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*Helping Children Thrive!*

DG Therapy remains committed to helping families and children in need. Although this is a trying time, and we are limited with the information we have, we know that we can get through this together, as a community, one step at a time.

Below are some resources that may be able to assist you. If you cannot find a specific resource you are looking for, please contact HR at 562.693.5449 ext 232 or via email [arpio@dgtherapy.com](mailto:arpio@dgtherapy.com).

**[211 L.A. County Resource Line](#)** - 211 LA is the central source for providing information and referrals for all health and human services in LA County. It is open 24 hours, 7 days a week, with trained Community Resource Advisors prepared to offer help with any situation, any time.

**COVID-19 Tips & Resources for Families with Young Children**  
<https://www.first5la.org/parenting/articles/tips-for-families-with-young-children/>

**LA Food Bank - Food Pantry Locator** - To find a local food pantry in your area, visit: <https://www.lafoodbank.org/find-food/pantry-locator/>

#### **Get financial help!**

Use this link to find out info about unemployment, evictions, relief from financial institutions and more.  
<https://covid19.ca.gov/get-financial-help/#top>

**Meals for seniors:** L.A. City's Emergency Senior Meals Response program - if you are over 60 years of age and in need of a home-delivered meal or know someone who is, please call 213-263-5226 or visit [Coronavirus.LACity.org/SeniorMeals](http://Coronavirus.LACity.org/SeniorMeals)

#### **Mental Health Resources:**

- Mental Health Resources: **[Disaster Distress Helpline](#)**: Call [800-985-5990](tel:800-985-5990) (TTY [800-846-8517](tel:800-846-8517)) or text TalkWithUs to [66746](tel:66746) for 24/7 support.
- **[Crisis Text Line](#)**: Text HOME to [741741](tel:741741) for 24/7 crisis support.
- **[California Suicide & Crisis Hotlines](#)**: Find phone numbers and links to all the suicide and crisis hotlines by county in California.
- **[CalHOPE Peer-Run Warm Line](#)**: Call [833-317-HOPE](tel:833-317-HOPE) (4673) for 24/7 non-emergency support from someone with lived experience persevering in a crisis.

#### **In need of childcare?**

<https://mychildcare.ca.gov/#/home>

**Find out where you can get tested for COVID -19**  
<https://www.arcgis.com/apps/Nearby/index.html?appid=43118dc0d5d348d8ab20a81967a15401>