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Connection to Services

- **Help Me Grow Orange County:** connecting families with young children to resources, including basic needs, developmental, learning and behavior resources
- **Safety, food, housing:** if you need help right away with safety, food, housing, or something else, call 2-1-1 or go to 211oc.org
- **Orange County Business Council:** publishes a [weekly newsletter](#) with links to food resources, information for businesses, specific resources and information for the Orange County community, utilities information, ways to give back, support for local restaurants, and more; sign up for the newsletter [by clicking here](#)

Health & Mental Health

[Orange County Perinatal Mental Health Toolkit:](#) local resources, evidence-based tools, and recommendations to assist healthcare and service providers in offering education, preventive interventions, screening, referral, and treatment for new and expecting parents

- **OC COVID-19 Testing Network:** offers COVID-19 testing to anyone with symptoms who does not have access to a healthcare provider
- **COVID-19 Testing Sites:** Search for testing sites throughout California
- **Free COVID-19 Testing for Essential Workers:** free COVID-19 testing for asymptomatic and symptomatic essential workers; visit lhi.care/covidtesting or call 1-888-634-1123 to schedule an appointment
 - View the flier in [English](#), [Vietnamese](#), and [Spanish](#)
- **OC COVID-19 Hotline:** Call 714-834-2000 from 8:30 a.m. to 5 p.m. Monday to Friday for general questions, guidelines, or information about COVID-19; or email questions to eteam@ochca.com
- **Family Assessment Counseling & Education Services:** provides telehealth and counseling by phone via no-cost 30-minute sessions; contact FACES at (714) 447-9024 or counseling1@facescal.org
- **CHOC Children's:** speak to a nurse 24/7 to answer your questions about coronavirus and your child at 1-844-GET-CHOC
- **First 5 Orange County:** [Coronavirus & Caring for Your Baby in English](#), and [El Coronavirus y el Cuidado de su Bebé en Español](#)
- **Centers for Disease Control:** caring for children in a disaster
- **American Academy of Pediatrics parenting website:** help with working and learning during the outbreak, including information for prenatal, infants, toddlers and preschoolers
- **American Academy of Pediatrics, Orange County chapter:** provides an overview of the novel coronavirus, local resources, and other information
- **Orange County Parent Wellness Program:** talk for free to a caring expert at 714-480-5160
- **Child Trends:** resources for supporting your child's emotional well-being
- **California Department of Public Health:** guidance for women, families, and health care professionals
- **National Suicide Prevention Lifeline:** Free and confidential support at 1-800-273-TALK (8255)
 - Military and veterans, press 1; for assistance in Spanish, press 2
- **Crisis Text Line:** Text HOME to 741741 to speak with a live, trained counselor on a secure platform



- **The Trevor Project:** LGBTQ youth can call 1-866-488-7386 or text START to 678678 to speak with a counselor
- **Domestic Violence:** hotlines for four domestic violence agencies in Orange County
 - **Human Options** 877-854-3594
 - **WTLC** 877-531-5522
 - **Laura's House** 866-498-1511
 - **Interval House** 714-891-8121

Childcare



- **State Guidance for Child Care industry:** CDSS has issued new guidance around child care facilities to reduce the spread of coronavirus
- **Child Care Programs:** California provides guidance for child care programs and providers to ensure safety as facilities reopen
- **Family Friendly Practices:** Suggestions of family friendly policies to assist employees and help support families
- **Support for Working Families:** Assistance in locating child care, finding assistance to pay for child care, and connecting to additional resources
- **Child Development Centers:** provides childcare as well as academic and educational enrichment and kindergarten readiness programs
- **Boys and Girls Clubs of Tustin:** provides childcare for first responders and essential workers
- **Boys and Girls Clubs of Huntington Valley** and **Boys and Girls Clubs of Central**

Orange Coast provide childcare for essential workers

- **Mariners Church:** infant to age 5 childcare for healthcare workers
- **Children's Home Society of California:** provides instructions on how essential workers can enroll children in subsidized Emergency Child Care, in English **and in Spanish**
- **YMCA:** childcare available at 28 locations throughout Orange County for children of first responders, healthcare workers, and essential workers
- **Early Childhood OC:** searchable database of currently open child care centers and family child care homes
- **Childcare Law Center:** Q&A about the impact of coronavirus on child care in California
- If you are a childcare provider and need supplies to stay open for essential workers during COVID-19, please email Anila Neumeister who is gathering information about needs and resources at anilaneu@cox.net.

