



MENU OF SERVICES:

- Covid-19 testing and vaccines
- Adult and pediatric primary health care
- Injury documentation, forensic exams
- Rapid testing for glucose, A1C, cholesterol, CBC, STI's, and pregnancy
- EKG, vital signs, and ultrasound
- Prescription management
- School physicals & Immunizations
- Lactation Consultation
- Mental health education and individual/group counseling
- Early childhood developmental screenings and linkage to supportive services
- Infant massage education to help regulate a baby's nervous system
- Safety and empowerment workshops

MENTAL HEALTH RESOURCES (LOS ANGELES)

Crisis Intervention:

Crisis Text Line:
text COURAGE to 741741



Crisis Hotline: 888-724-7240

NAMI Warmline (National Alliance on Mental Illness): 855- 845-7415

Relationship & Sexual Violence:

LA county Domestic Violence
Support Services (24/7): 800-978-3600

Project Peacemakers Inc: 323- 291-2525

LGBTQ+:

LGBT Center: lalgbtcenter.org

REACH US:

 info@healingtoyou.org

 www.healingtoyou.org

 [@healingtoyoumobile](https://www.instagram.com/healingtoyoumobile)



Coping Skills



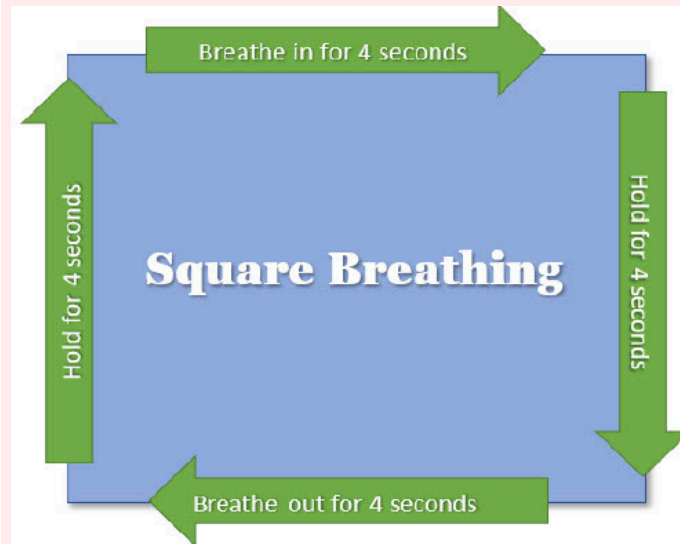
Funding provided by a grant through the
California Governor's Office of Emergency
Services - CalOES

20 COPING SKILLS:

1. Listen to uplifting and inspirational music
2. Clean or organize your space
3. Squeeze an ice cube
4. Sit in the sun and close your eyes
5. Write yourself a nice note and keep it in your pocket
6. Call a friend
7. Dance to music
8. Go outside and listen to nature
9. Plant a flower in a pot or a garden
10. Do yoga or stretch
11. Make a gratitude list
12. Write a letter to someone
13. Draw a cheerful picture outside with sidewalk chalk
14. Journal
15. Play an instrument
16. Plan something fun
17. Go on a 10 minute brisk walk
18. Set a positive intention for the day
19. Focus on self compassion
20. Meditate, pray, or contemplate

MENTAL HEALTH HERE ARE 3 CALMING TOOLS

1. Square Breathing



- Ensure that you are sitting on a comfortable chair or laying down.
- Take a breath in for 4 seconds (through the nose if possible).
- Hold the breath for 4 seconds.
- Release the breath for 4 seconds (through your mouth if possible)
- Hold for 4 seconds and Repeat



2. Grounding Technique: 5.4.3.2.1

What are 5 things you can see?
What are 4 things you can feel?
What are 3 things you can hear?
What are 2 things you can smell?
What is 1 thing you can taste?

3. Mindfulness Activity

Step 1: Find a quiet space where you won't be interrupted. Outside can be helpful.

Step 2: Look at everything there is to see. Notice colors, patterns, and textures.

Step 3: Pay attention to the sites, sounds, smells, and feelings you are experiencing.

Step 4: Reflect, without judgement. Be kind and compassionate with yourself.

Step 5: if you become distracted, gently pull your mind away from those thoughts and back to noticing and reflecting without judgement.

