**San Marcos Unified School District**

**Community Resources**

*Disclaimer: San Marcos Unified School District assumes no responsibility for the payment, services rendered, or admission into any service listed below. This is not an exhaustive resource list.*

**General Info:**

[San Diego County Office of Education](https://www.sdcoe.net/Pages/Home.aspx):

Includes news updates, resources, and links to helpful websites including the CDC.

[211](https://211sandiego.org/)

All purpose social resource information line; Speak to a resource specialist about your needs.

**Meals:**

San Marcos Unified School District

Breakfast and Lunch meals will be offered at our sites. “Grab & Go” style meals may be picked up at each school from 11:00 am - 1:00 pm Monday through Friday. Please see [SMUSD](https://www.smusd.org/) website for more information.

Provision SD Backpack Program

Lisa M. Skinner 760-580-7562, Spanish Speaking Families: Gema Cosio at 760-443-5801 or Backpacks@CrossingChurch.com

San Diego Food Bank

<https://my211.force.com/s/service-directory?code=BD>

Neighborhood Distribution Program by Region: <http://sandiegofoodbank.org/wp-content/uploads/2017/10/2020-Neighborhood-Distributions-By-Region-SDFB-and-NCFB-ENGLISH.pdf>

**Child Care:**

[YMCA Child Care Referrals](https://www.ymcasd.org/community-support/childcare-resource-service) 1-800-481-2151

[San Diego County Centralized Eligibility List](http://www.childcaresandiego.com/)  1-800-521-0560 (Help for low income families with paying for childcare; may have wait list)

Employment Development Department-FAQs on Paid Family Leave Benefits

<https://www.edd.ca.gov/about_edd/coronavirus-2019/faqs.htm>

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**Health Care:**

[North County Health Services](https://www.nchs-health.org/) (Medi-cal, Sliding scale low income), 760-736-6767 (San Marcos)

[Vista Community Health Clinic](http://www.vistacommunityclinic.org/) (Medi-cal, Sliding scale low income) 844-308-5003 (Multiple locations, same number)

[Neighborhood Health Care](https://www.nhcare.org/) (Medi-cal, Sliding scale low income) 760-690-5907 (Escondido)

[Rady’s Children’s Hospital](https://www.rchsd.org/) (Medi-cal)  858-576-1700 (Multiple locations)

**Mental Health:**

*For counseling referrals you can call your insurance provider for a list of covered mental health providers, ask your primary care health provider or call The Access and Crisis Line 888-724-7240, available 24/7.*

New Alternatives (Medi-cal or Uninsured) 760-798-0299

Rady’s Children Outpatient Psychiatry Clinics  (Medi-cal Only) 760-294-9270 (Escondido), 858-966-8268 (San Diego)

Palomar Family Counseling (Medi-cal, Sliding scale low income)  760-741-2660 (Escondido), 760-630-3505 (Vista)

[North County Health Services](https://www.nchs-health.org/health-services/behavioral-health/) (Medi-cal, Sliding scale low income), 760-736-6767 (San Marcos)

[Vista Community Health Clinic](http://www.vistacommunityclinic.org/) (Medi-cal, Sliding scale low income) 844-308-5003 (Multiple locations, same number)

Psychiatric Centers of San Diego (619) 528-4600 (Various San Diego locations)

[North County Lifeline](http://www.nclifeline.org/) (Medi-cal, Sliding scale low income), 760-757-0118 (Vista)

[Mental Health Systems](http://www.mhsinc.org/) (Medi-cal, Sliding scale low income) 760-747-0205 (Escondido)

PsyCare (Therapy and Psychiatry)  (858) 279-1223 (San Marcos)

**Mental Health Emergency Evaluation Centers:**

If you feel you or a loved one is experiencing a mental health emergency, contact 911.

Access and Crisis Line 888-724-7240

North County Crisis Response and Intervention

760-233-0133 (Escondido), 760-305-8232 (Vista)

Aurora Behavioral Health  (858) 487-3200

Sharp Mesa Vista Hospital   (858) 278-4110

Emergency Screening Unit (619) 421-6900

**Housing and Shelter Resources:**

Rental Assistance and Affordable Housing Directory 2020

<https://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/housing_resource.pdf>

Emergency Shelter Contact List <https://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/Trifold_pamphlet_Emergency_contacts_FINAL.pdf>

**More information:**

[Talking to Children About COVID-19 (Coronavirus): A Family Resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource)

*Para obtener información en español, haga clic en la segunda pestaña debajo de “Related COVID-19 Resources*

Talking to Kids about the Coronavirus (KidsHealth)

English

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html?WT.ac=pairedLink>

Spanish <https://kidshealth.org/es/parents/coronavirus-how-talk-child-esp.html?WT.ac=pairedLink>

Talking to Kids About the Coronavirus (Child Mind Institute)

English <https://childmind.org/article/talking-to-kids-about-the-coronavirus/?ck_subscriber_id=589116032>

Spanish

<https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/>

Explaining Coronavirus to a Child with Anxiety

<https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/>

COVID-19 and Managing Mental Health <https://www.jedfoundation.org/covid-19-and-managing-mental-health/>

A social story on how to talk to kids about Coronavirus

<https://littlepuddins.ie/coronavirus-social-story/>

**Academic Resources**

Internet services/resources:

<https://variety.com/2020/digital/news/charter-free-broadband-coronavirus-students-1203533537/>

Academic services for schools not offering online learning opportunities:

Khan Academy: <https://www.khanacademy.org/>

San Marcos Unified School District families and students are encouraged to access our [Student Learning Activities](https://www.smusd.org/student_learning_activities) tab located on our website. There, you will find resources to engage your children during the school closures.