

## Resources for VUSD Families

The following list of resources is rapidly changing- please also refer to [211sandiego.org](http://211sandiego.org) or call 211

### 24/7 Crisis Response (Beyond Dialing 911)

- Access & Crisis Line
  - [www.up2sd.org](http://www.up2sd.org)
  - Call 888-724-7240
- National Suicide Prevention Lifeline
  - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  - Call 800-273-TALK
- California Youth Crisis Line
  - [www.calyouth.org](http://www.calyouth.org)
  - Call 800-843-5200
- San Diego Warm Line:
  - 619-295-1055
  - Open 3:30pm-11pm 7 days a week
  - *A warmline is a telephone service (aka a call line) for people who are looking for someone to discuss their daily struggles. Warmlines are staffed with peers who have lived experience of mental health struggles themselves and who are open to sharing their stories of challenging situations, recovery, and perseverance. Moreover, they listen to callers share their own struggles. Anyone can call a warmline (for free) to talk about their day, learn more about mental health resources in the area, and/or receive peer support as they themselves serve as a caregiver for a family member going through a mental health crisis.*
- The Trevor Project (LGBTQ support)
  - [www.thetrevorproject.org](http://www.thetrevorproject.org)
  - Call 866-488-7386
- Crisis Text Line
  - [www.crisistextline.org](http://www.crisistextline.org)
  - Text "home" to 741741

### Housing Resources

- [Haven House Escondido Interfaith](#) 550 W Washington Ave, Escondido, CA 92025
  - Call 760-489-6380
- [Interfaith Oceanside](#) 4700 N River Rd, Oceanside, CA 92057
  - Email Eren Hernandez [ehernandez@interfaithservices.org](mailto:ehernandez@interfaithservices.org)
  - Call Eren Hernandez 760-489-6380 x226
- Homeless Outreach Coordinator with [North County Serenity House](#)
  - Call Holly Herring Office: 442-888-5832 Cell: 805-738-2679
  - Email Holly Herring: [hherring@healthright360.org](mailto:hherring@healthright360.org)
- [Operation Hope](#) 859 E. Vista Way Vista, CA 92084
  - Call 760-536-3880

### Food Resources

- [Brother Benno's](#) 3260 Production Ave Oceanside, CA 92057
  - Sack Lunch Distribution 6:30am-10am Monday-Saturday
- Feeding San Diego [Food Distribution Sites - updated regularly](#)
- North County Food Bank Client Choice Pantry Appointments
  - <https://northcountyfoodbank.org/programs/pantry/>
  - (858) 863-5177
- [St. Francis Sack Lunch Ministry](#)
- CA Meals for Kids (Mobile App) [CA Meals for Kids info](#)
  - Download App on smartphone and click on emergency food services for a map of food availability in your area

### Diapers

- Vista Community Clinic- Diaper Distribution Site [VCC Diaper Distribution](#)

### For Resources regarding:

- Basic Needs
- Domestic Violence
- Undocumented and Immigrant Families
- Health Access

- Employee Rights
- Technology for Students & Parents

Please visit:

[Alliance San Diego Resource Page](#)  
[www.211sandiego.org](http://www.211sandiego.org)