

LA County – Dealing with Stress and Anxiety

Stress during an infectious disease outbreak can include <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

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Great for something clients can link to

Anxious about coronavirus?

Text HOME to 741741 to connect with a Crisis Counselor.

<https://www.remedylive.com/chat> - Provides a chat for anyone to talk about what on their mind –they have to have phone so they can be sent a text link

<https://lacoaa.org/> - provides a list of closed meetings and link to 12-step virtual meetings

There are also some apps where they can keep in touch with sober people

Sober Grid

12 Steps AA Companion App

AA Big Book And More App

AA Speakers To Go App

Today's Step: Recovery App

I Am Sober App

RecoveryBox Addiction Recovery Toolbox App

Twenty-Four Hours A Day App

Joe And Charlie Big Book Study App

SoberTool App

Apps And Your Recovery

In addition, there are a number of videos on Youtube

<https://www.youtube.com/watch?v=CQjGqtH-2YI> - Stress- breathing techniques

<https://www.youtube.com/watch?v=k3nYvdj3A7I> – Decrease anxiety

https://www.youtube.com/watch?v=I_AxR-aHKaQ - Decrease depression – Simple exercise

<https://www.youtube.com/watch?v=1I9ADpXbD6c> Motivation

https://www.youtube.com/watch?v=sEmZli_0Kj8 Motivation

Mental Health

Los Angeles County Department of Mental Health (LACDMH)

- LACDMH's 24/7 Access Line at (800) 854-7771 is available to provide mental health support, resources and referrals. LACDMH offers many other free resources to help people address their mental health needs during the COVID-19 pandemic.

National Alliance on Mental Illness (NAMI) Helpline

- Call 800-950-NAMI or text "NAMI" to 741741 (Monday-Friday, 10:00 am-6:00 pm) for mental health resources. For additional information, see NAMI's COVID-19 Resource and Information Guide.

National Suicide Prevention Lifeline

- 1-800-273-8255
The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda. Cuando usted llama al número 1-888-628-9454, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano

Staying Active At Home

Rec It!

- With schools and our park community centers closed for now, the staff at Long Beach Parks, Recreation, and Marine has shared fun ways to stay active and bring recreation to the home.
<http://longbeach.gov/park/recreation-programs/programs-and-classes/rec-it-at-home/>

Domestic Violence

If it is a life-threatening emergency, please call 911.

WomenShelter of Long Beach

- *WomenShelter of Long Beach's 24-Hour Crisis Hotline and confidential emergency supportive housing facility, Cherese's Safe Home, will continue to operate as usual, 24 hours a day, 7 days a week. If you are experiencing domestic violence, please call the 24-Hour Crisis Hotline at (562) 437-4663. If it is safer to reach out via email, contact WSLB at info@wslb.org. All services are provided at no cost and in English and Spanish.*

Su Casa

- *The Su Casa 24 Hour Domestic Violence Crisis Hotline 562-402-4888 provides callers with crisis intervention, safety assessment, and referrals to shelters and community agencies in English and Spanish. Callers in crisis are also able to call and receive confidential domestic violence support from one of the trained hotline representatives.*

Interval House

- *Interval House provides comprehensive domestic violence services in over 70 different languages to individuals and families in Los Angeles County and Orange County. Trained staff can be reached at the 24-Hour Crisis Hotlines: 562-594-4555 and 714-891-8121.*
<http://www.intervalhouse.org/index.asp>

Legal Aid Foundation of Los Angeles (LAFLA)

- *LAFLA helps survivors of domestic violence with matters typically related to family law, such as restraining orders, divorce, custody, child support, and other legal issues, including immigration. LAFLA's courthouse-based domestic violence clinic in Long Beach provides assistance with restraining orders on Mondays, Wednesdays, and Fridays from 9 a.m.–12 p.m. and 1–3 p.m. Call 800-399-4529 extension 8097 for help.*

The LGBTQ Center Long Beach

- *The LGBTQ Center offers free confidential and supportive services for victims of domestic violence/Intimate partner violence, including crisis counseling and safety planning, individual counseling, group counseling, case management, and advocacy with law enforcement. Call 562-434-0257 for more information.*

National Domestic Violence Hotline

- *At the National Domestic Violence Hotline, highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Advocates are available 24/7 at 1-800-799-SAFE (7233) in more than 200 languages.*