



# COVID-19 RESOURCES & INFORMATION

## Superior Court of California, County of Los Angeles

The Court is committed to supporting the well-being of its employees. When you hear, read, or watch news about the Coronavirus (COVID-19) outbreak, you may feel anxious and uncertain. These feelings are normal, and we strongly recommend that employees seek professional help if they or a loved one are having difficulty coping during this rapidly changing time.

The Los Angeles County Employee Assistance Program (EAP) offers free, professional counseling services to employees and their dependents. For information about or to speak to a licensed professional of this program, please call (213)738-4200, or visit <https://hr.lacounty.gov/subsites/EAP/default.htm>.

### Hotlines and Resources

- **Los Angeles County Health, Human, and Social Services:**
  - Help Line: 211 (Dial 2-1-1)
  - 211 LA County is the hub for all types of health, human and social services in Los Angeles County, providing callers with information and referrals to the services that best meet their needs.
- **Anthem Blue Cross**
  - 24/7 Nurse Line: (800) 700-9184
  - COVID-19 Resources: <https://www.anthem.com/ca/blog/member-news/how-to-protect/>
- **CAPE/Blue Shield**
  - 24/7 Nurse Line: (877) 304-0504
  - COVID-19 Resources: <https://news.blueshieldca.com/2020/03/06/update-members-coronavirus>
- **Cigna**
  - 24/7 Emotional Support Line: (866) 912-1687
  - 24/7 MD Line: (888) 726-3171
  - COVID-19 Resources: <https://www.cigna.com/individuals-families/health-wellness/topic-disaster-resource-center/coronavirus-public-resources>
- **Kaiser**
  - 24/7 Advice Line: (833) 574-2273
  - COVID-19 Resources: <https://healthy.kaiserpermanente.org/alerts/p1/2019-novel-coronavirus-feb-2020>
- **United HealthCare**
  - 24/7 Emotional Support Line: (866) 342-6892

- 24/7 Nurse Line: (866) 747-4325
  - COVID-19 Resources: <https://www.uhc.com/health-and-wellness/health-topics/covid-19>
- **24-Hour Department of Mental Health Access Line**
  - (800) 854-7771
  - The ACCESS line serves as the primary entry point for mental health services with the Los Angeles County Department of Mental Health. Services provided by ACCESS line staff include:
- **24- Hour Suicide Prevention Lifeline**
  - (800) 273-8255 or text 838255
  - The National Suicide Prevention Lifeline connects you with a crisis center closest to your location. Your call will be answered confidentially by a trained crisis worker who will listen empathetically, work to ensure that you feel safe, and help identify options and information about mental health services in your area.
- **24-Hour Domestic Violence Hotline**
  - (800) 799-7233
- **Disaster Stress Hotline**
  - (800) 985-5990 or text TalkWithUs to 66746
  - The Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
- **L.A. Found**
  - (833) 569-7651
  - [LAfound@wdacs.lacounty.gov](mailto:LAfound@wdacs.lacounty.gov)
  - L.A. Found is a countywide initiative to help locate individuals who wander due to dementia, Alzheimer's, autism or other cognitive impairing conditions

## Stress Management Resources

- [California Surgeon General's Playbook: Stress Relief For Caregivers and Kids During COVID-19](#)
- [Centers for Disease Control and Prevention: Coping with a Disaster or Traumatic Event](#)
- [Centers for Disease Control and Prevention: Stress and Coping](#)
- [Centers for Disease Control: Taking Care of your Emotional Health](#)

## Financial Help & Resources

- [California's Labor and Workforce Development Agency \(LWDA\) chart of benefits available for workers affected by COVID-19.](#)
- [California Employment Development Department \(EDD\) resources for workers affected by COVID-19.](#)
- Relief from Financial Institutions – [See a list of participating financial institutions](#) who have agreed to provide the mortgage and fee relief announced by Governor Gavin Newsom on March 25, 2020.
- 90-Day Grace period for all mortgage payments – If you are impacted by COVID-19, these [financial institutions](#) will offer mortgage-payment forbearances up to 90 days, which will allow you to reduce or delay your monthly mortgage payment.

## Miscellaneous Resources

- **Los Angeles County Library**
  - [Click here to sign up for a Digital Library Card](#) that will give you access to all of the Library's digital offerings, including eBooks, audiobooks, magazines, movies, TV, homework help, online classes, and more.
- **Free Meals at Grab & Go Food Centers**
  - Los Angeles Unified, in partnership with the Red Cross, will continue to provide nutritious meals to all students who need them during the temporary closure of schools. Our Grab & Go Food Centers will be open beginning Wednesday, March 18, and will be staffed weekdays from 7 a.m. to 10 a.m. Each child can take home two nutritious meals. To find the closest Grab & Go Food Center, visit this [link](#).