

## Resources for Coping with COVID-19

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[Preparing Your Home](#)

[Coping with Anxiety](#)

[Caring for Children in Disasters](#)

[CDC Information on Managing Stress and Anxiety](#)

[Resources for Older Adults](#)

[National Alliance on Mental Health](#)

[Community Connection](#)

[Social Distancing from SAMHSA](#)

[Mental Health and COVID-19](#)

[19 Ways to Support Mental Health During COVID-19](#)

[SAMHSA Guidelines for Opioid Treatment Programs - Click here for information on Medications Assisted Treatment](#)

[Guidance for People Who Use Drugs and Harm Reduction Programs](#)



## Sacramento Resources

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For general information or questions about COVID-19 in Sacramento, please call 2-1-1 or 1-800-500-4931 or 916-498-1000. You can also email [info@211sacramento.org](mailto:info@211sacramento.org).

[Sacramento County Department of Health Services](#) (provides daily updates)

[Sacramento County Office of Education](#)

## General COVID-19 Information

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[World Health Organization - Coronavirus disease \(COVID-19\) outbreak](#)

[Centers for Disease Control and Prevention - Coronavirus \(COVID-19\)](#)

[Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering \(CSSE\) at Johns Hopkins University \(JHU\)](#)

[US Department of Education](#)

[Resources by State](#)

## California Resources

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[California Department of Public Health](#)

[California Department of Public Health News Releases](#)

[California Employment Development Department](#)

[Labor and Workforce Development Agency](#)

[Los Angeles County Public Health](#)