



Victim and Survivors COVID-19 Community Resource List

San Diego County

For the most up-to-date coronavirus information and a comprehensive list of community resources, contact [2-1-1](tel:211) in San Diego County. You can reach 2-1-1 by cell phone or landline. Support is available 24/7 and is free, confidential and available in more than 200 languages.

Healthy Families and Child Abuse Prevention Resources

San Diego County Information and Resource Lists:

- [COVID-19 Information and Updates](#)
- [Community Resources](#)

Childcare Assistance:

- [San Diego County Office of Education](#) – San Diego County families looking for childcare can call to discuss needs with an advisor.
 - General Line: (800) 481-2151
 - Healthcare, first responders, law enforcement and military professionals: (619) 952-0242
- [YMCA Child Care Referrals](#) – Healthcare workers in need of childcare can reach out to the YMCA, which is offering enhanced referral services within the database of licensed family childcare homes and centers.
 - Healthcare Providers: (619) 952-0242

Diaper Assistance:

- [San Diego Food Bank Diaper Bank Program](#)

Employment:

- [California Employment Development Department \(EDD\)](#) – Information on potential work closures, layoffs, reduced hours, sick or quarantined workers, etc. due to the coronavirus.

Food Assistance:

- [San Diego County Office of Education](#) – List of food service sites open during school closures. Any student age 2-18 can go to any school site providing meals and receive food during school closures for COVID-19.
- [San Diego Food Bank](#) – If you need food assistance, call 2-1-1 from your phone and an operator will provide you with the location of your nearest food distribution site. You can also call the Food Bank's toll-free number at (866) 350-FOOD (3663).
- [San Diego Farms](#) – Providing food during the COVID-19 pandemic while farmer's markets are closed.
- [Mama's Kitchen](#) – Home delivered meal program for those diagnosed with a critical illness and are unable to independently prepare their own meals.

Housing:

- [San Diego Housing Federation](#) – Resources for affordable housing and statewide support during the COVID-19 pandemic.

Legal:

- [Legal Aid Society of San Diego](#) – Provides free legal assistance for San Diego County residents who qualify and need support with housing, debt collection, repossession, housing discrimination, family law, immigration and more.

Public Assistance:

- [Health and Human Services Agency \(HHS\)](#) – Assistance on CalWORKs, CalFresh, Medi-Cal, Cash Assistance Program for Immigrants (CAPI), etc.

Public Transportation:

- [Metropolitan Transit System \(MTS\)](#) – Service updates and information on changes.

Utilities:

- [San Diego Gas and Electric \(SDG&E\)](#) – Updates on initiatives to support families during the pandemic.
- [United Way of San Diego](#) – Information about the Community Response Fund and San Diego Worker Assistance Initiative to help with utilities, rent and mortgage payments.
- [AT&T](#) , [Verizon](#) , [Cox](#) – Information about improving home internet usage and decreasing fees or terminations for inability to pay during COVID-19.
- [Charter Internet](#) – Information about free access to spectrum broadband and Wi-Fi for students.
- [Computers2Kids San Diego](#) – Program for low cost computers or Internet for students.

Other resources for children and families:

- [Operation Shelter-to-Home](#) – The San Diego Convention Center serves as a temporary shelter for the homeless to prevent the spread of the coronavirus during the COVID-19 pandemic.
- [CARE Community Center](#) – Provides referrals to community-based prevention and intervention services and more. Call (619) 356-4489

- **“2019 Novel Coronavirus”**

American Academy of Pediatrics: Guidance for Families

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

- **“Coronavirus Resources & Tips for Parents, Children & Others”**

Prevent Child Abuse America

<http://preventchildabuse.org/coronavirus-resources/>

- **“Coronavirus Sanity Guide”**

Ten Percent Happier – meditations, podcasts, blogposts

<https://www.tenpercent.com/coronavirussanityguide>

- **“Coping with Stress”**

US Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>

- **“Helping Children Cope with Emergencies”**

US Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

- **Parent/Caregiver Guide to Helping Families Cope with COVID-19**

The National Child Traumatic Stress Network

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

- **Just for Kids: A Comic Exploring the New Coronavirus**

National Public Radio

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

- **Talking to Teens & Tweens about Coronavirus**

The New York Times

<https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

- **Tools for Traumatic Experiences (children)**

Sesame Street – coping strategies, breathing, activities

<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

- **‘Belly Breathe’ with Elmo**

Sesame Street

<https://www.youtube.com/watch?v= mZbzDOpyIA>

Mindfulness Apps for Kids:

