



## COVID-19: WELLNESS RESOURCES IN THE COMMUNITY

### COMMUNITY-BASED 1:1 MENTAL HEALTH/EMOTIONAL SUPPORT SERVICES



- [MH Association of SF Peer-Run Warm Line](#): 24/7 non-emergency emotional support by chat & 855-845-7415
- [National Suicide Prevention Lifeline](#): 24/7 confidential support for those in distress/loved ones; 800-273-8255
- [National Domestic Violence Hotline](#): 24/7 confidential support in 200+ languages by chat & 800-799-SAFE
- [Frontline Workers Counseling Project](#): Free therapy for Bay Area healthcare workers for COVID-19 distress

### STRESS MANAGEMENT AND COPING



- National Center for PTSD has [Resources for Managing Stress](#) and the American Foundation for Suicide Prevention has info on [Mental Health and COVID-19](#). [COVID Coach](#) is a VA mobile app for self-care.
- If experiencing and/or witnessing Anti-Asian racism related to the COVID-19 pandemic: [Self-Care Tips](#), [Strategies for Responding](#), [Reporting Hate Incidents](#) against AAPI communities, and [Protecting Workers](#)
- Meditation and stress management: [Calm](#), [Happify](#), [Sanvello](#), [Headspace](#), [Insight Timer](#), and [Healthy Minds](#)
- Virtual exercise & nature: [CorePower](#), [Planet Fitness](#), [Nike](#), [Forest Walks](#), and [National Park Tours](#)

### SUBSTANCE USE SUPPORT



- [In the Rooms: A Global Recovery Community](#) offers weekly online recovery meetings. [AA](#) (415-674-1821) and [NA](#) (415-621-8600) offer virtual meetings, as well as [SMART Recovery](#) and [Recovery Dharma](#).
- [SAMHSA's National Helpline](#) (800-662-4357) offers 24/7 free, confidential referrals in English & Spanish.

### COVID-19 DATA AND FACE MASKS



- COVID-19 info from [SF Dept. of Public Health](#): Text COVID19SF to 888777, visit [COVID-19](#) and [data tracker](#)
- [County information on COVID-19](#), [COVID-Explained](#) has facts/articles, [KQED COVID update timeline](#)
- UC San Francisco has this [video](#) and [article](#) about [facemasks](#) and COVID-19, and [well-being videos](#).
- [National Center for PTSD](#) has information for [increasing one's comfort while wearing a face mask](#).
- [CDC](#) has issued [updated mask guidance](#) and [masks are now required on all federal property/lands](#).

### COVID-19 TESTING & VACCINE INFORMATION



- **COVID-19 Testing Info:** Visit your county health department website ([locator tool here](#)), discuss with your doctor and/or insurance, or visit [COVID19.ca.gov](#). [Project Baseline](#) also offers testing in some areas.
- **COVID-19 Vaccine Info:** [CDC](#), [FDA](#), [UCSF](#), [World Health Organization's Vaccines Explained](#) series. Beware of [vaccine scams](#). For info about the COVID-19 Vaccine rollout in CA, visit [covid19.ca.gov](#) and sign-up for alerts [here](#). [VaccinateCA](#) is a volunteer-run site tracking vaccine ability at locations across the state.

### PRACTICAL ASSISTANCE AND RESOURCES FOR FAMILIES



- **Food:** [SF-Marin Food Bank Food Locator](#) lists food pantries and [City & County of SF lists food resources](#).
- **Housing/Utilities:** For hotel/lodging resources for frontline staff, [CA has this program](#) for healthcare workers, and [Airbnb offers a program as well](#) (programs are free or reduced cost). [SF Tenants Union](#) has COVID-19 [updates related to housing](#). City & County of SF has info about [free Wi-Fi hotspots](#) and [internet](#).
- **Travel:** For any upcoming travel, AAA has an [interactive map of state-by-state COVID restrictions](#).
- **Families:** [CDC's Parental Resources](#), [COVID-19 Resources for Parents](#), [PBS Kids for Parents](#), and [APA's Parenting and Caregiving](#). [California Parent & Youth Helpline](#); call or text 855-427-2736 (8am-8pm). [CA's guidelines for schooling](#) and [UCSF CARES webinars on the re-opening of schools](#). [Resources for Family Caregivers](#) and [Tips for Dementia Caregivers](#). Well Connected offers a [virtual community for seniors](#).
- **Pets:** [East Bay SPCA Pet Food Pantry](#), [Caring for Pets during the Pandemic](#), and [CDC info for pet owners](#)

### ADDITIONAL INFORMATION & RESOURCES AVAILABLE FOR VETERANS



- The San Francisco VA (SFVAHCS) is vaccinating enrolled Veterans **≥65 years old**; info [here](#), and has a [new COVID-19 Vaccine FAQ](#) (note info on the last page: virtual Vaccine Q&A on Mondays at 4:30pm).
- Visit the VA website for [COVID-19 vaccine at the VA](#) updates, [FAQs](#), and the [VHA's vaccine distribution plan](#). To register your interest in receiving a COVID-19 vaccine at the VA, and to receive updates, sign up [here](#).
- For information about COVID-19 testing options at VA facilities, review these [FAQs](#).
- For SFVAHCS Veterans, SFVAHCS offers a daily Veteran Peer Support call-in group (Mon-Fri, 1-2p.m.; call Carl Schuler, 415-221-4810 x25890) and a variety of virtual Yoga sessions (email [Catherine.Pham@va.gov](mailto:Catherine.Pham@va.gov)).
- VA resources: [Accessing VA Care from Home](#), [Parenting for Veterans](#), VA Caregiver [Tip Sheet](#), [GI Bill benefits](#), [access to national parks](#), [Whole Health Resource Directory](#), and [Veterans Health Library](#).
- Elizabeth Dole Foundation's [Respite Relief](#) offers free services for caregivers of Veterans during COVID-19.
- [Mindful Veterans Project](#) offers virtual wellness activities for Veterans, including a "Phone Pals" program.

Disclaimer: Reference to any specific products or services listed above, or the appearance of external hyperlinks, does not necessarily constitute endorsement, recommendation, or favoring by the Department of Veterans Affairs or by the United States Government.

Notes: Information displayed in *italics* is newly added and/or updated for this month. Internet links may be best viewed in Chrome.

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