidencial!
- [National Suicide Prevention Hotline Deaf + Hard of Hearing](#) 1-800-799-4889
- [San Diego Access and Crisis Line](#) (24/7) – Call 1-888-724-7240 or TDD/TTY Dial 711
- [The Trevor Project](#) (24/7) – Call TrevorLifeline now at [1-866-488-7386](#) or
Text START to 678678. TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages.

Other

- [National Domestic Violence Hotline](#) (24/7) – Call 1-800-799-SAFE (7233) or
Text LOVEIS to 22522. TTY 1-800-787-3224
If you're unable to speak safely, you can log onto thehotline.org
 - ["En Español"](#)
- [National Sexual Assault Hotline](#) (24/7) – Call 800-656-HOPE (4673);
 - [La Línea de Ayuda Nacional Online de Asalto Sexual](#) tel:8006564673

COVID-19 Information, Resources and Services

General questions about coronavirus disease (COVID-19)? call [2-1-1](#) to speak to someone.

Local

- [City of San Diego Coronavirus Information](#)[San Diego County P](#)
- [ublic Health Department](#)
 - [Los Servicios de Salud Pública del Condado de San Diego](#)

State

- [State of California Coronavirus \(COVID-19\) Response](#)

Federal and International

- [Centers for Disease Control \(CDC\)](#)
- [World Health Organization COVID-19 \(WHO\)](#)

Support Services

- [211 Dial 2-1-1 \(24/7\)](#)
Community, health, social, and disaster services. Confidential in more than 200 languages. Text **COSD COVID19** to 468311 for County updates about the coronavirus pandemic and its impact on our community..
**You must put a space between "COSD" and "COVID19" to make your sign up valid.*
 - [Coronavirus \(COVID-19\) Information & Resources](#)
 - [Community Resources – Call 2-1-1](#) .
Food, Utilities, Housing, Financial, Income, Employment, Mental Health Resources +.
- [COVID-19 Resources for Undocumented Californians](#)
- [Employment Development Department](#): Support services to workers impacted by the coronavirus and outlines what benefits they may qualify for.
- [San Diego County Assistance Programs](#) In an emergency, low income or struggling families in San Diego may be given financial help.
- [United Way](#) San Diego Worker Assistance Initiative as part of the greater [San Diego COVID-19 Community Response Fund](#), provides flexible resources to individuals impacted by layoffs and reduced working hours implemented by employers. For low-wage workers who need support for a limited but undetermined length of time.

Healthy Meals for Students

- [SDCOE Known Food Service Sites Open During School Closures](#)
Sistios de Distribución de Alimentos Funcionando Durante el Cierre Escolar
- [CA Meals for Kids Mobile Application](#) (California Department of Education)
The CA Meals for Kids mobile application helps you find nearby California Afterschool and Emergency Summer Meal Programs Sites through your iOS, Android, or Microsoft devices.

Other Food Sources

- [2-1-1](#)
- [Feeding San Diego](#)
- [San Diego Food Bank](#)
- [North County Food Bank](#)

Child Care

- [COVID-19: YMCA Childcare Resource Service Providing Referrals to Families Seeking Childcare During School Closures](#)
San Diego County families looking for care can call 1-800-481-2151 to discuss their child care needs with an advisor, who will complete a specialized search to identify the licensed child care options. Advisors will call providers on the family's behalf to see which providers have open slots and may meet their needs best.
Advisors are available Monday through Friday, 8 a.m. to 5 p.m.

Older Adult Resources

- [Aging and Independence Services Call Center](#) Call 1-800-339-4661 or [2-1-1 Dial 2-1-1 \(24/7\)](#)
 - [Services during COVID Pandemic](#)
AIS provides services to older adults, people with disabilities and their family members, to help keep clients safely in their homes, promote healthy and vital living
- [Eligibility Services \(Medical, Medicare, SNAP, EBT\)](#) Call 1-866-262-9881
- [Nutrition Services](#)
 - [Aging and Independence Services County of San Diego Meals for Pick-up and Home Delivery PDF](#)
 - [Call 2-1-1 Dial 2-1-1 \(24/7\)](#)
- [Community Resources](#)
- [San Diego Area Community Health Centers By Region](#)