- Breathe, Think, Do Sesame (useful for kids ages 2-5)
- Stop, Breathe, and Think Kids (fun and easy way for kids to identify and process their emotions)
- Breathing Bubbles (helps kids practice releasing worries and focus on good feelings)
- Super Stretch Yoga (teaches yoga and breathing techniques to kids)
- Relax Melodies (listen to over 52 different relaxing sounds)
- Mood Monster's Yoga Workshop (pick your mood and do some yoga)

Domestic Violence and Sexual Assault Victim Services

- [Alliance for Hope International](#) – Advice and support for strangled patients experiencing major physical and neurological impacts. Coordinating services to all Camp HOPE San Diego children in partnership with Crisis House in El Cajon. Contact (888) 511-3522.

- [California Indian Legal Services](#) – Domestic violence legal services continue to be offered remotely. There is no in-person contact with clients at this time. Contact (760) 746-8941.
- [Center for Community Solutions](#) – All CCS services are still available, most of which are offered remotely. Both shelter locations (Hidden Valley House-North Inland and Project Safehouse East County) are still operating and accepting clients. The 24/7 hotline is available to access services, resources/referrals, safety planning, coping skills and resource navigation. Legal services include legal advocates and attorneys consulting with the following legal matters:
 - restraining orders (civil harassment or domestic violence).
 - family law matters (child custody and visitation, child/spousal support and paternity - no assistance with divorce at this time)
 - immigration issues, accommodations from employers, schools, and landlords, income maintenance (disability or unemployment benefits), and privacy.
 - Adult and child individualized therapy and child advocacy available remotely, but there is currently a waitlist.
 - Sexual assault advocacy available for system navigation, discussion of options moving forward, and accompaniment for exams.
 - Exam accompaniment for domestic abuse forensic exams. Contact the 24/7 crisis hotline (888) 385-4657 or (858) 272-5777.
- [Community Resource Center](#) – Domestic violence hotline and emergency shelter is operating. Case management, legal advocacy and counseling services offered by phone. Food and nutrition center is open, integrative services case management provided by phone. Prevention and education classes offered virtually. Resale stores are closed. Services available in North County for integrative services and prevention. Contact the domestic violence hotline 24/7 at (877) 633-1112 or (760) 753-0252.
- [County of San Diego Health and Human Services Agency](#) – Provides information on COVID-19 and County related services.
- [Crisis House](#) – Open Monday, Wednesday and Friday from 11:00 a.m. to 3:00 p.m. Email Doreen Arce at Doreen@crisishouse.org
- [District Attorney Victim Advocates](#) – Available to assist with countywide crisis intervention, emergency assistance, referrals to community resources, criminal justice system orientation, case status, restitution information, property return, safety planning, Victim Compensation Board application assistance. Contact (619) 531-4041.
- [Family Justice Center](#) – Safety planning, advocacy, forensic examinations, counseling (telehealth), police reports (for domestic violence reports in the city of San Diego), assistance with locating emergency housing, restraining order assistance, immigration legal assistance in all regions of San Diego County. Contact (619) 533-6000.
- [HHSA - Aging and Independence Services](#) – Adult Protective Services is offering limited home visits, assistance with filing restraining orders, elder/dependent adult abuse investigations completed by phone only. Contact (800) 510-2020.
- [HHSA - Behavioral Health Services](#) – Contact the Access and Crisis Line at (888) 724-7240.
- [HHSA – Integrative Services](#) – COVID-19 response efforts for the homeless/unsheltered population in all regions of San Diego County.
- [HHSA - Office of Violence Prevention](#) – Provides violence prevention programs.
- [HHSA - Public Health Nursing](#) – Provides a referral portal for the Nurse Family Partnership and Maternal Child Health home visiting programs. To enter a home visiting referral please click [here](#) to obtain a log-in for the Persimmony® referral portal.

