



Crisis House Connector

May 2020 Newsletter

Happy Mother's Day!

After 50 years of service, it is our honor and privilege to have helped numerous mothers on their journey toward permanent housing and independence. Currently, the 59 women we serve today are safe, free and able to enjoy this day with their children.



As this is a critical time for mothers who are at risk due to COVID-19 movement limits, our thoughts are with those enduring heightened levels of domestic violence.

On behalf of Crisis House, we hope you have a wonderful
Mother's Day!

Mental Health Awareness Month

Millions of Americans face the reality of living with a mental illness. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. The challenges brought by homelessness and domestic violence abuse are addressed and mitigated at Crisis House everyday.

Staying connected is critical now more than ever. We must remember that physical distancing does not mean isolation from others. Take time to reach out to someone who you know may be struggling or alone.

If you are experiencing mental health issues or domestic violence abuse, please call:

Mental Health Hotline: 1(888) 724-7240

San Diego Domestic Violence Hotline: 1(888) 385-4657

National Domestic Violence Hotline: 1(800) 799-7233

Amazon Wishlist

Interested in **making a difference** from the safety and comfort of your own home? Please visit our [Amazon Wishlist](#) for essential items to keep our Resource Center open and able to assist our San Diego community!

If you are interested in personally donating necessary items, please drop them off Monday through Friday from 9:00 am to 4:00 pm at our Resource Center.

Crisis House is also on AmazonSmile! 0.5% of Amazon product purchases on AmazonSmile directly benefit Crisis House.

To learn how to add Crisis House to your AmazonSmile, click [here!](#)

Thank you for your continued support and stay safe!



COVID-19 Updates

Crisis House remains operational during these times of uncertainty and continues to provide direct services to the most vulnerable in



our San Diego community!

Our homeless clients can continue to access mail services, meals, crisis intervention, information, and referrals.

Our four domestic violence programs also continue operations with case management and individual counseling, along with support from our Resource Center providing diapers and food.

Our Outreach Team is providing hygiene kits to our homeless clients as supplies last.

As an essential service, Crisis House remains committed to serving those experiencing homeless and abuse. We are open

Monday through Friday from 11:00 am - 3:00 pm for client services.

[Donate Now](#)

STAY CONNECTED

