



brighter**bites**<sup>®</sup>

## HEALTH RESOURCES FOR YOU AND YOUR FAMILY

AS OUR DAILY LIVES CONTINUE TO ADAPT TO THE CHANGES HAPPENING IN OUR COMMUNITY DUE TO COVID-19 (CORONAVIRUS), WE WANT TO PROVIDE A LIST OF RESOURCES FOR YOU AND YOUR FAMILY TO HELP YOU STAY HEALTHY AND WELL.



### FOOD:

- All Food Resources: <https://coronavirus.dc.gov/food>



### CLINICS/DOCTORS:

- Prince Georges County Coronavirus hotline: 8am-8pm: (301)-883-6627 with any questions or concerns.



### MENTAL HEALTH:

- <https://dbh.dc.gov/page/dbh-operations-information-and-resources-during-covid-19>
- <https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/Maintaining-Your-Mental-Health-3-19-20-English.jpg>
- <https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/Maintaining-Your-Mental-Health-3-19-20-Spanish.jpg>



### DOMESTIC VIOLENCE:

- To reach the hotline, dial or text 1-844-4HELPDC (1-844-443-5732) or access the online chat at [www.DCvictim.org/chat](http://www.DCvictim.org/chat)



### RESOURCES IN OTHER LANGUAGES:

- <https://coronavirus.dc.gov/page/translated-materials-0>

*Our number one priority is the health and well-being of our employees and the families and communities we serve. We hope that these resources will help ensure that you are able to continue to stay healthy and well during these tough circumstances.*

*-The Brighter Bites Washington, D.C. Team*