

## Resources Available to Support Isolation During COVID-19

### **SF Institute of Aging-Friendship Line**

For people aged 60 years and older, and adults living with disabilities  
800-971-0061  
Available 24/7

### **Archdiocese Helpline**

For individuals to talk over their concerns with a sympathetic person who can help recapture a healthy perspective. In addition, Helpline offers callers an opportunity to pray with someone. All calls are treated confidentially. Referrals to counselors or other assistance available.

Deacon Fred Totah-(415)614-5504  
Dick Collyer-(415)614-5593  
Availability: Monday – Friday, 9am-5pm

### **Anonymous Emotional Health Support**

Text 'Sister Hope' to (478)999-1080  
Facebook and searching for @SisterHopeSF and selecting the icon that looks like a nun

### **Peer-Run Mental Health Talk Line**

For people who need to talk to a Peer Counselor  
855-845-7415  
Available 24/7

### **California COVID-19 Response Website**

Tools for families to manage stress  
<https://covid19.ca.gov/manage-stress-for-health/#top>

### **Compass Family Services**

Provides Mental Health Services for Young Adults (Ages 18 to 24)  
415-642-4525  
Monday to Friday, 9am to 5pm

### **Konko Church of San Francisco**

Provides spiritual counseling (meditation). Everyone is welcome, regardless of faith background  
1909 Bush Street (at Laguna), San Francisco, 94115  
Monday – Saturday, 10am-5:30pm  
Sunday, 8am-1pm  
Drop-in or make an appointment

## Zoom Services

### **Thoughtful Thursdays Mental Health Session- Meets every Thursday at 5pm**

A weekly convening hosted by the Human Rights Commission and Rafiki Coalition addressing health and wellness, including a discussion on personal, community and world issues. It includes meditation and prayer.

<https://zoom.us/meeting/register/tJMkd-2hqj0pGtVHTfjR4Nje9H9gskcJnonp>

### **St. Cyprian's Episcopal meets Sunday @ 11am**

<https://us02web.zoom.us/j/81311658277>

### **Grace Lutheran: Wednesday 7pm Holden Evening Prayer (music and reflection) for the season of Advent**

Topic: GELC Worship/Coffee Hour

LinkTime: This is a recurring meeting Meet anytime

Join Zoom

Meeting <https://us02web.zoom.us/j/84983271339?pwd=QTFwRC9PbHIENk5Ib3IkUkh3cVByUT09>

Meeting ID: 849 8327 1339

Passcode: GracePlaceOne

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+13462487799,,84983271339#,,,,,0#,,6962858321# US (Houston)

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+1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston)

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+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

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