

# Mental Health Resources: Summer 2021

**For a life-threatening emergency, call 911**

## Emergency Resources

<b>Contra Costa Crisis Center</b>	Call 211 (or 800-833-2900) or text 'HOPE' to 20121 to reach a trained crisis counselor if you're thinking about suicide or worried about someone.	<a href="https://www.crisis-center.org/">https://www.crisis-center.org/</a> (See below for community resource information)
<b>National Suicide Prevention Lifeline</b>	Call (800) 273-8255 if you're unable to reach anyone at 211. (CCCC is the designated local provider for the NSPL.)	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
<b>Mobile Response Team (MRT)</b>	Call (877) 441-1089 to reach the Seneca Agency Mobile Response Team for in-person and virtual response to psychiatric emergencies.	<a href="http://www.senecafoa.org/crisis">http://www.senecafoa.org/crisis</a>
<b>Contra Costa County Behavioral Health Access Line</b>	Call (888) 678-7277 for help navigating County Mental Health and substance abuse providers/resources.	<a href="https://cchealth.org/bhs/access-services.php">https://cchealth.org/bhs/access-services.php</a> (access line info) or <a href="https://cchealth.org/">https://cchealth.org/</a> (general info)
<b>Trevor Project Lifeline</b>	Call (866) 488-7386 for support for LGBTQ+ youth (or use the chat function on the website).	<a href="https://www.thetrevorproject.org/about/programs-services/trevor-lifeline/">https://www.thetrevorproject.org/about/programs-services/trevor-lifeline/</a>
<b>California Peer-Run Warmline</b>	Call (855) 845-7415 for peer support (or use the chat function on the website).	<a href="https://www.mentalhealthsf.org/peer-run-warmline/">https://www.mentalhealthsf.org/peer-run-warmline/</a>

## Food Support

<b>Food Service by AUHSD</b>	Food services are available for Summer School and Bridge Students from June 7 through July 16, 2021. See website for more info: <a href="http://www.schoolnutritionandfitness.com/index.php?sid=2601160046326731">http://www.schoolnutritionandfitness.com/index.php?sid=2601160046326731</a>
<b>Food Bank of Contra Costa &amp; Solano Counties</b>	See <a href="https://www.foodbankccs.org/">https://www.foodbankccs.org/</a> for the nearest food distribution location. See <a href="https://monumentcrisiscenter.org">https://monumentcrisiscenter.org</a> (or call 925-825-7751) for food distribution hours.

## Alcohol & Drug Treatment Services

<b>Alcoholics Anonymous</b>	(925) 939-4155 <a href="http://contracostaaa.org/">http://contracostaaa.org/</a>	Free 12-step program to stop drinking; In-person and virtual meetings are available. See schedule <a href="#">here</a> .
<b>Narcotics Anonymous</b>	(925) 685-4357 <a href="https://www.contracostana.org/home">https://www.contracostana.org/home</a>	Free 12-step program to stop using. In-person and virtual meetings are available.

<b>Al-Anon</b>	(925) 932-6770 <a href="http://al-anoncontracosta.org/">http://al-anoncontracosta.org/</a>	Free 12-step support group for friends & relatives of alcoholics; Alateen meetings are open for 12-19 year old youths. Some in-person meetings are available.
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## Services by Major Medical Providers

<b>John Muir Behavioral Health</b>	Call (925) 674-4265 for adolescent outpatient services or (925) 674-4140 for adolescent inpatient services. <a href="https://www.johnmuirhealth.com/locations/behavioral-health-center-concord.html">https://www.johnmuirhealth.com/locations/behavioral-health-center-concord.html</a>
<b>Kaiser (Diablo Mental Health)</b>	Kaiser members should call (925) 295-4145 or their current Kaiser provider for information or to schedule an appointment.
<b>Medi-Cal Access Line</b>	Call (888) 678-7277 for mental health and substance abuse services and providers.

## Other Support

<b>Contra Costa County Crisis Center</b>	Call 211 or visit the website for information about a wide range of resources (e.g., mental health, grief counseling, housing, legal services, etc.)	<a href="https://cccc.myresourcedirect.org.com/">https://cccc.myresourcedirect.org.com/</a>
<b>Monument Crisis Center</b>	Call (925) 825-7751 for food services, tutoring, homeless navigation, and immigration legal assistance.	<a href="https://monumentcrisiscenter.org">https://monumentcrisiscenter.org</a>
<b>Rainbow Community Center</b>	Call (925) 692-0090 for support for LGBTQ+ youth and families.	<a href="https://www.rainbowcc.org">https://www.rainbowcc.org</a>
<b>Hospice Of East Bay</b>	Call (925) 887-5678 for grief counseling, grief groups, and art therapy. Ask for Dawn Torre for student services.	<a href="https://www.hospiceeastbay.org/">https://www.hospiceeastbay.org/</a>
<b>Stand! For Families Free of Violence</b>	Call (888) 215-5555 for support related to domestic violence, including emergency shelter.	<a href="http://www.standffov.org/">http://www.standffov.org/</a>
<b>NAMI (National Alliance on Mental Illness)</b>	Call (800) 950-NAMI (6264) or text "NAMI" to 741741 M-F 10:00-6:00 EST for peer-support around mental illness.	<a href="https://www.nami.org/help">https://www.nami.org/help</a>
<b>PFLAG</b>	Call (925) 207-3599 for support for LGBTQ+ students/allies.	<a href="https://pflag.org/">https://pflag.org/</a>
<b>Gender Spectrum</b>	Support for transgender, nonbinary, and gender expansive youth and families.	<a href="https://genderspectrum.org">https://genderspectrum.org</a>