

EMPLOYEE RELATIONS RESOURCE GUIDE

To Assist SWCCD Employees during the Covid-19 Pandemic
Provided by the SWCCD Employee Relations & Title IX Office

ADDICTIONS:

Tobacco

[Quit Smoking – CDC](#)

[Smokefree.gov](#)

[Nicotine Anonymous](#)

[Free Smoking Cessation Program](#)

Alcohol

[Alcoholics Anonymous](#)

Crystal Meth

[Crystal Meth Anonymous](#)

Prescription Drugs & Cold Medicines

[Prescription Drug Abuse Information](#)

Gambling

[Problem Gambling](#)

[Gambler’s Anonymous](#)

CAREGIVER RESOURCES:

[Caregiver Action Network](#)

[Caps4caregivers.org](#)

[NCOA Benefits Check up](#)

DEBT MANAGEMENT:

[CareConnect USA](#)

[Clear Point](#)

[Federal Trade Commission: Coping with Debt?](#)

DOMESTIC VIOLENCE:

[National Domestic Violence Hotline – 800-799-SAFE](#)

[National Child Traumatic Stress Network](#)

[Domesticshelters.org](#)

[SD County District Attorney – Regional DV Resources Guide - English](#)

[SD County District Attorney – Regional DV Resources Guide – Spanish](#)

[SD County Sheriff’s Office – Domestic Violence Info](#)

[YWCA – Becky’s House DV Programs – 24 hr. hotline – 619-234-3164](#)

[Women’s Shelters – directory of women’s shelters](#)

[Center for Community Solutions](#)

FINANCIAL ASSISTANCE:

[Covid-19 IRS Relief Payments](#)

[State Compensation Insurance Funds \(Essential Worker / Essential Business\)](#)

[SSI & Economic Stimulus Payments](#)

[California Connects – Low cost mobile internet for CA Community Colleges](#)

[State Franchise Tax Board – Covid-19 Extensions to file and pay](#)

FOOD ASSISTANCE:

[Meals 4 Kids Mapping Tool](#)

INFO, SERVICES & RESOURCE LOCATORS:

[211 San Diego](#)

[State of CA Employment Development Department List of Resources](#)

[State of CA Employment Development Department – Covid-19 info](#)

[DMV Extends All Expiring Driver Licenses](#)

[State of CA Covid-19 Guide for Immigrant Californians](#)

LAYOFF RESOURCES:

[State of CA Employment Development Department Layoff services/WARN](#)

[U.S. Dept. of Labor – Plant closings and layoffs](#)

[State of CA Unemployment Insurance](#)

[State of CA Employment Development Department – Resources](#)

[State of CA Employment Development Department – Resources for job seekers](#)

LEGAL RESOURCES:

[Legal Aid Society of San Diego](#)

[San Diego Volunteer Lawyer Program](#)

[SD County District Attorney Consumer Protection](#)

[City of Chula Vista Development Services Housing Resources](#)

MEDIATION SERVICES:

[California Department of Consumer Affairs](#)

MENTAL HEALTH:

[Substance Abuse and Mental Health Service Administration](#)

[American Psychological Association \(APA\)](#)

[National Institute of Mental Health](#)

[On-line Psychological First Aid Course](#)

[Kognito CCC Student Mental Health Program](#)

SUICIDE AWARENESS:

[National Suicide Prevention Hotline](#)

[Suicide Prevention Information and Advocacy](#)
[American Foundation for Suicide Prevention](#)
[The Trevor Project – LGBTQ](#)

VETERANS RESOURCES:

[Military OneSource](#)
[Veterans Employment Toolkit](#)
[National Center for PTSD](#)
[SD County HHS Office of Military & Veterans Affairs](#)

VIOLENCE RESOURCES:

[American Psychological Association – Resilience articles](#)
[U.S. Department of Veterans Affairs, National Center for PTSD – Understand PTSD](#)
[Substance Abuse and Mental Health Services Administration – “Types of Trauma and Violence”](#)
[National Center on Domestic Violence - LGBTQ](#)
[LGBTB National Help Center Hotline \(888\)-843-4564](#)
[One Love – Spotting Unhealthy Relationships videos](#)
[On-line resource library on Gender-Based violence](#)
[Title IX Sexual Violence Awareness & Prevention](#)

WORKPLACE BULLYING:

[Workplace Bullying Institute](#)
[StopBullying.gov](#)
[Cyberbullying Research Center](#)
[What is Cyber Bullying?](#)