- [Interfaith Shelter Network](#) – El Nido Transitional housing. Accepts referrals from all regions of San Diego County. Call (619) 563-9878.
- [Jewish Family Services](#) – Domestic violence case management done by phone or screen. Safe-at-Home Enrollments done over the phone and food distribution happens daily from 11 a.m. to 1 p.m. at the Jewish Family Services campus. Financial relief provided on case-by-case basis by phone and limited onsite visits by appointment only. Immigration support provided by phone. Food mobile home deliveries for elderly, isolated or disabled adults in most regions of San Diego County. Contact (858) 637-3210 to access the intake line.
- [LGBTQ Resource Center](#) – Mental health for gender care, HIV testing, case manager to assist LGBTQ homeless youth age 14-22 through the Unicorn Homes program. Patient advocacy and LGBTQ competency training in North County. Contact (760) 994-1690.
- [Leap to Success](#) – Online classes offered, including weekly stress management classes via Zoom. Contact Kelly Grimes at (760) 889-4575 for more information.
- [License to Freedom](#) – Crisis intervention, therapy and legal services in all regions of San Diego County. Contact (619) 813-7415.
- [No Silence No Violence](#) – Countywide support groups (now online), payment assistance for counseling, legal fees, housing when funding is available. Contact Jennifer Tarzia at jennifer.tarzia@gmail.com.
- [North County Lifeline](#) – All programs are still serving clients, much of which is being offered remotely. Programming information available on website. All groups have been canceled. Serving North Coastal San Diego County. Contact (760) 726-4900.
- [Operation for HOPE Foundation](#) – Domestic violence financial assistance requests by email only. Click [here for requirements and guidelines](#).
- [Palomar Health](#) – Forensic nurses and interview team are available in all regions of San Diego County. Contact (760) 739-2150 during business hours or (888) 211-6347 for the 24-hour line.
- [Probation Department](#) – Remote domestic violence recovery program classes offered in all regions of San Diego County. Email Gina Llamas at Maria.Llamas@sdcounty.ca.gov
- [Rady Children’s Hospital San Diego Chadwick Center](#) – Chadwick is open and providing all services. Current clients will receive therapy via telehealth. Psychiatry and behavioral health services still operating at Rady.
 - Main Line: (858) 966-5814
 - Forensic and Medical Services Main Line: (858) 966-5980
 - Trauma Counseling Services Central San Diego (858) 966-5803
 - North County (760) 967-7082 option 3
 - South Bay (619) 420-5611
 - KidSTART Clinic (858) 966-5990
- [San Diego LGBTQ Community Center](#) – The Center continues to provide emergency services through its referral line. Therapy sessions are conducted by Zoom. Healthcare and HIV testing by appointment. The center is still providing critical overnight shelter and resources. Although the physical doors are not open, staff are available. Contact (619) 692-2077 Ext. 211.
- [San Diego Volunteer Lawyer Program](#) – Temporary restraining order paperwork and legal consults handled by phone – for those in the north, central and east areas of the county. Residents in South County can also call until the Legal Aid Society re-opens for these services. Printing available at courthouses for people without printing capabilities. Contact (619) 235-5656, Ext. 118 for English; (619) 235-5656, Ext. 102 for Spanish.
- [South Bay Community Services](#) – The domestic violence hotline, emergency shelter and the Transitional Housing and Rapid Re-Housing programs are operating. The 24/7 Domestic Violence

Response Team is operating via tele-follow up services. Case management and advocacy are operating remotely. Referrals to the Legal Aid Society of San Diego through domestic violence advocates operating remotely (temporary restraining orders, family law, immigration, tenant rights). Adult and child counseling services - individual and support group - offered by phone. Food distributions offered. Check website for updates. Contact the 24/7 Hotline at (800) 640-2933 or (619) 420-3620.

