

San Marcos Unified School District Community Resources

Disclaimer: San Marcos Unified School District assumes no responsibility for the payment, services rendered, or admission into any service listed below. This is not an exhaustive resource list.

General Info and Resources

[San Marcos Unified School District](#), Family Q&A and Resources

[San Diego County Office of Education](#)

Includes news updates, resources, and links to helpful websites including the CDC

[211](#)

All purpose resource information line; Explore website or Call 211 to connect to a resource specialist about needs including **CalFresh (EBT/Food Stamps) and CalWorks (direct cash aid to families)**

[North County Resource Guide](#) created by 211

[Community Resource Center](#)

Located in Encinitas. Phone: (760) 753-1156. Provides Domestic Violence Services (hotline: 877-633-1112), Integrative Services for those experiencing homelessness, Counseling Services and Food & Nutrition Services

Employment Resources

CA Employment Development Department, [Coronavirus 2019 \(COVID-19\) FAQs](#) Disability and Paid Family Leave Benefits

[Unemployment Benefits](#): Information and links to file for benefits in the event of job loss

Food

San Marcos Unified School District

Breakfast and Lunch meals offered at our schools. "Grab & Go" style meals may be picked up at each school from 11:00 am - 1:00 pm Monday through Friday. See [SMUSD](#) website for more information.

Provision SD Backpack Program

Lisa M. Skinner 760-580-7562, Spanish Speaking Families: Gema Cosio at 760-443-5801 or Backpacks@CrossingChurch.com

[Food Pantry Resources](#), San Diego Food Bank

[Food Distributions](#), countywide map by Feeding San Diego

[Neighborhood Distribution Program](#) by San Diego Food Bank

[CalFresh Application](#): apply for monthly food subsidy in the form of an EBT debit card that can be used to purchase food

Child Care

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[YMCA Child Care Referrals](#) 1-800-481-2151

[San Diego County Centralized Eligibility List](#) 1-800-521-0560 (Help for low income families with paying for childcare; may have wait list)

Health and Wellness

Wellness:

[CDC tips for managing stress](#)

Helpful Apps:

- Headspace
- Calm.com
- Moodtools
- Virtual Hope Box
- Breathe
- Reflectly

Physical Health:

[North County Health Services](#) (Medi-cal, Sliding scale low income), 760-736-6767 (San Marcos)

[Vista Community Health Clinic](#) (Medi-cal, Sliding scale low income) 844-308-5003 (Multiple locations, same number)

[Neighborhood Health Care](#) (Medi-cal, Sliding scale low income) 760-690-5907 (Escondido)

[Rady's Children's Hospital](#) (Medi-cal) 858-576-1700 (Multiple locations)

Mental Health:

For counseling referrals, contact your insurance provider for a list of covered mental health providers, ask your primary care health provider or call The Access and Crisis Line 888-724-7240, available 24/7.

New Alternatives (Medi-cal or Uninsured) 760-798-0299

Rady's Children Outpatient Psychiatry Clinics (Medi-cal Only) 760-294-9270 (Escondido), 858-966-8268 (San Diego)

Palomar Family Counseling (Medi-cal, Sliding scale low income) 760-741-2660 (Escondido), 760-630-3505 (Vista)

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Psychiatric Centers of San Diego (619) 528-4600 (Various San Diego locations)

[North County Lifeline](#) (Medi-cal, Sliding scale low income), 760-757-0118 (Vista)

[Mental Health Systems](#) (Medi-cal, Sliding scale low income) 760-747-0205 (Escondido)

PsyCare (Therapy and Psychiatry) (858) 279-1223 (San Marcos)

Helpful App:

[National Alliance on Mental Illness, San Diego County Chapter resource app, oscER San Diego](#)

Mental Health Emergency Evaluation Centers:

If you feel you or a loved one is experiencing a mental health emergency, contact 911.

Access and Crisis Line 888-724-7240

For Children and Adolescents:

Aurora Behavioral Health (858) 487-3200

Sharp Mesa Vista Hospital (858) 278-4110

Emergency Screening Unit (619) 421-6900

North County Crisis and Intervention Response Team 760-233-0133 (Escondido), limited hours

Legal

[Legal Aid of San Diego](#), for low-income families, 1-877-534-2524

[U.S. Citizenship and Immigration Services, COVID-19](#) - effects on public charge rule

[San Diego Rapid Response Network](#), (619) 536-0823, assists with immigration emergency needs (raid, arrest, checkpoint, and/or harassment)

Housing and Shelter

[Rental Assistance and Affordable Housing Directory 2020](#)

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[Emergency Shelter Contact List](#)

Rent Assistance during COVID-19 health crisis: [San Diego Foundation](#)

Academics

San Marcos Unified School District families and students are encouraged to access our [Student Learning Activities](#) tab located on our website. There, you will find resources to engage your children during the school closures.

Academic services for schools not offering online learning opportunities: [Khan Academy](#)

Internet, possibly free or reduced cost:

- [Comcast](#)
 - [Spectrum](#)
 - [Cox Communications](#)
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More information

[Talking to Children About COVID-19 \(Coronavirus\): A Family Resource](#)

Para obtener información en español, haga clic en la segunda pestaña debajo de "Related COVID-19 Resources"

[How to talk to a child about the Coronavirus, KidsHealth](#)

[Coronavirus \(COVID-19\): ¿Cómo hablar con su hijo sobre este virus? \(para Padres\) - Nemours KidsHealth](#)

[Talking to Kids about the Coronavirus, Child Mind Institute](#)

[Como hablar con los niños sobre el coronavirus](#)

[Explaining Coronavirus to a Child with Anxiety](#)

[COVID-19 and managing mental health, JED Foundation](#)

[A social story on how to talk to kids about Coronavirus](#)