

Want to share your time, skills, or resources?

- **Donate your heart:** Make/send 5-10 second videos of support sent to share.community.care@gmail.com
- **Donate a computer:** <https://www.digitalinclusion.org/blog/2020/04/10/urgent-call-for-computer-donations/>
- **Donate your smarts:** Call your local schools and volunteer to tutor!
- **Donate food:** Meals on wheels, food banks, schools.
- **Donate blood:** According to local Drs, it's working! <https://www.redcrossblood.org>
- **Donate services:** Financial planning, legal, notary volunteers.
- **Donate educational materials:** www.good360.org
- **Donate your bucks locally:** Support local shops/businesses.
- **Donate PPEs:** Anywhere!
- **Donate your words:** Write letters to seniors in local centers/homes. **Donate crafting skills:** Make hand-sewn masks and distribute them.
- **Donate tips:** Overtip workers who help keep our world going.
- **Donate good wishes:** 877-226-hero (4376)
- **Donate a present:** Gift cards- buy now, use later (local businesses).
- **Donate compassion:** Get trained/volunteer for crisis support- www.didihisch.org/getinvolved
- **Donate Reading skills:** Help people read www.bookshare.org **Donate Visual assistance:** www.bemyeyes.com
- **Donate 12 step knowledge:** www.americanaddictioncenters.org
- **Donate your belly:** Eat- get takeout, buy from local farmers.
- **Donate skills:** www.catchafire.org matches up every profession/skill with those in need.
- **Donate wordsmithing:** Transcribe documents for the Smithsonian, www.Transcription.si.edu
- **Donate knowledge:** Advise students on your profession at www.CareerVillage.org
- **Donate a wave:** Out for a drive? Wave to police, bus/truck/cab drivers, garbage men, delivery folks!
- **Donate a greeting:** Remember to give a bright 'Hi!' or 'Stay Well!' to passers-by.
- **Donate paper:** Put a sign in your yard that says 'Thanks!'
- **Donate your car trunk:** Have a neighborhood food/dog food/lotion for nurses drive!
- **Donate your ability to dial:** And have pizzas, etc. delivered to your local ICU or ER.

Need help?

- **Seniors: lonely?** Call 415-750-4111
- **Domestic Violence Victims:** 800-799-safe(7233)
- **Sedentary?** Free dance classes, www.ailyextension.com/keepdancing
- **Addiction help:** www.americanaddictioncenters.org/virtual-meetings
- **Spiritless?** Try www.stageit.com
- **Depression:** www.Befrienders.org
- **LGBTQ:** www.GLBThotline.org
- **Suicide;** 800-273-TALK(8255)
- **Teens support:** Text TEEN to 839-863 CALL 310-855-4673
- **Teens support:** www.yourlifeyourvoice.org
- **Teen depression:** 800-448-3000
- **Crisis:** www.crisistextline.com text HOME to 741741