

If you would like to add any resources to this list or if any of the resources below are out of date/inaccurate, please email [michael.anderson@cfcoc.ocgov.com](mailto:michael.anderson@cfcoc.ocgov.com)

[Haga clic aquí para ver la información en español](#)

## 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](http://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
- **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](mailto: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
- **OC Healthier Together:** Provides several downloadable flyers and resources for improving health
- **Orange County Parent Wellness Program:** talk for free to a caring expert at 714-480-5160
- **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
  - [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
  - [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](mailto: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; [find your WIC foods during the COVID-19 pandemic](#)
- [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
- [Southwest Community Center](#): Drive Thru Food Distribution 9-11 Monday/Wednesday, no appointment needed
- [Families Forward](#): housing assistance, medical resources, and transportation assistance, as well as a 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
- [California Lifeline Program](#): free wireless service for qualifying low-income households
- [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

- First 5: Play and Plan Journal for families, [available in English](#) and [in Spanish](#)
- 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](#)

## 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 Dept. of Education](#): educational information and resources for students and families
- [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
- [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
- [Pretend City](#): "Play at Home" virtual programming to support healthy child development

## Nonprofits and Business

- [One OC](#): One OC resources specific to nonprofit organizations

## 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](#)