

# Resource Guide for Families

- [COVID-19](#)
- [Food Resources](#)
- [Medical Resources](#)
- [Mental Wellness](#)
- [Resources](#)
- [Legal Supports](#)



To best serve our students and families during LAUSD school closures and in response to COVID-19, we have created a resource guide to support school administrators and teachers in the Partnership for Los Angeles Schools’ network as family needs and/or questions arise about resources. This guide will be continuously updated with resources.

For additional resources call:  
**LAUSD District Family hotline: (213) 443-1300**  
and tell the representative what services your family needs.  
This hotline is open 6:00 a.m. to 6:00 p.m. Monday through Saturday.  
&  
LAUSD [Community Resources Search](#) by resource and location

## Table of Contents

<a href="#">COVID-19</a> .....	2
➤ What is the Coronavirus, how to protect your family and where you can get tested	
<a href="#">Food Resources</a> .....	3
➤ LAUSD Grab & Go Centers	
<a href="#">Medical Resources</a> .....	4
➤ Medical services available for families residing in Boyle Heights, Watts, & South LA	
<a href="#">Mental Wellness Resources</a> .....	5-6
➤ Mental health support and tips for mental wellness for families	
<a href="#">Legal Supports</a> .....	7
➤ Community Partners providing resources and support with legal immigration services	

## COVID-19

What is COVID-19 (CoronaVirus) see links: [English / Español](#)

Information on COVID-19 Prevention see links: [ENGLISH / Español](#)

What is Shelter in Place/Que es "Protegidos en Casa"? See link: [English / Español](#)

For additional resources concerning COVID-19, please visit the [Center for Disease Control & Prevention](#) (CDC), the [Department of Public Health](#), and/or the [Department of Mental Health](#).

### COVID-19 Testing

If you, or someone you know, is experiencing symptoms (cough, fever, shortness of breath) and...

- you have insurance: please reach out to your medical provider to receive a referral and get tested. If you don't have insurance: visit <https://corona-virus.la/> and register for a COVID-19 drive-through test center. You can call the LAUSD District hotline LAUSD District Family hotline: (213) 443-1300 for support with filling out this online form.

*Update as of 05/05/2020*) The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing free COVID-19 testing to **ALL Los Angeles County residents**, whether or not you are experiencing COVID-19 symptoms.

- Priority for the same or next day testing is still given to people with symptoms, such as fever, cough, shortness of breath, chills, muscle pain, headaches, sore throat, or a new loss of sense of smell.
- Testing is also prioritized for certain critical front-line workers who interact with the public while working. Click the Testing for Front Line Workers button for more details.
- Testing is by appointment only.

### Employment

#### [L.A. County Disaster Help Center at \(833\) 238-4450](#)

- If you cannot pay your rent today, your landlord cannot evict you.
- Emergency eviction protections continue to be in place for Los Angeles families through May 31st with a possible extension. This means your landlord cannot evict you and your family due to non-payment.
- If you have not done so already, please [send a letter immediately to your landlord](#) explicitly stating that your loss of income is due to the COVID-19.
- If you need support, Los Angeles County residents should call the L.A. County Disaster Help Center at (833) 238-4450 or email [rent@dca.lacounty.gov](mailto:rent@dca.lacounty.gov). Los Angeles City residents can call (866)-557-7368.
- [Sample Letter on Non-Payment to Landlord](#): If you cannot afford to pay your rent, state officials urge you to submit a letter in writing a week before but no later than within 7 days after your rent is due.

#### [Jewish Family & Community Services](#)

Applying for unemployment benefits? Check out this step-by-step application assistance created by the Jewish Family & Children-East Bay in [English](#) and [Spanish](#)

## Food Resources

The 60 Grab and Go Food Centers are open from 8:00 am - 11:00 am. The food centers most accessible to Partnership schools are:

- Boyle Heights: [Hollenbeck Middle School](#), [Garfield High School](#), and [Belvedere Middle School](#)
- South LA: [Santee Education Complex](#), [LA Academy Middle School](#), [Nava Academy](#), [Manual Arts High School](#)
- Watts: [Markham Middle School](#), [Gompers Middle School](#), and [Southeast High School](#)

For additional locations, please visit the [LAUSD website](#).

Here is also a list of community food resources like food banks, pantry's and hot meal locations by community: [Community Food Resources \(Boyle Heights, SLA & Watts\)](#)

Additional information will be posted [here](#) as soon as it's available.

## Medical Services

### [Health Services Los Angeles County](#)

The Department of Health Services is a website that can be accessed here [“Health Services Los Angeles County”](#). This website is a one-stop for Los Angeles County residents to get information and locate the nearest Health Care Providers in your community, including clinics and hospitals.

