



## RESOURCES FOR CAREGIVERS DURING COVID-19

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### GENERAL RESOURCES

1. World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
2. Centers for Disease Control and Prevention: <https://www.cdc.gov/>
3. John Hopkins Coronavirus Tracker: <https://coronavirus.jhu.edu/map.html>
4. California Coronavirus Response Website: <https://covid19.ca.gov/>
5. California Department of Public Health: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx?fbclid=IwAR2jzIMU2EntjU12yXw8YwXxbfAmORTw43xaDVuXVZj7sf03t53jb1bgCk>
6. Covered CA: <https://www.coveredca.com/>
7. Center's for Disease Control COVID 19 page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
8. Alliance for Children's Rights COVID-19 Resource Page: <https://kids-alliance.org/covid-19/>
9. Western Center on Law and Poverty COVID 19 Information: <https://wclp.org/covid-19-coronavirus-information-response-and-considerations/>

### TIPS FOR SAFE GROCERY SHOPPING

1. Guide to Shop during the Coronavirus Crisis (New York Times): <https://www.nytimes.com>
2. You Tube Video PSA Safe Grocery Shopping in COVID-19 Pandemic (Dr. Jeffrey VanWingen MD): <https://www.youtube.com/watch?v=sjDuwc9KBps&feature=youtu.be>

### STATE AND LOCAL GENERAL RESOURCES

1. San Luis Obispo County Declaration of Local Emergency: <https://www.slocity.org/Home>
2. Ready SLO, SLO County Emergency Information: [www.Readyslo.org](http://www.Readyslo.org)
3. CAPSLO COVID-19 Resources: <https://capslo.org/covid19/>
4. County of SLO Public Health: [SLO County Public Health](http://SLO County Public Health)
5. California Department of Public Health COVID-19 Updates: <https://www.cdph.ca.gov>
6. The City of SLO Resources/Information for COVID-19: <https://www.slocity.org/services/public-safety/covid-19>
7. California COVID-19 Response Information and Services: <http://www.covid19.ca.gov>
8. California COVID-19 Informational Page: <https://www.cdss.ca.gov/#covid19>
9. CDSS COVID-19 Resources: <https://www.cdss.ca.gov/#covid19>

10. When you can't be there in person: <https://haralambie.com/wp-content/uploads/2016/10/When-You-Cant-Be-Therein-Person.pdf>
11. Counties Participating in Courtesy Supervision: <https://www.cwda.org/county-tools/counties-participating-courtesy-supervision>

## **FOOD DISTRIBUTION PROGRAMS IN SLO COUNTY**

1. South County: [COVID-19 South County Food Distribution Programs](#)
2. SLO Food Bank: <https://www.slofoodbank.org/food-locator/>
3. Free Meals for Children in SLO County: <https://www.slofoodbank.org/wp-content/uploads/2020/04/MealsForKids.pdf>

## **FINANCIAL RELIEF**

1. SLO County COVID-19 Financial Relief Options: <https://www.cuesta.edu/student/documents/health-docs/CAPSLOcovid.pdf>
2. Evictions and Foreclosures during COVID-19: <https://www.emergencyslo.org/en/resources/Current-Emergency-Information/Documents/Local-Emergency-Order-3-Corrected.pdf>
3. Free Comcast Internet: <https://corporate.comcast.com/covid-19>
4. Free Spectrum Internet: <https://www.spectrum.com/internet-service/california/san-luis-obispo>
5. Employment Development Department (apply for Unemployment of State Disability): <https://www.edd.ca.gov/>
6. Pandemic Unemployment Assistance: [https://edd.ca.gov/about\\_edd/coronavirus-2019/pandemic-unemployment-assistance.htm](https://edd.ca.gov/about_edd/coronavirus-2019/pandemic-unemployment-assistance.htm)
7. Benefits.GovCOVID-19 Support: <https://www.benefits.gov/help/faq/Coronavirus-resources>
8. IRS Coronavirus Tax Relief: <https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>

## **EMERGENCY CHILD CARE**

1. San Luis Obispo County Child Care Planning Council: <http://www.sanluischildcare.org/>

## **MENTAL HEALTH SERVICES**

1. California Peer-Run Warm Line: 1-855-845-7415 or Webchat at <https://www.mentalhealthsf.org/peer-run-warmline/>
2. NAMI Mental Health Helpline: <https://nami.org/Find-Support/NAMI-HelpLine#crisis>
3. Substance Abuse and Mental Health Services Administration (SAMHSA) *Disaster Hotline: 1-800-985-5990 or text TalkWithUsto 66746*
4. AA Meetings in California: <https://alcoholicsanonymous.com/aa-meetings/california/>
5. NA Meetings in California: <https://www.narcotics.com/na-meetings/california/>
6. Helping Children Cope in Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

7. Resources for Supporting Children's Emotional Needs During the COVID-19 Epidemic: <https://www.childtrends.org/publications/resources-for-supportingchildrens-emotional-well-being-during-the-covid-19-pandemic>
8. National Institute of Mental Health Coping With Traumatic Events: <https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>
9. National Institute of Mental Health Tips for Talking With Your Health Care Provider: <https://www.nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider/index.shtml>
10. Build a Teen Stress Management Plan: <https://parentandteen.com/teen-stress-management-plan/>
11. National Alliance on Mental Illness: <https://www.nami.org/covid-19-guide>

## **RESOURCE PARENTS**

1. Foster Care Website: [www.slofostercare.com](http://www.slofostercare.com)
2. Special Edition COVID-19 Parent Empowerment Newsletter (P.E.N.) for Resource Parents: <https://www.slofostercare.com/wp-content/uploads/2020/03/2020-March-PEN-Special-Edition.pdf>

## **SCHOOL AND LIBRARY CLOSURES**

1. Library Closures: <https://www.slolibrary.org/>
2. School Closures and Special Education Resource: <https://www.understood.org>
3. Atascadero Unified School District: <http://www.atasusd.org/>
4. Cayucos Unified School District: <http://www.cayucosschool.org/>
5. Coast Unified School District: <https://www.coastusd.org/>
6. Lucia Mar Unified School District: <https://www.luciamarschools.org/>
7. Paso Robles Joint Unified School District: <https://www.pasoschools.org/>
8. San Luis Coastal Unified School District: <https://www.slcusd.org/>
9. San Miguel Joint Union School District: <https://www.sanmiguelsschools.org/>
10. Templeton Unified School District: <https://tusd-ca.schoolloop.com/>

## **LEGAL**

1. National Association for Counsel of Children : <https://www.naccchildlaw.org>
2. American Bar Association Center on Children and the Law: [www.americanbar.org](http://www.americanbar.org)
3. Family Justice Initiative: [www.familyjusticeinitiative.org](http://www.familyjusticeinitiative.org)
4. Judicial Council of California: [www.courts.ca.gov](http://www.courts.ca.gov)