

Leaders of Tomorrow

Wellness and Resource Support (COVID-19 & Shelter-In-Place (SIP))

We recognize the value for physical presence, encouragement, hope, and community in this time of distance. We are also encouraging us to be compassionate with our ourselves and with others as we attempt to adjust to our new “normal” amidst COVID-19.

During this time its importance to honor our wellness and wellbeing. Below are some ways to stay engaged.

1. Set a daily schedule. This can include dividing the day into chapters, phases, or segments. For example, Phase One - wake, meditate, set the daily intention; Phase Two- exercise, breakfast; phase three-work/study/personal development, hobby exploration; Phase Four-lunch, meetings, walk/hike, etc.
2. Catch up on favorite tv shows or explore new ones. Some shows to consider are: The Marvelous Mrs. Maisel, Fleabag (Netflix). Visit online concerts – i.e. click [GlobalCitizen/Coronavirus](#) to learn more and listen to participating artists.
3. Identify and/or work on a hobby. At times we have wanted to or haven't found the time to work on our passion, hobby, etc. This is a great time to start.
4. Exercise – Get out and move. Walk around the block, go on a jog. If you're inclined to isolate, challenge yourself to do the opposite (opposite action).
5. Advocate for yourself, get what you need - online counseling please use these virtual, online and emergency mental health services. If you're mental health professional is cancelling or postponing appointments, ask who you can talk with in their absence. Let them know keeping the appointment is important for your health and wellbeing.
6. Find time to honor your wellness through sleep, rest, and rejuvenation.

Mental Health Services:

Local Emergency Numbers 24/7

1. 24/7 Behavioral Health Services Call Center **(800) 704-0900**
2. Mobile Crisis Response Team - **1-800-704-0900 Press 2**
3. Santa Clara County Suicide and Crisis Hotline 24/7: **(855) 278-4204**
4. Crisis Text Line - **Text RENEW to 741741**

TalkLines: Call the numbers below or click the link for emotional support and/or to find additional mental health resources.

5. Bill Wilson Center Youth Crisis Line (ages 7-24)* **888-247-7717**
6. Bill Wilson Center Contact Cares (Depression, Anxiety, Grief, Loneliness, Parental Stress) **408-850-6125**
7. SAMHSA's National Helpline – **1-800-662-HELP (4357)**
8. National Suicide Prevention Helpline - **1-800-273-8255**
9. Peer-Run Warmline - **1-855-845-7415** – Offers 24/7 Emotional Support & referrals to callers and online chat visitors
10. Santa Clara Behavioral Health [Wellness and Recovery](#) for COVID-19
11. NAMI Santa Clara County: warmline **408.453.0400, option 1** or visit www.namisantaclara.org

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Utilities and Water

1. [Santa Clara Water District](#). The office at 110 West Taylor Street will be closed to the public. The Customer Service Team will be available to assist by phone or by emailing customer.service@sjwater.com. San Jose Water will not be turning off water due to nonpayment during COVID-19 pandemic. To pay using the free automated payment service, call (408) 279-7900. Or email at customer.service@sjwater.com
2. Pacific Gas and Electric www.pge.com
PG&E is committed to serving the community and will not be disconnecting service due to nonpayment during COVID-19. Click [here](#) for PG&E updates.

Online Emotional Support

1. 7 Cups – www.7cups.com is an online 24/7 website (and a mobile app) providing free support to people experiencing emotional distress
2. Online Support Groups: a. Depression and Bipolar Support Alliance (DBSA) has online support groups: www.dbsalliance.org
3. www.meetup.com has support groups for depression, anxiety. Look here for community support.
4. [Trevor \(Project\) LifeLine](#): 1-866-488-7386 (This crisis line is available 24/7)
 - TrevorText: Text START to 678678

How to apply for family leave, disability or unemployment during COVID-19

During the shelter in place and COVID-19 pandemic, Governor Gavin Newsom has provided the opportunity to apply for benefits through the state's Employment Development Department (EDD) and waived the one week waiting period.

[EDD is providing workers and caregivers with various options](#) to collect payment while they're not working. The following *three* options for those impacted by the COVID-19.

1. If you're unable to work because you have coronavirus or have been exposed to the virus and are quarantined, you can [file a Disability Insurance \(DI\) claim online](#).
2. If you're taking care of a sick or quarantined loved one diagnosed with COVID-19, you can file a [Paid Family Leave \(PFL\) claim](#).
3. If your employer has reduced hours or you've lost your job as a result of your company's temporary closure, you can [file an Unemployment Insurance \(UI\) claim](#).
4. [The CDC also says facemasks](#) should only be used by people who show symptoms of the virus. If you're not sick, you do not have to wear a facemask. The CDC says the immediate risk to the U.S. public is low.

Housing Impact and Support

The Silicon Valley Foundation is positioned to meet the needs of those economically impacted by the COVID-19, and has established the COVID-19 Regional Response Fund to support 10 Bay Area counties: Alameda, Contra Costa, Marin, Napa, San

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Francisco, San Mateo, Santa Clara, Santa Cruz, Solano and Sonoma. Click [here](#) to learn more about what is available in your county.

Activities that can be done from home.

With all this time on our hands, we can learn a new language, create home workouts/stretching workouts (Support your mental/physical health and wellbeing by going outside), and take online tours at museums in Russia, Paris, South America and the United States.

1. **Virtual museum tours:** Go on google and type “artsandculture.google.com”. There you can visit virtually every museum in the world, learn about different cultures around the world, and view different towns across the globe. Under the “explore” tab, you can learn about artists, art movements, and historical figures in addition to different art pieces, collections, and places. Under the “nearby” tab, you can move the map to various destinations from Russia, Paris, the United States, South America and find museums. The key on the left allows you can explore more themes and even do experiments (this works best with a device that you can take pictures with like a cell phone). This works well when you have a google account to sign in with, so you can save items.



Leaders of Tomorrow, P.O. Box 360587, Milpitas, CA 95036, provides mental health advocacy, education, coaching and training. Email us at: admin@leaderstomorrow.org to learn more about how we can support your organization's effort.