In an effort to support the overall wellness of our TUSD employees, the following resources have been gathered with the intent to provide some relief and assistance to help you navigate current experiences with COVID-19 and the challenges many are facing.

We hope that regardless of where you are in the spectrum of this pandemic these materials are helpful.

**Social Emotional Support**

**Your Wellbeing Is Our Priority!**

**Staff Resources**

- **Launching November 9th!**
  - TUSD Virtual Wellness Center: [www.tusd.org/parents/virtual-wellness-center](http://www.tusd.org/parents/virtual-wellness-center)
  - TUSD Wellness Helpline Contact: Phone - 424-757-4190
    Email - tusdwellness@tusd.org

**Self-Care Resources**

**Wellness Wednesday Workshop Series**
- University of CA, San Francisco: Managing Stress - Apps & More

**TUSD Employee Assistance Program**
- Provides resources on work/life balance, achieving personal goals, health living, financial stability, resilience, managing life events, and recovery

**Local Community Support**

- Beach Cities Health District
- National Alliance on Mental Health
- TUSD Family Engagement Webpage

**LA County Department of Mental Health**
- Wellbeing Line for Teachers/School Staff: 833-307-0509

**Family Supports:**

- Care Solace
- South Bay Families Connected
- National Parent Helpline
- Care for Caregivers
- Grief Supports
- California Surgeon General's Playbook for Caregivers & Kids During COVID-19

**Self-Care Resources**

- Wellness Wednesday Workshop Series
- TUSD Employee Assistance Program

TUSD Virtual Wellness Center: [www.tusd.org/parents/virtual-wellness-center](http://www.tusd.org/parents/virtual-wellness-center)