

Need Help During this Coronavirus Pandemic?

The Coronavirus pandemic is a challenging time for many of us; please remember that you are not alone. There are many resources available to support you during this time.

Resources and Information	Phone	Websites and information
Coronavirus Questions & Resources	211	www.211sandiego.org
Social & Spiritual Support - Salvation Army	619-231-6000	www.salvationarmyusa.org/usn/
Seniors Support for Sheltering In Place		
Elder Help	619-284-9281	www.elderhelpofsandiego.org
Aging & Independence Services (AIS)	1-800-339-4661	www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html
Medically Necessary Transportation for Seniors – Elder Help	619-284-9281	www.elderhelpofsandiego.org
Early Grocery Shopping Hours for Seniors and Vulnerable Guests		Call your local store for any further information
Albertsons & Vons		Tues. & Thurs., 7 – 9AM
Walmart Neighborhood Market		Tuesdays, 6 -7AM
Target		Wednesdays, 8 – 9AM
Walgreens		Tuesdays, 8- 9AM
Food Assistance Resources		
Serving Seniors - (Pickup or Delivery)	619-235-6572	www.servingseiors.org/
San Diego Food Bank	1-866-350-3663	www.sandiegofoodbank.org/
Feeding San Diego	858-452-3663	www.feedingsandiego.org/
Salvation Army	619-231-6000	www.sandiego.salvationarmy.org/
Friendly Phone Visits for Seniors		
Elder Help	619-284-9281	www.elderhelpofsandiego.org
Mental Health Services		
Access and Crisis Line	888-724-7240	www.up2sd.org/resources/mental-health-local/