



# 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?

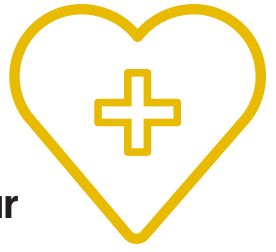
- Go outside
- Spend time with supportive friends and family (by phone, text or staying 6 feet apart)
- Help others
- Ask for help when I need it
- Think about what I feel grateful for
- Pray
- Take deep breaths
- Exercise (walking, stretching, yoga, Tai Chi)
- Listen to music
- Be kind to yourself
- 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](https://leapsf.org) for relationship safety plans.  
If you need food call 311.