The COVID-19 pandemic has impacted everyone's life, from loss of work and income to illness to social isolation, and it's completely normal to feel overwhelmed. Everyone responds to stress differently, and focusing on your mental well-being will help you get through this time. This week, we will look at how to focus on your well-being during COVID-19.

### Coronavirus: Mental Health and Well-being Support

Managing worry around COVID-19 and tips on how to practice self-care.

#### Employee Assistance Program - We're Here for You

Need individual confidential telephone counseling?

[Visit DHR](https://www.dhr.org) for more information.

#### Do your part: Stop the spread. Together we can save lives.

[TrueRemove®](https://www.trueexclusive.com) communications

[Refill your Personal Protective Equipment](https://www.dhr.org)

[Visit the website](https://www.dhr.org) for more information.

####学校年

SFUSD has announced that schools will remain closed until the end of the School Year, which is currently scheduled to end in late June. All students will continue to receive instruction to distance learning through the end of the academic year.

#### Update 13.

Beginning Monday, April 6, 2020, free breakfasts and lunches will be available at all SFUSD campuses throughout the course of the school year for those in need.

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