- [Southern Caregiver Resource Center](#) – Offering stress management resources for caregivers, respite care, and can connect families to caregiving resources in all regions of San Diego County. Contact (858) 268-4432.
- [Southern Indian Health Council](#) – Medical, dental and behavioral health services will be available at the Alpine and Campo Clinic. Alpine medical urgent and emergency service are available Monday-Friday 8 a.m. to 4:30 p.m. The after-hours nurse triage phone number is (619) 445-1188, press 9. For COVID-19 issues the ext. is 410.
- [Strong Hearted Native Women’s Coalition | National Indigenous Women's Resource Center](#) – All staff is teleworking. The shelter is full but will try to assist with emergencies, advocacy and safety planning in the North and East County. Contact Victim Services Liaison Karen Wilson at (760) 650-6849 or Keely Linton via email at Linton.stronghearted@yahoo.com
- [Vista Community Clinic Dad’s Club](#) – Parenting and healthy relationship workshop series and supportive services in the North County. Contact (760) 631-5000 ext. 7181.
- [Vista Hills CalWORKs](#) – Case management works with parents involved with the CalWORKs Welfare to Work Program. For more information on case support or short-term wrap-around services, contact (858) 514-5100
- [Women’s Resource Center](#) – Hotline services, counseling (via telehealth), transitional housing, and the shelter are all still operating. The batterers group and support groups are canceled. Due to the communal nature of our shelter we are not adding new clients. Thrift store closed. Contact the hotline (760) 757-3500.
- [YWCA](#) – Hotline is operating 24/7 (619) 234-3164. Domestic violence emergency shelters are operating with reduced shelter beds. Their transitional housing is operating as usual.
- [2-1-1](#) – provides 24/7 information and referrals for community, health and disaster resources countywide. Contact 2-1-1.

Services for Economic Crimes or Fraud Victims

- [California Department of Justice](#) ID Theft Checklist – Help for identity theft victims with clearing record. Contact (888) 880-0240.
- [FBI Internet Crime Complaint \(IC3\)](#) – Fraudulent financial transactions via Internet.
- [Federal Trade Commission](#) – Provides information on scam alerts, identity theft, online shopping, illegal robocalls, phony emails and texts, COVID-19 treatment scams and more.
 - <https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>
 - <https://www.ftccomplaintassistant.gov/>
 - <https://www.identitytheft.gov/>
- [Identity Theft Resource Center](#) – Provides assistance for all types of identity theft and scams. More information at (888) 400-5530.
- [Legal Aid Society](#) – Provides low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation. Contact (877) 534-2524.
- [Medicare](#) – Handles Medicare Fraud. Contact (800) 6333-4227.
- [National Consumers League](#) – Report scams and fraud. Contact (202) 835-3323.

- <https://www.fraud.org/>
- [National Cyber Security Alliance](#) – Report COVID-19 cyber threats and scams.
- [Privacy Rights Clearinghouse](#) – A California clearinghouse for privacy rights.
- [San Diego County District Attorney](#) – Accepts citizen complaints for economic crimes, consumer fraud, real estate fraud and price gouging. (619) 531-3507.
- [Social Security Administration](#) – Report Social Security benefits fraud and scams. Contact (800) 772-1213.
- [U.S. Food and Drug Administration](#) – Fake Covid-19 Testing Kits in all regions of the County of San Diego. Contact (888) INFO-FDA (4636-332).
- [United States Postal Inspection Service](#) – Report COVID-19 mail scams. Contact (877) 876-2455.

Elder Abuse Victim Services

- [Adult Protective Services](#) – Serving adults 65 years and older and dependent adults 18 and older. APS investigates elder and dependent adult abuse including cases of neglect and abandonment, as well as physical, sexual and financial abuse.
- [Aging and Independence Services](#) – AIS provides services to older adults, people with disabilities and their familie. For more information, call (800) 339-4661.
- [Alzheimer's San Diego](#) – Emotional support and dementia education via phone or email. Offers virtual support and discussion groups and education webinars. Contact (858) 492-4400.
- [Elder Law & Advocacy](#) – Free civil legal services including as consumer law, landlord/tenant disputes, scams and government benefits. Contact (858) 565-1392.

