



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 people in distress & loved ones, 800-273-8255
National Domestic Violence Hotline: 24/7 confidential support in 200+ languages by chat & 800-799-SAFE
The **COVID19 Pro Bono Counseling Project** lists ~400 therapists who are offering pro bono brief therapy for distress/trauma related to COVID-19 to Bay Area healthcare workers. Use the website to book an appointment.

SELF-GUIDED STRESS MANAGEMENT APPS/WEBINARS



Covid Coach is a VA mobile app created to support self-care and mental health during COVID-19. **Calm**, a meditation app, has curated [these free resources](#) for support during COVID-19. **Happify** has some free options, and **Sanvello** is offering free premium access. **Headspace** is offering some meditations for free, as well as free Headspace Plus for healthcare professionals. **Insight Timer** is a free meditation app, and **Healthy Minds Program** is now freely available. **Inner Resources for Stress** is being offered as a free, on-demand webinar.

SUBSTANCE USE SUPPORT



In the Rooms: A Global Recovery Community is offering 130 weekly online meetings for people in recovery, including 12 Step and non-12 Step options. **AA** (415-674-1821) and **NA** (415-621-8600) are offering virtual meetings. **LifeRing**, **SMART Recovery**, and **Recovery Dharma**, and other groups are holding online meetings. **SAMHSA's National Helpline** (800-662-4357) offers 24/7 free, confidential referrals/info in English & Spanish.

VIRTUAL EXERCISE OPTIONS



CorePower is providing free on-demand online yoga/cardio classes. **YMCA SF** is offering free live virtual classes by Zoom. **Planet Fitness** is posting free "work-in" classes on Facebook Live daily at 4pm PST. **Nike** is offering Nike Training Club Premium free until further notice. **Orangetheory Fitness** is posting daily 30-min workout videos.

INFORMATION ON COVID-19 AND COPING



For COVID-19 updates from **SF Dept. of Public Health:** Text COVID19SF to 888777 or visit the [data tracker](#)
UC San Francisco has created this [instructional video](#) to explain when and how to use face masks appropriately
National Center for PTSD: [Resources for Managing Stress](#) includes specific resources for health care workers
American Foundation for Suicide Prevention: [Taking Care of Your Mental Health in the Face of Uncertainty](#)
Substance Abuse and Mental Health Services Administration: [Taking Care of Your Behavioral Health](#)
Centers for Disease Control and Prevention (CDC): [Mental Health and Coping During COVID-19](#)

FINANCIAL/PRACTICAL ASSISTANCE



School meals are available for children under 18 throughout CA. The **SF-Marin Food Bank Food Locator** lists food pantries in your area. The **SF Tenants Union** has an [Eviction Moratorium Fact Sheet](#) including sample letters/emails to landlords. **PG&E** is offering flexible payment plans; call 1-800-743-5000. Check your insurance companies' websites about benefits they may be offering. For **internet access**, City and County of San Francisco is providing information about [free Wi-Fi hotspots](#) and [providers offering free/low-cost Wi-Fi/internet](#).

ADDITIONAL RESOURCES FOR FAMILIES



The CDC has information about [talking to children](#) about COVID-19, including this [resource](#). **Some activities for kids include:** [Virtual Author Activities](#), [Storytime from Space](#), [Cosmic Kids Yoga](#), [PBS Kids](#). Some [education companies are offering free subscriptions](#). The **Family Caregiver Alliance** lists [COVID-19 Resources and Articles for Family Caregivers](#) including [Tips for Dementia Caregivers](#).

ADDITIONAL RESOURCES AVAILABLE FOR VETERANS



The **Whole Health Resource Directory** lists hundreds of VA and community wellness resources available at low or no cost to Veterans. *The San Francisco VA (SFVAHCS) Peer Support Specialist Team is offering a **daily call-in support group for SFVAHCS Veterans**, through the end of May: call Carl Schuler at 415-221-4810 x25890 for more info. The SFVAHCS is also offering **virtual Yoga for SFVAHCS Veterans**, on Tuesdays and Thursdays from 10-11 a.m.: call Carl Schuler at 415-221-4810 x25890 for more info.* The **VA website** includes [Coronavirus FAQs](#) and the **VA Caregiver Support Program** has a [Tip Sheet](#). For information regarding **GI Bill benefits and COVID-19**, visit the [VA Education and Training webpage](#) and the [Student Veterans of America COVID-19 and GI Bill FAQs](#).

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.

Note: Information displayed in *italics* is newly added and/or updated for this month.

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