



LOS ANGELES COUNTY COMMISSION ON HIV



3530 Wilshire Boulevard, Suite 1140 • Los Angeles, CA 90010 • TEL (213) 738-2816 • FAX (213) 637-4748
HIVCOMM@LACHIV.ORG • <https://hiv.lacounty.gov>

Information and Resource Updates: Sustaining the HIV Movement Amidst the COVID-19 Public Health Emergency (May 7, 2020)

*Please check our [website](#) and [HIV Connect](#) for information and resources. Thank you.
Remember to read past bulletins on the Commission's dedicated [COVID-19 site](#).*

- **May is Mental Health Awareness Month.** Here are resources available for free to celebrate mental health and continue our social connections as a community.
 - [WE RISE 2020: Virtual May](#): A virtual month-long festival of art, music and creative expression. Go to werise.la for a full list of the free programming and be part of this important conversation about mental health and wellbeing for all.
 - A free subscription to Headspace, a digital guide to mindfulness, meditation and more for all [10 million L.A. County residents](#).
 - There is no substitute for talking to somebody. Speak to a trained counselor with the new L.A. County Wellbeing Line by calling (800) 854-7771 or visiting <https://dmh.lacounty.gov/covid-19-information/>.
- The **National Minority AIDS Council (NMAC)** website contains COVID-19 updates and resources. Check out the [new guidance on treatment from NIH](#), [COVID special considerations for people living with HIV](#), and [FAQs for people living with HIV](#).
- Help spread the word about [immigrant rights](#) and resources for those experiencing [homelessness](#) available in Los Angeles County.
- Check out the new [fact](#) sheet from the UCLA Williams Institute on **LGBT vulnerabilities to COVID-19**.
- Support healthcare and public health heroes by thanking them and reaching out to see how they are doing. Share this article on [sustaining wellbeing](#) for healthcare workers with your networks.

**Remember to read past bulletins on the Commission's dedicated [COVID-19 site](#).
Follow us on [Facebook](#) and [Twitter](#).**