*Disclaimer: San Marcos Unified School District assumes no responsibility for the payment, services rendered, or admission into any service listed below. This is not an exhaustive resource list.*

**General Info and Resources**

[**San Marcos Unified School District,** Family Q&A and Resources](https://www.smusd.org/parent_q_a_english_spanish)

[**San Diego County Office of Education**](https://www.sdcoe.net/Pages/Home.aspx)

Includes news updates, resources, and links to helpful websites including the CDC

[**211**](https://211sandiego.org/)

All purpose resource information line; Explore website or Call 211 to connect to a resource specialist about needs including ***CalFresh (EBT/Food Stamps) and CalWorks (direct cash aid to families)***

[North County Resource Guide](https://03539ace-bd97-4e86-b633-705253e7eafc.filesusr.com/ugd/618b75_da5431db350440bc8ad3f52e70ca276a.pdf) created by 211

[**Community Resource Center**](https://crcncc.org/)

Located in Encinitas. Phone: (760) 753-1156. Provides Domestic Violence Services (hotline: 877-633-1112), Integrative Services for those experiencing homelessness, Counseling Services and Food & Nutrition Services

**Employment Resources**

CA Employment Development Department, [Coronavirus 2019 (COVID-19) FAQs](https://www.edd.ca.gov/about_edd/coronavirus-2019/faqs.htm) Disability and Paid Family Leave Benefits

[Unemployment Benefits](https://www.edd.ca.gov/unemployment/filing_a_claim.htm): Information and links to file for benefits in the event of job loss

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**Food**

**San Marcos Unified School District**

Breakfast and Lunch meals offered at our schools. “Grab & Go” style meals may be picked up at each school from 11:00 am - 1:00 pm Monday through Friday. See [SMUSD](https://www.smusd.org/) website for more information.

Provision SD Backpack Program

Lisa M. Skinner 760-580-7562, Spanish Speaking Families: Gema Cosio at 760-443-5801 or Backpacks@CrossingChurch.com

[Food Pantry Resources](https://my211.force.com/s/service-directory?code=BD), San Diego Food Bank

[Food Distributions](https://feedingsandiego.org/need-help/food-distributions/), countywide map by Feeding San Diego

[Neighborhood Distribution Program](http://sandiegofoodbank.org/wp-content/uploads/2017/10/2020-Neighborhood-Distributions-By-Region-SDFB-and-NCFB-ENGLISH.pdf) by San DIego Food Bank

[Calfresh Application:](https://www.sandiegocounty.gov/hhsa/programs/ssp/food_stamps/how_to_apply.html) apply for monthly food subsidy in the form of an EBT debit card that can be used to purchase food

**Child Care**

[YMCA Child Care Referrals](https://www.ymcasd.org/community-support/childcare-resource-service) 1-800-481-2151

[San Diego County Centralized Eligibility List](http://www.childcaresandiego.com/)  1-800-521-0560 (Help for low income families with paying for childcare; may have wait list)

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**Health and Wellness**

**Wellness:**

[**CDC tips for managing stress**](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)

Helpful Apps:

 Headspace

 Calm.com

 Moodtools

 Virtual Hope Box

 Breathe

Reflectly

**Physical Health:**

[North County Health Services](https://www.nchs-health.org/) (Medi-cal, Sliding scale low income), 760-736-6767 (San Marcos)

[Vista Community Health Clinic](http://www.vistacommunityclinic.org/) (Medi-cal, Sliding scale low income) 844-308-5003 (Multiple locations, same number)

[Neighborhood Health Care](https://www.nhcare.org/) (Medi-cal, Sliding scale low income) 760-690-5907 (Escondido)

[Rady’s Children’s Hospital](https://www.rchsd.org/) (Medi-cal) 858-576-1700 (Multiple locations)

**Mental Health:**

*For counseling referrals, contact your insurance provider for a list of covered mental health providers, ask your primary care health provider or call The Access and Crisis Line 888-724-7240, available 24/7.*

