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Office for the Protection of Children & Vulnerable Adults

Santa Clara County Community Resources Directory During COVID-19

April 15, 2020

Our new normal increasing feels as if the only thing that is certain is uncertainty. Lately, it feels like every day we find ourselves in an entirely new set of circumstances, which can be unsettling, overwhelming, or may even leave one panic-stricken. This formula can trigger volatility in our homes, which can lead to child abuse and family violence, if it is not met with support and compassion.

Whether we unexpectedly experience a loss of employment, housing, basic necessities, access to healthcare, or we face a mental health crisis due to these factors, the reality is that during these unprecedented times, our needs can change quickly and without warning. Fortunately, if families access relevant services that address their needs, the triggers for possible abuse are significantly decreased. The good news is that Santa Clara County is resource-rich and families can readily find assistance with a little guidance.

In this week's bulletin, we are highlighting a few local resources that can aid with a diversity of hardships, and thus lead to safer and healthier families. Although you may not currently be in need of assistance, we recommend that you familiarize yourself with what is available. It is best to be prepared in case you or someone you know experiences an abrupt change in their life circumstance. Also, please share the links with family and friends. They may be suffering in silence and could possibly benefit from local services. Just as our Easter message shows us that we are all connected by the "Tree of Life" - Jesus victorious in the Cross - we join in solidarity to aid one another and nurture safe and healthy families.

[Santa Clara County Community Resources Directory During COVID-19](#) – Resources include: family resource centers, developmental and behavioral health services, intimate partner and family violence, free access to internet and Wi-Fi, emergency childcare, financial assistance, housing and temporary shelters, food assistance, family activities, immigration and legal services and support, emergency oral health/dental services, pharmacy services (may be eligible for free medication), and assistance with utilities. Services are available by county or zip code. If you need help accessing resources, please call 2-1-1.

[Parenting Under Pressure](#) - Online 4/21/2020 @ 2pm: This free online webinar outlines proven strategies for helping parents deal with the difficult feelings they may be experiencing.

[Parent Hotline](#): Bay Area TALK 1-415-441-5437. Provides 24-hour support for parents and caregivers in the Bay Area.

[Santa Clara County Suicide and Crisis Hotline](#): 1- 855-278- 4204. 24-hour crisis and suicide hotline for adults and older adults.

[Bill Wilson Center's SOS Crisis Hotline](#): 1-408-278-2585. Supports parents and serves youth between the ages of 5-17 who may be experiencing behavioral or mental health crisis.

[Bill Wilson Center's Young Adult Support Hotline](#): 1-408-850-6140. Provides immediate mental health services to young people ages 16-24 years old.

[Santa Clara County Crisis Text Line](#): Text **HOME** to 741741. Free 24/7 Crisis Text Line.