Community Resources/ Recursos Comunitarios

San Diego County Office of Education
https://covid-19.sdcoe.net/Parent-Resources
https://www.bestrongfamilies.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-eldos-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

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/