AAP-CA3 COVID Talk Resource List
PowerPoint Video in English and Spanish
Updated 03/24/21

1. General Information on all Pediatric Health topics including COVID 19 and Mental Health:
   a. www.Healthychildren.org
   b. www.Healthychildren.org/spanish (Espanol)

2. Mental Health Resources
   a. www.211sandiego.org
   b. www.Up2sd.org
   d. www.YourLifeYourVoice.org Teen Line/Text/App
   e. SmartCare Parent Line: 858.956.9501
   f. CalHope "Warm Line": 833.317.HOPE (4673)
   g. San Diego Access and Crisis Line: 888.724.7240
   h. Rady Children’s Behavioral Health Urgent Care: 858.966.5484

3. Housing/Food assistance
   a. www.211sandiego.org
   b. www.Sandiegocounty.gov "Emergency Rental Assistance Program"
   c. www.feedingsandiego.gov
   d. www.sandiegofoodbank.org
   e. www.sandiegohungercoalition.org