Education Resources

Local

- [San Diego County Office of Education COVID-19 Information](#)
 - [Find Your School District or School Information Here](#)
 - [Distance Learning](#)
 - [Online Resources for Students and Families](#) (SDCOE)
 - [Parent Resources](#)
 - [SDCOE Resources for Staying Mentally and Emotionally Healthy](#)
 - [Computers 2 Kids](#) provides low cost refurbished computers to families in the San Diego area. If you need a computer at home, please contact call 858-200-9788 or email programs@c2sdk.org for details. (for eligible families)

State

- [California Department of Education Coronavirus \(COVID-19\) information](#)
Information and resources regarding coronavirus (COVID-19) and California's response.
 - [College Admissions, Grading and Grad Requirements](#)
 - [Discounts on Internet Service](#)
 - [Distance Learning](#)
 - [Resources that Support Distance Learning](#)
 - [Special Education Distance Learning Webinar Notes](#)
 - How will students with disabilities receive services during school closures?
The California Department of Education has released [guidance on distance learning](#) to support schools in serving all students through this outbreak. This guidance includes recommendations to ensure equity and access for all students.

Guidance for Higher Education

The California Department of Public Health released [Guidance for Colleges and Universities](#).

For colleges and universities see:

- [University of California](#)
- [California State University Campuses \(CSU\)](#)
- [California Community Colleges](#)

Federal

- [US Department of Education COVID-19 \("Coronavirus"\) Information and Resources for Schools and School Personnel](#)

Digital Learning Resources

Check your local school district/school website for site specific distance learning resources

Parent- Research For Safe Media

- [Common Sense Media](#)
- [Webwise](#)

Science

- [Best Science Websites for Middle and High School](#) Biology, chemistry, physics, and beyond.
- [Making Science Make Sense](#) Hands-on experiment, STEM education and more.
- [NASA](#) (All Ages) Explore NASA's online activities, e-books, podcasts and other content.
 - [STEM Engagement](#) (All Ages K- Higher Education)
 - [NASA Images](#) (All Ages)
 - [NASA Kids Club](#) (Ages Pre-K thru 4)
 - [NASA Science Space Place](#) (Age Upper Elementary +)

Special Education

- [ABCya](#) (K-6) ELA, Math, Science
- [FunBrain](#) (Pre-K-8) Games, books, comics, and videos that develop skills in math, reading, problem-solving and literacy.
- [Top 12 Websites for Children With Learning Disabilities](#)
- [Storyline Online](#) Access to books read aloud by actors and actresses.
- [Wonderopolis](#) (K-12) Science, Math, Language Arts, Technology, Arts & Culture. Content aligns to Common Core State Standards (CCSS)
- [Zooniverse](#) Classify photos online and participate in real scientific research!

Technology

- [HippoCampus](#) (Middle School to College) Free educational resources in 13 subject areas.
- [Resources for Learning at Home \(K-5\)](#) Find fun websites, games, apps +
- [The Big List of 100+ FREE Apps for Students in Junior High and High School](#)
- [TEDEd](#) (Elementary – College) Video -based lessons on a daily basis, for free.

Engineering

- [DISCOVERe](#) (K-12) Engineers, technicians, and technologists make the world a better place
- [TRY Engineering](#) (Ages 4 to 18) Engineering concepts to your students.
- [What is Engineering?](#) (K-12) Easy and hands-on for students of all grade levels.

Art

- [CreateCA](#) (K-12) Prioritizes creativity and the arts.
- [KinderArt](#) (K-12) Art lesson plans, printable activity pages, educational links and articles +
- [50 Online Art and Music Resources](#)

Math

- [Funbrain](#) (Pre-K-8) Develop skills in math, reading, problem-solving, and literacy
- [Prodigy](#) (Grades 1-8) Curriculum aligned answering skill-building math questions.
- [YouCubed](#) (K-12) Math resource from Stanford University's Graduate School of Education.

PTA Resources

- [National PTA](#) Information and tools that will support families and teachers who are navigating working, teaching and learning at home.
 - [Special Education Toolkit](#) This toolkit helps make sense of an often confusing system and educates families of newly diagnosed children with special needs on how to get the best special education, services and resources available to them.
- [California State PTA](#)
Distance-learning resources; read frequently asked questions for running your PTA without holding in-person meetings or events; and get summaries of the latest [COVID-19-related legislation](#).
 - [Resources for PTA Leaders page](#)
 - [Resources for Parents and Families page](#)
- [Ed100](#) California State PTA and [Ed100.org](#) teamed up to help parents learn more about education so you can help create better schools. Prepare to make a difference in your school or school district. Learn what you need to know to be informed, credible and ready for action.