

## 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)

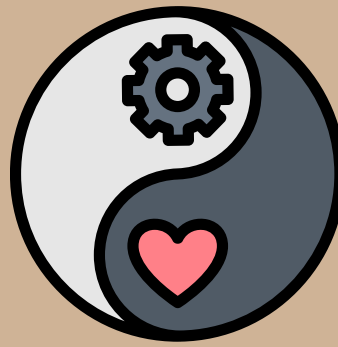
TUSD Wellness Helpline Contact:

Phone - 424-757-4190

Email - [tusdwellness@tusd.org](mailto:tusdwellness@tusd.org)

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.



### Self-Care Resources:

[Wellness Wednesday Workshop Series](#)

[University of CA, San Francisco: Managing Stress - Apps & More](#)

[Self-Care Resources](#)

[TUSD Employee Assistance Program](#)

Provides resources on work/life balance, achieving personal goals, health living, financial stability, resilience, managing life events, and recovery

### 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](#)



### 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