BOYLE HEIGHTS	WATTS	SOUTH LA
<p><a href="#">Alma Family Services (Phone intakes only for now)</a> Centro Estrella Alma Family Resource Center Address: 4701 E. Cesar Chavez Avenue, LA, CA 90022 Phone: 323-881-3799 Note: Counseling, 1:1 therapy for children only. All services via phone. <i>Updated as of 04/03</i></p> <p><a href="#">Enki Health and Research - Boyle Heights Site (for Children and Youth only)</a> Address: 560 S. St. Louis St., LA, CA 90033 Hours: Monday-Thursday 9:00 am - 6:00 pm / Friday 8:00 am - 5:00 pm Phone: For intakes at Boyle Heights or other sites - including support for Adults call: 866-227-1302</p>	<p><a href="#">Watts Healthcare - Watts Health Center</a> Address: 10300 Compton Ave, Los Angeles, CA 90002 / phone: (323) 564-4331 Hours: Monday - Friday 8:00 a.m. - 5:00 p.m. Same Day Clinic: Monday - Saturday 8:00 a.m. - 5:00 p.m. Note: taking emergency cases; walk-in; and same-day services. Bring proof of income, 2 recent paystubs, a utility bill, and ID (if undocumented, any photo ID works). WIC clinic will remain open. <i>Updated as of 03/31</i></p> <p><a href="#">Cudahy Family Health Center</a> Address: 7910 Atlantic Avenue, Suite M. Los Angeles, CA 90201 Hours: 7:30 am - 4:30 pm Monday-Friday (Weekends closed) Phone number: by appointment and walk-ins. 323.908.4200 Notes: Accepting new patients; call in advance to make an appointment. They will see anyone regardless of their ability to pay. If not eligible for health insurance, they offer a sliding fee (min. \$30) based on income/ number of people in the household. A school ID is enough for identification purposes.</p>	<p><a href="#">South Central Family Health Center</a> Address: 4425 S. Central Avenue Los Angeles, CA 90011 Phone: by appointment and walk-ins. (323) 908.4200 Hours: 7:00 am - 6:00 pm Monday-Saturday (Closed Sunday) Notes: currently taking in new patients, call in advance to make an appointment. They will see anyone regardless of their ability to pay. If not eligible for health insurance, they offer a sliding fee (min. \$30) based on income and number of people in the household. A school ID is enough for identification purposes. <i>Updated as of 03/31</i></p>

## Mental Wellness

For additional resources call:

LAUSD Mental Health hotline: (213) 241-3840 or [mentalhealth@lausd.net](mailto:mentalhealth@lausd.net)

and tell the representative what services your family needs.

This hotline is open 6:00 a.m. to 6:00 p.m. Monday through Friday.

### LA County Services Available

[Los Angeles County Department of Mental Health](#)

Phone: (800) 854-7771 / (562) 651-2549 TDD/TTY

Note: Access Center 24/7 Helpline

[Asian Pacific Counseling & Treatment Center](#)

Phone: (213) 252-2100

Note: APCTC provides vital services to adults, older adults, adolescents, and children who are dealing with a wide range of mental health and social problems.

[Trans Lifeline](#)

Phone: 877-565-8860

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

[The Trevor Project](#)

Lifeline: 1-866-488-7386 (Suicide prevention hotline)

Note: Safe, accepting and inclusive environments over the phone, online and through text

### Resources to talk to your children about COVID-19

[Common Sense Media: Media Smarts](#)

Note: An article about teaching kids media tips during breaking news including using social media wisely, skepticism, breaks, credible sources, and age appropriateness.

[A Comic Exploring the new Corona Virus](#)

Note: Here is COVID-19 comic by NPR you can look-over with your children about what they might need to know about the coronavirus.

[Explaining the new Corona Virus to Children](#)

Note: Parent handout about positive preventive measures, talking about fears, and giving a sense of some control over their risk of infection to help reduce anxiety.

