



LOMA LINDA UNIVERSITY HEALTH VACCINATION CLINIC

COVID-19 Self-Care Resources

While this is a challenging time, we know that humans are very resilient and that we will get through this together. To help support our community, we've created and collected some materials that we hope will be useful to you.

San Bernardino County Department of Behavioral Health 24/7 Access & Referral Helpline

- Call 1-888-743-1478 or 909-386-8256
- Or visit <https://tinyurl.com/sbservices>

Apart but Not Alone: Virtual Care Services

- Visit <https://tinyurl.com/apartnotalone>

Loma Linda University Prayer Line

- For prayer, call 909-558-4880

Video: Ways to Reduce Your Anxiety

- Watch at <https://tinyurl.com/llureduceanxiety>

Video: Increase Your Resiliency

- Watch at <https://tinyurl.com/lluresiliency>

iChill Phone App

- Visit <https://tinyurl.com/ichillapp>

Help Children Cope with Stress During COVID-19

- Visit <https://tinyurl.com/c19childstress>

Wellness Tips

- **Sleeping Tips:** Visit <https://tinyurl.com/c19sleep>
- **Coronavirus Anxiety Workbook:** Visit <https://tinyurl.com/c19workbook>
- **COVID-19 Mental Health Handbook:** Visit <https://tinyurl.com/c19handbook>

Specialized Resources

- **Domestic Violence Survivors:** Visit <https://tinyurl.com/lluc19dv>
- **LGBTQ+:** Visit <https://tinyurl.com/c19lgbtq>
- **Children:** Visit <https://tinyurl.com/covidkidsbook>
- **Veterans:** Visit <https://tinyurl.com/c19veterans>
- **Older Adults:** Visit <https://tinyurl.com/c19olderadults>
- **Down Syndrome Community:** Visit <https://tinyurl.com/c19downsyndrome>
- **Caregivers:** Visit <https://tinyurl.com/c19caregivers>
- **Frontline Workers:** Visit <https://tinyurl.com/c19frontline>
- **Health Care Professionals:** Visit <https://tinyurl.com/c19healthcare>