

# UCLA PRITZKER CENTER COVID-19 RESOURCE

## MAINTAINING YOUR WELL BEING



- Pause. Breathe. Notice how you feel. Repeat regularly!
- Make time to sleep & exercise.
- Maintain structure by establishing routines
- Preserve personal hygiene and clean living spaces.
- Eat plenty of fruits and vegetables.
- Take breaks from COVID-19 content.
- Stay connected—physical distance does not mean social isolation!
- Reach out—seek help from professionals and friends.

## 24/7 MENTAL HEALTH HOTLINE

LACDMH



CALL (800) 854-7771  
TEXT "LA" to 741741

If you are struggling with stress, anxiety, or depression contact the Los Angeles County Department of Mental Health for 24/7 support.

## MINDFULNESS RESOURCE

HEADSPACE



Free subscriptions to Headspace's mindfulness platform for all LA county residents. Sign up to access meditations, as well as sleep and movement exercises, designed to help you care for your mind.

<https://www.headspace.com/lacounty>

## RESOURCE GUIDE

DMH-UCLA PREVENTION CENTER OF EXCELLENCE



Curated resource guide from around the web to support your wellbeing and that of the families you serve.

<https://www.wellbeing4la.org/resource-guide>

## FAMILY STRENGTHENING PROGRAM

PARENTS ANONYMOUS



Hotline to provide safe, immediate, and accessible help to parents, caregivers, and youth who are experiencing higher levels of stress due to COVID-19. You can reach a live person 7 days a week at **1-855-427-2736**.



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UCLA Pritzker Center for  
Strengthening Children and  
Families



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