

## Health & Mental Health

- **CHOC Children's:** speak to a nurse 24/7 to answer your questions about coronavirus and your child at 1-844-GET-CHOC
- **First 5 Orange County:** [Coronavirus & Caring for Your Baby](#)
- **Centers for Disease Control:** caring for children in a disaster
- **American Academy of Pediatrics parenting website:** help with working and learning during the outbreak, including information for prenatal, infants, toddlers and preschoolers
- **Orange County Parent Wellness Program:** talk for free to a caring expert at 714-480-5160
- **Child Trends:** resources for supporting your child's emotional well-being
- **Domestic Violence:** hotlines for four domestic violence agencies in Orange County
  - **Human Options** 877-854-3594
  - **WTLC** 877-531-5522
  - **Laura's House** 866-498-1511
  - **Interval House** 714-891-8121



## Childcare



- **Boys and Girls Clubs of Central Orange Coast:** childcare for essential service providers
- **YMCA:** childcare for essential services
- **Early Childhood OC:** searchable database of currently open child care centers and family child care homes
- **Childcare Law Center:** Q&A about the impact of coronavirus on child care in California
- If you are a childcare provider and need supplies to stay open for essential workers during COVID-19, please email Anila Neumeister who is gathering information about needs and resources at [anilaneu@cox.net](mailto:anilaneu@cox.net).
- **Children's Home Society:** this is a resource and referral network providing parents with information about childcare options, and gives referrals to licensed childcare programs in Orange County

## Food & Supplies

- **School Meals:** grab and go school meals open to all children 18 and under, no paperwork or signups necessary
- **How to get food help in Orange County**
- **Diapers:** here is a list of sites that distribute diapers
- **Safety, food, housing:** if you need help right away with safety, food, housing, or something else, call 2-1-1 or go to [211oc.org](http://211oc.org).

## Tips for Talking to Your Child About COVID-19

- PBS: [How to talk to young children about COVID 19](#)
- NPR: [Just for Kids: A Comic Exploring Coronavirus](#)
- National Association of School Psychologists: [Talking to Children about COVID-19](#)

## At-Home Learning



- [Orange County Department of Education](#): information on distance learning.
- [First 5 Association](#): resources for children and families including coping with stress and education and at-home learning resources.
- [Kid Builders](#): activities to build your child's healthy body and mind, for infants, toddlers and preschoolers.

## Financial Support for Nonprofits & Individuals

[OC Community Resiliency Fund](#): grants available to support community clinic operations; community-based organization operations; and emergency grants to individuals impacted by COVID-19.

## Up-to-Date COVID-19 Information

[Centers for Disease Control and Prevention](#)

[Orange County Health Care Agency](#)

[Orange County Business Council](#)