

Community Resources/ Recursos Comunitarios

San Diego County Office of Education

<https://covid-19.sdcoe.net/Parent-Resources>

<https://www.beststrongfamilies.org/covid-19-support>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/behavioral-health-equity/hispanic-latino>

<https://www.samhsa.gov/hable-ellos-escuchan>

211 San Diego (English, Arabic, Chinese –simplified-, Chinese-Traditional-, Filipino, Persian, Spanish and Vietnamese.

<https://211sandiego.org/>

National Alliance of Mental Illness

<https://www.nami.org/Your-Journey>

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Latinx-Hispanic/La-salud-mental-en-la-comunidad-latina>

LGBT NATIONAL HELP CENTER

<https://www.glbthotline.org/>

LAMB LEGAL

<https://www.lambdalegal.org/>

<https://www.lambdalegal.org/es/linea-de-ayuda>

Family Jewish Services

<https://www.jfssd.org/our-services/>