New Alternatives (Medi-cal or Uninsured) 760-798-0299

Rady’s Children Outpatient Psychiatry Clinics (Medi-cal Only) 760-294-9270 (Escondido), 858-966-8268 (San Diego)

Palomar Family Counseling (Medi-cal, Sliding scale low income) 760-741-2660 (Escondido), 760-630-3505 (Vista)

Psychiatric Centers of San Diego (619) 528-4600 (Various San Diego locations)

[North County Lifeline](http://www.nclifeline.org/) (Medi-cal, Sliding scale low income), 760-757-0118 (Vista)

[Mental Health Systems](http://www.mhsinc.org/) (Medi-cal, Sliding scale low income) 760-747-0205 (Escondido)

PsyCare (Therapy and Psychiatry) (858) 279-1223 (San Marcos)

Helpful App:

[National Alliance on Mental Illness, San Diego County Chapter resource app, oscER San Diego](https://namisandiego.org/oscer/)

**Mental Health Emergency Evaluation Centers:**

If you feel you or a loved one is experiencing a mental health emergency, contact 911.

Access and Crisis Line 888-724-7240

For Children and Adolescents:

Aurora Behavioral Health (858) 487-3200

Sharp Mesa Vista Hospital (858) 278-4110

Emergency Screening Unit (619) 421-6900

North County Crisis and Intervention Response Team 760-233-0133 (Escondido), limited hours

**Legal**

[**Legal Aid of San Diego**](http://www.lassd.org/), for low-income families, 1-877-534-2524

[U.S. Citizenship and Immigration Services, COVID-19](https://www.uscis.gov/greencard/public-charge) - effects on public charge rule

[**San Diego Rapid Response Network**](http://rapidresponsesd.org/), (619) 536-0823, assists with immigration emergency needs (raid, arrest, checkpoint, and/or harassment)

**Housing and Shelter**

[Rental Assistance and Affordable Housing Directory 2020](https://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/housing_resource.pdf)

[Emergency Shelter Contact List](https://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/Trifold_pamphlet_Emergency_contacts_FINAL.pdf)

Rent Assistance during COVID-19 health crisis: [San Diego Foundation](https://www.sdfoundation.org/programs/programs-and-funds/san-diego-covid-19-community-response-fund/)

**Academics**

San Marcos Unified School District families and students are encouraged to access our [Student Learning Activities](https://www.smusd.org/student_learning_activities) tab located on our website. There, you will find resources to engage your children during the school closures.

Academic services for schools not offering online learning opportunities: [Khan Academy](https://www.khanacademy.org/)

**Internet, possibly free or reduced cost:**

* [Comcast](https://www.internetessentials.com/covid19)
* [Spectrum](https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more)
* [Cox Communications](https://www.cox.com/residential/internet/connect2compete.html)

**More information**

[Talking to Children About COVID-19 (Coronavirus): A Family Resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource)

*Para obtener información en español, haga clic en la segunda pestaña debajo de “Related COVID-19 Resources*

[How to talk to a child about the Coronavirus, KidsHealth](https://kidshealth.org/en/parents/coronavirus-how-talk-child.html?WT.ac=pairedLink)

[Coronavirus (COVID-19): ¿Cómo hablar con su hijo sobre este virus? (para Padres) - Nemours KidsHealth](https://kidshealth.org/es/parents/coronavirus-how-talk-child-esp.html?WT.ac=pairedLink)

[Talking to Kids about the Coronavirus, Child Mind Institute](https://childmind.org/article/talking-to-kids-about-the-coronavirus/?ck_subscriber_id=589116032)

[Como hablar con los ninos sobre el coronavirus](https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/)

[Explaining Coronavirus to a Child with Anxiety](https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/)

[COVID-19 and managing mental health](https://www.jedfoundation.org/covid-19-and-managing-mental-health/), JED Foundation

[A social story on how to talk to kids about Coronavirus](https://littlepuddins.ie/coronavirus-social-story/)