Food & Supplies

- **U.S. Department of Agriculture Food and Nutrition Services:** an interactive map, as well as the Summer Food Service Program, shows where to find free meals for kids and teens in low-income areas; visit their website, text "Summer Meals" to 97779 or call 1-866-348-6479 to find a nearby site
- **Pandemic Electronic Benefit Transfer:** The U.S. Department of Agriculture has approved California for **Pandemic EBT**, a new food assistance program for children in California who are living in households struggling with food insecurity; each eligible child will receive \$5.70 per day for days in which school was closed
- **California WIC (Women, Infants & Children):** WIC nutrition and breastfeeding support are available during stay-at-home orders
- **Community Action Partnership of Orange County:** list of food and nutrition, as well as infant and youth resources
- **Second Harvest Food Bank Drive-Through:** drive-through food bank from 9 a.m. to noon Saturday in Anaheim; their website also lists other food programs and resources
- **Anaheim Elementary School District:** free meals for children 18 and under in Anaheim (English and Spanish)
- **Southwest Community Center:** food pantry and hot meals to eat off-site, Monday to Sunday in Santa Ana
- **Families Forward:** drive-through food bank 10 a.m. to 2 p.m. Monday to Friday in Irvine
- **South County Outreach:** appointment-only food pantry in Irvine
- **How to get food help in Orange County:** list of food resources all across Orange County
- **School Meals:** grab and go school meals open to all children 18 and under, no paperwork or signups necessary
- **Diapers:** here is a list of sites that distribute diapers
- **California Lifeline Program:** free wireless service for qualifying low-income households



- [Charter Communications](#): free access to Spectrum Broadband and Wi-Fi for 60 days for new K-12 and college student households and Wi-Fi hotspots
- [Everyoneon](#): low-cost internet and computers
- [OC Public Libraries](#): provides a list of free and low-cost options for internet access in Orange County

Tips for Talking to Your Child About COVID-19

- CHOC: [How to help kids cope with anxiety around the coronavirus](#)
- PBS: [How to talk to young children about COVID 19](#)
- NPR: [Just for Kids: A Comic Exploring Coronavirus](#)
- National Association of School Psychologists: [Talking to Children about COVID-19](#)

Education and Distance Learning



- [Orange County Head Start, Inc.](#): enrollment is open for the school readiness program; enrollment may include nutrition, diapers and formula. OCHS also shares at-home lesson plans for kids ages 0-2, 2-3, and 3-5
- [Orange County Together](#): a guide to safely reopening schools in the COVID-19 era
- [Girl Scouts of Orange County](#): online resources for K-12 kids at home
- [Orange County Department of Education](#): distance learning resources
- [First 5 Association](#): resources for children and families including coping with stress and education and at-home learning resources
- [Kid Builders](#): activities to build your child's healthy body and mind, for infants, toddlers and preschoolers
- [Anaheim Union High School District](#): resources for children and families in Anaheim including food, education, mental health, parenting resources, and more
- [Stay Play Grow app](#): the Early Learning Lab released the free Stay Play Grow app to support parents and caregivers of children age 0-5 during the coronavirus outbreak and beyond, in English and Spanish

Financial Support for Nonprofits & Childcare Providers

- [Quality Start OC](#) is providing stipends to eligible care providers serving children ages birth to 5. Responses are due by June 1, 2020.
- [OC Community Resilience Fund](#): a collaborative response by the Orange County philanthropic community to support community-based organizations that serve vulnerable communities most impacted by the pandemic
- [Voices for Healthy Kids COVID-19 Rapid Response Grant](#): a joint initiative of the Robert Wood Johnson Foundation and American Heart Association provides grants for community-based organizations to support systems and policy change campaigns in communities most impacted by health inequities

Up-to-Date COVID-19 Information

[CDSS new guidance as stay-at-home orders are modified](#)
[Centers for Disease Control and Prevention](#)
[Orange County Health Care Agency](#)
[Orange County Business Council](#)