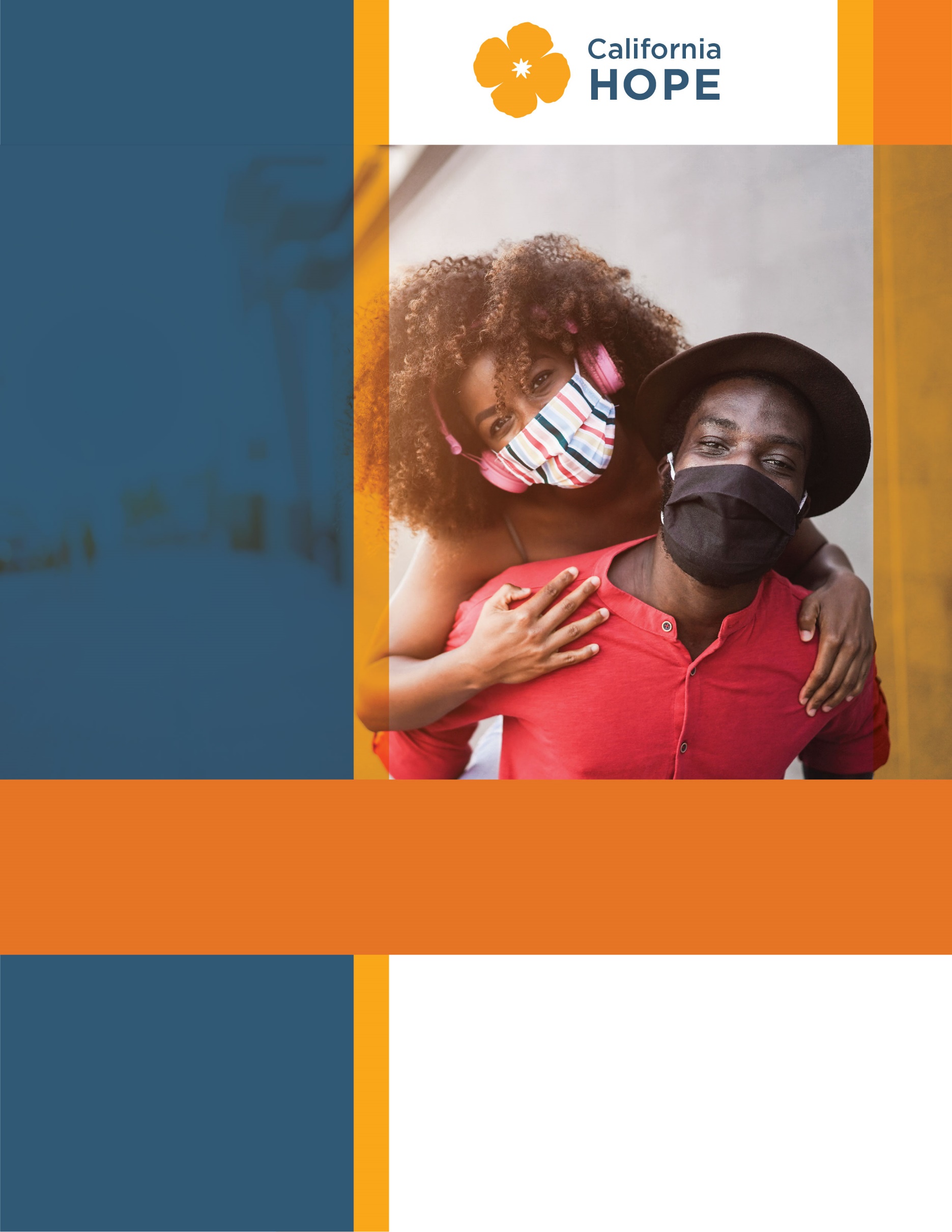
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**HOPE LIVES  
HERE**

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**Call the CalHOPE Warm Line:**

**Call our Support Line at Allies For Every Child:**

(424) 258-0065

(leave a message with your name and number on the voicemail and a counselor will call you back asap)

Or email us your contact info for a call back:

AlliesCalHope@Gmail.Com

**(833) 317-4673**

**or to chat, visit**

[**calhopeconnect.org**](https://www.calhopeconnect.org/)



**Allies’ CalHOPE program is offering crisis counseling during the pandemic. We offer a listening ear, resources, and information to help you find your way and meet your needs during these difficult times.**

**The CalHOPE program at Allies for Every Child is offering CONFIDENTIAL, ANONYMOUS crisis counseling during the pandemic. We offer a listening ear, resources, and information to help you find your way and meet your needs during these difficult times.**

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**For more information, you can also call the CalHOPE Warm Line:**

**(833) 317-4673**

**Or to chat, visit:**

[**CalHopeConnect.Org**](https://www.calhopeconnect.org/)

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**Tips to Manage Stress:**

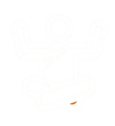
**Take a break from the news   
if it’s causing you to feel overwhelmed.**

**Maintain social contact by phone, text, or email with those who support you.**

**Treat your body kindly—eat healthy foods, avoid excessive alcohol, and exercise as you   
are able.**

**Focus on what you can control,**

**and let go of the rest.**

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**Focus on what you can control, and let go of the rest.**

[**calhope.org**](https://www.calhope.org/)