

COVID-19 RESOURCES

新冠病毒期间 可帮助的资源

Click [here](#) to view the PUSD COVID-19 Information Webpage

点击[here](#) 查看PUSD COVID-19信息网页

Food 食物	Health Information and Resources 健康讯息和资源	Childcare 儿童照顾	Chromebooks/ Internet 笔记型电脑/网络
Unemployment Insurance 失业保险	Disability Insurance 残疾保险	Rent Assistance 房租协助	Utility Assistance 水电费协助
Alameda County Government Assistance Programs	Educational Resources & Websites for students 学生的教育资源和网站	Parents' Guide to Google Classroom 给家长的Google 课堂指南	Tri-Valley SELPA Resource List
PUSD School Counselor Webpage 学区辅导员网页	Elementary Counseling Remote Learning from Home	Middle School Resources (Hart MS) (PMS) (Harvest Park MS)	High School Resources (FH nbs) (AVHS) (Village)
Articles & Resources on Stress/Anxiety & Dealing with COVID-19 有关压力/焦虑和如何 应对COVID-19 的文章和资源	Apps For Self-Care 自我保健应用程式	Grief & Loss 丧亲与悲伤	Mental Health/Crisis Support 心理健康/危机支援
<i>Resources in English</i>	<i>Resources in Spanish</i>	School Social Worker Resources 学校社工资源服务 帮助项目	General Wellness Resources for Teens & Parents 给青少年和父母的一般 保健