



Together we can cope with stress, grow, and heal.

What have you tried? What would you like to try?

What feels most healing to you?

- Go outside
- Spend time with supportive friends and family (by phone, text or staying 6 feet apart)
- Help others
- Ask for help when I need it
- Think about what I feel grateful for
- Pray
- Take deep breaths
- Exercise (walking, stretching, yoga, Tai Chi)
- Listen to music
- Be kind to yourself
- Other

What feels most healing to you and your children?

- Hug, read, play, and laugh together
- Stretch, go for a walk, or do exercise together
- Talk about feelings together
- Make a homework or activity schedule
- Create and share a meal together
- Read books or say a prayer together at bedtime
- Spend time together with friends, other families, and your community (over the phone, video or while 6 feet apart)
- Help someone else and ask for help when you need it
- Take deep breaths together
- Be kind to yourself (caregiving can be hard)
- Other



Our relationships affect our health



Stress in our lives can cause stress in our relationships. You are not alone.

During this COVID19 pandemic, we may have more stress, arguments or fighting in our close relationships. We can feel alone, nervous or sad.

For parents and caregivers it can be really hard when kids are at home all day and there is no school.

Please call for support any time of the day or night:

Adults

Asian Women's Shelter

24-Hour Crisis line: 877-751-0880

La Casa de las Madres

24-Hour Crisis Line: 877-503-1850

24-Hour Text Crisis Line: 415-200-3575

Woman, Inc.

24-Hour English Line: 415-864-4722

24-Hour Spanish Line: 877-384-3578

National DV hotline (and deaf line)

24-Hour Crisis Line: 800-799-7233

24-Hour Crisis Line (deaf) 800-787-3224 (TTY)

Parents and Caregivers

TalkLine Parental Support

24-Hour Support: 415-441-KIDS (5437)

Teens

La Casa de las Madres

24-Hour Text Crisis Line: 415-200-3575

Love is Respect national hotline

24-Hour Teen Crisis Line: 800-799-7233

Text LOVEIS to 22522

Adults over 60

IOA Friendship Line

800-971-0016

Mental Health and Support

SF Suicide Prevention

415-781-0500

National Suicide Prevention Hotline

800-273-8255

Mental Health Association SF California Peer-Run Warm Line

855-845-7415

See leapsf.org for relationship safety plans.
If you need food call 311.