Human Trafficking Victim Services

- [Alabaster Jar Project](#) – Long-term shelter, food, clothing, toiletries, life skills and trauma recovery workshops, peer support group, and mentorship in North County. Call (858) 598-3238.
- [Bilateral Safety Corridor Coalition](#) – Emergency Services in for residents in the east, west and south regions of the county. Call (619) 666-2757.
- [Children of the Immaculate Heart](#) – Serves survivors of human trafficking with housing and rehabilitation. Call (888) 3737-888 or text BeFree (233733). San Diego's Hotline: (619) 666-2757.
- [Free to Thrive](#) – Assistance with restraining orders, emergency child custody, landlord-tenant, criminal vacatur, criminal court advocacy, other legal needs. Contact (619) 693-6361.
- [Freedom from Exploitation, Inc.](#) – Online support and educational groups. Contact (619) 459-4877 or email ffexploitation@sbcglobal.net
- [Generate Hope](#) is a safe place for survivors of sex trafficking to heal and find restoration in long-term housing and trauma-informed therapy, education, and vocational support.
- [iCare San Diego Youth Services](#) – Therapy and psychiatry support through a behavioral mental health support clinic. Call (619) 521-2250 or contacts: negan@sdyouthservices.org or jgigliotti@sdyouthservices.org.
- [North County Lifeline](#) – All programs are still serving clients. Check the website for more information on programing. All groups have been canceled. Contact (760) 726-4900.
- [San Diego Youth Services](#) – The shelter for homeless minors and other critical services are open, available and providing care and resources for youth in need. Contact (619) 221-8600.

- [Sisters of the Streets](#) – Provides referrals, resource liaison, emergency support services, Zoom support groups and mentorship services. Contact Jaimee Johnson at (619) 335-8816.
- [The Salvation Army Door of Hope](#) – Temporary and transitional housing with supportive services for women and children. Human Trafficking survivors are prioritized. Contact Director Amy Vance at (858) 279-1100.
- [The Well Path](#) – Assists with emergency shelter, transportation, airfare, food, clothing, legal aid and mental health resources. Contact Marjorie Saylor at (442) 777-2046.

General Victim Services

- [Casa Familiar](#) – Centers are currently closed. Provides phone assistance with unemployment, CalFresh, Medi-Cal, and Social Security applications in South region of San Diego County. Contact (619) 428-1115.
- [HHS Child Welfare Services](#) – Child Abuse Hotline is open 24/7 at (800) 344-6000. Most offices closed during the COVID-19 pandemic. Live Scan service available at 8911 Balboa Avenue in San Diego, and 649 W. Mission Ave in Escondido by appointment.
- [Home Start](#) – Services for vulnerable children and families. Contact (619) 692-0727.
- [One Fair Wage](#) – Cash assistance to restaurant workers, car service drivers, delivery workers, personal service workers and more.
- [Project 1:1](#) – Diaper Bank (3rd Thursday) in the South County. Contact Regina at (619) 777-6723.
- [Salvation Army Chula Vista](#) – Food pick up in South County. Contact Eduardo at (619) 422-7027.
- [The San Diego Immigrant Rights Consortium Alliance San Diego](#) – Grants of up to \$500 to immigrants who have lost all or part of their income due to the COVID-19 pandemic.
- [San Ysidro Health](#) - WIC Food Bank by appointment. Call (619) 662-4100 Ext. 4. For diapers call (888) 942-7942.
- [Voices for Children CASA](#) – Helps abused children with volunteer Court Appointed Special Advocates (CASAs). No in-person meetings during the pandemic. Contact (858) 569-2019.
- [Women's Resource Center](#) – Domestic violence and sexual assault support for North County women. The domestic violence hotline is available 24/7. Amid the COVID-19 pandemic, counseling is available via telehealth. The shelter and transitional health is open but not accepting new clients. Batters and support groups are canceled. Hotline (760) 757-3500.
- [Worker Assistance Initiative / United Way of San Diego County](#) – Assistance for low-wage workers who have experienced job loss or a reduction in pay since March 1, 2020 as a result of COVID-19 with bills, rent or mortgage. [English Application](#) or [Spanish](#). More information:
 - <https://uwsd.org/covid19/>
 - <https://uwsd.org/faqs-worker-assistance-initiative/>
- [Union of Pan Asian Communities](#) – UPAC provides health and human services resources for under-served communities. Contact Director of Community Engagement Dante Daus at (619) 708-4256 or Mobile Response Supervisor Bevelynn Bravo at (619) 919-4728.
- [UURISE](#) – Immigration and refugee advocacy including VAWA, U-Visa and T-Visa assistance. Contact (760) 477-7537.