



Covid-19 Specific

- **Important Hotlines:**

- Depression/Anxiety Crisis Hotline Text “Home” to 741741 for texting support (if texting is preferred over phone calls) <https://www.crisistextline.org/texting-in>
- National Domestic Abuse Hotline (Avoiding public spaces and working remotely can help to reduce the spread of COVID-19, but for many survivors, staying home may not be the safest option. We know that any external factors that add stress and financial strain can negatively impact survivors and create circumstances where their safety is further compromised.) Call 1-800-799-7233 or TTY 1-800-787-3224 or chat on: <https://thehotline.org>

- **Free Lunch Assistance (during school closures):**

- Free lunches and breakfast for anyone under 18 years old in San Jose: [Click here](#)
- Free lunches and breakfast for anyone under 18 years old in Sunnyvale:
- Bishop, Lakewood, San Miguel, Vargas, or Columbia Middle School, Monday-Friday from 11-1 p.m, **Child must be present.**

- **Resources for Parents:**

- [Making the Most of COVID-19 School Closures \(by an occupational therapist\)](#)
- [Enrichment Activities for Children while Parents Work from Home](#)
- A great way to teach little ones the power of washing hands: [Click here](#)
- Thoughtful Parenting Ideas: [Click here](#)
- Tips for Parenting During a Pandemic: [Click here](#)
- Resources for the New Reality (for Special Needs Families): [Click here](#)

- **Social Stories about Covid-19:**

- [EasterSeals: My Coronavirus Story](#)
- [Carol Gray Social Stories: Pandemics and the Corona Virus](#)
- [Autism Speaks: Flu Teaching Story](#)
- [Autism Society: Germs Social Story](#)
- [CDC: Steps for Washing Your Hands](#)
- [Harbor School: The Corona Virus Social Story](#)
- [COVID-19 social story for kids with autism](#)
- For younger clients about COVID-19. It's also available in Spanish and about 9 other languages. <https://www.mindheart.co/descargables>



Pacific Autism
CENTER FOR EDUCATION

Connect • Support • Educate

1880 Pruneridge Avenue, Santa Clara, California 95050

Tel: 408.245.3400 Fax: 408.260.7267

www.pacificautism.org

- For tweens from NPR: [Click here](#)
- **Support Groups:**
 - [Helping Parents Autism Lectures and Parent Support Groups](#)
- Free meditation for healthcare providers: <https://www.headspace.com/health-covid-19>