BOYLE HEIGHTS	WATTS	SOUTH LA
<p><a href="#">Enki Health and Research</a> Description: site only for children and young adults. Address: 560 S. St. Louis St., LA, CA 90033 Hours: Monday - Thursday 9 a.m - 6 p.m./ Fridays 8a.m. - 5p.m. Phone Number 866-227-1302</p> <p><a href="#">Alma Servicios de Familia</a> Description: admission via phone only. Site 2: Centro de Recursos Familiares Centro Estrella Alma Address: 4701 E. Cesar Chavez Avenue, LA, CA 90022 Phone Number: 323-881-379</p> <p><a href="#">El Centro De Ayuda Corporation</a> Address: 2130 E 1st St #110, Los Angeles, CA 90033 Phone: (323) 526-9301 Note: currently serving the community. They provide: Housing assistance through application process. Enrollment for calfresh and medi-cal assistance. Offer Coupons for the Bus. Immigration specialist available. Career advising to support with filing for unemployment. Grocery gift card distribution by providing proof of living in LA (not county) and 2018 or 2019 tax returns. <i>As of 04/03/2020</i></p>	<p><a href="#">Afh Crisis Resolution Services</a> Description: Mental Health Clinic in Los Angeles, California. Address: 1720 EAST 120TH ST. LOS ANGELES CA 90059 Phone number: 1-800-854-7771 ACCESS Center 24/7 helpline / In Addition (310) 668-3403 /Languages: English &amp; Spanish</p> <p><a href="#">Children's Institute in Watts</a></p> <ul style="list-style-type: none"> <li>Physical office is closed due to social distancing. Referrals are being processed and services are continuing for children that were receiving services prior to Covid. Referrals are still accepted now.</li> </ul> <p>Phone number: 1522 E. 102nd Street (323) 523-8600</p>	<p><a href="#">NAMI Los Angeles South Central</a> Note: Find your national alliance mental site through this link. Phone: .310-668-5239</p> <p><a href="#">Belmont High School - Mental Health</a> Address: 180 Union Place Los Angeles, CA 90026 Phone: (323) 644-3880 x702 Mental Health: (213) 241-4451 Hours: Monday - Friday: 8:00am – 5:00pm Mental Health Hours: Monday - Friday: 7:30am – 4:30pm</p> <p><a href="#">Weber Community Center</a> Note: Mental Wellness and Case Management in surrounding LAUSD schools , must have Medi-Cal/SSN Address: 5849 Crocker St Los Angeles, CA 90003 Phone Number: (323) 234-4445</p> <p><a href="#">Central City Neighborhood Partners</a> 501 S. Bixel St., Los Angeles Westlake / Pico-Union, CA 90017 Contact: over the phone 213.482.8618 Case management available for LA residents with middle/high school students. Register over the phone.</p>

## Legal Support / Know your rights

### [CHIRLA - Coalition for Humane Immigrant Rights LA](#)

Description: In California, immigrants have a right to medical care, regardless of immigration status. Go to the website or call the line above for reliable information in your language. Visit their website for more resources.

Address: 2533 West Third Street, 90057 Suite 101

Phone: Immigrant Assistance line: 888.624.4752 / Offices are closed but they are receiving phone appointments. Leave a message to have someone call you back.

### [California Immigrant Youth Justice Alliance \(CIYJA\)](#)

Description: CIYJA put together a resource guide for undocumented immigrants living in California. Their website features information about workers' rights, access to free food, financial assistance, and more. Available in English & Spanish

[Boyle Heights Immigrants Rights Network](#): The BHIRN is a coalition of organizations committed to the education, mobilization, and protection of immigrants in Boyle Heights.

- General Questions 323-685-2231
- To report activity by ICE: 323-922-5644
- [Know your rights](#) / Sus Derechos.
- [Family Preparedness](#) / Preparacion Familiar

[Loyola Immigrant Justice Clinic](#): Is a community-based collaboration of Loyola Law School, Loyola Marymount University, Homeboy Industries Inc. and Dolores Mission Church. The dual-pronged mission is to advance the rights of the immigrant population in East LA through direct legal services, education, and community empowerment.

- Located at Dolores Mission 170 S. Gless St., Los Angeles CA 90033
- During this time, Loyola Law School Campus is closed. To request legal services, please call 213-252--7409.

### [Legal Aid at Work](#)

This provides information about [Undocumented Workers' Employment Rights](#), as well as a [Coronavirus FAQs in English, Spanish & Chinese](#)

### [CARECEN](#)

Description: CARECEN, the largest Central American immigrant rights organization in the country, empowers Central Americans and all immigrants by defending human and civil rights, working for social and economic justice, and promoting cultural diversity. CARECEN continues working on programing and legal cases. If you have a case with one of their staff members, please communicate with your representative directly.

For more information please call 213-385-7800 ext. 136.

Office: currently closed

[https://www.carecen-la.org/COVID\\_19](https://www.carecen-la.org/COVID_19)The COVID-19 pandemic has further shown the federal government's disregard of low-income immigrants and their struggles. In response, CARECEN created the *Immigrant Families Fund* to quell anxiety over this health crisis by disbursing funds for food, housing, and basic needs.