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

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

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