



CALIFORNIA DEPARTMENT OF EDUCATION

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PUBLIC INSTRUCTION

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Helping Hands *for the Holidays*

Holiday Support Resources

The holiday season can bring joy and connection, but it may also heighten stress, loneliness, or challenges related to food access, housing instability, or mental well-being. Schools, districts, and community partners can help by sharing the no-cost resources below, available statewide and nationally.

Immediate Support and Emotional Well-Being

Victorville- Crisis Center

Serving individuals needing immediate crisis intervention and stabilization- This Crisis Walk-in Center serves children, adolescents, adults, and older adults in need of immediate crisis intervention and stabilization.

[12240 Hesperia Rd, Victorville, CA 92395](https://www.victorvillecrisiscenter.org/)

[\(760\) 245-8837](tel:(760)245-8837)

988 Lifeline

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Call 988 or visit <https://988lifeline.org/>

Soluna (Ages 13-25)

A no-cost app that offers virtual emotional support, coaching, crisis resources, and connections to community services.

<https://solunaapp.com/>

BrightLife Kids (Ages 0-12 and Families)

No-cost virtual coaching, parent support, and behavioral health resources for young children and caregivers.

<https://www.hellobrightline.com/brightlifekids/>

Mental Health America – Hope for the Holidays

Articles, coping tools, and guidance to help individuals manage stress and emotions during the holiday season.

[Hope for the holidays | Mental Health America](#)

SAMHSA Holiday Emotional Health Resources

Tools, worksheets, and guidance for coping with the holiday season, stress, and substance use concerns.

[Home | SAMHSA - Substance Abuse and Mental Health Services Administration](#)

San Diego County of Education

Mental Health Resources for the Holidays

<https://www.sdcoe.net/about-sdcoe/news/post/~board/news/post/mental-health-resources-for-the-holidays>

Mental Health Tips

- [How to Slow Down and Savor the Holidays](#)
- [5 Ways to Practice Gratitude this Holiday Season - MindWise](#)
- [Avoiding Holiday Stressors: Tips for a Stress-Free Season | NAMI: National Alliance on Mental Illness](#)

Food, Housing, and Community Support

211 California

A free, confidential service available 24/7 that connects individuals with local food assistance, housing support, utility help, and other essential services.

Call 211 or visit www.211ca.org.

Findhelp.org

Search by ZIP code for food, housing, healthcare, transportation, financial support, and more.

[findhelp.org by findhelp - Search and Connect to Social Care](#)

Feeding America

Find food banks and distribution sites in your area. Enter your zip code to find local food banks.

<https://www.feedingamerica.org/find-your-local-foodbank>

California Association of Food Banks

Locate member food banks and programs serving communities statewide. Enter your zip code to find local food banks.

<https://www.cafoodbanks.org/our-members/>

Additional Community Food Resources

- **FoodFinder:** <https://foodfinder.us>
- **Fridge Finder (Community Fridges):** <https://fridgefinder.app>
- **Little Free Pantry Map:** [mini pantry movement](#)

Alliance for a Healthier Generation – Resources to Support Food Access

A collection of tools and guidance to help schools and partners strengthen food support efforts.

[Resources to Support Food Access in Schools and Communities | Alliance for a Healthier Generation](#)

Covenant House California

Covenant House operates shelters and provides services to youth experiencing homelessness.

<https://covenanthousecalifornia.org/>

Tips for Emotional Well-Being During the Holidays

Pay attention to your feelings.

Remember that it is okay to feel unhappy during the holidays. Recognizing your feelings is the first step to addressing and nurturing them.

Develop a plan for when you may be feeling stressed, sad, or lonely.

This plan may include calling a friend or family member, going for a walk, engaging in a joyous activity, or watching a favorite movie.

Be intentional in caring for your mind and body.

Schedule time for yourself to recharge your mind and body. This may include reading a book, working out, time in nature, and practicing stress management skills, such as deep breathing or mindfulness. Remember to eat a balanced diet, get plenty of sleep, and find time for exercise.

Connect with the community.

If you can't be near loved ones, finding a supportive community can help reduce feelings of loneliness and isolation. Consider scheduling a regular phone call with family and friends as well.

Support others during this time of year, as grief and loss can be amplified.

Check in on loved ones who may be alone or struggling. Helping a friend or neighbor not only brings joy to others but can also improve your happiness and well-being.

