

Mental Health Resources for Students for Summer 2020

For a life-threatening emergency, contact 911 immediately.

24 Hour Free & Confidential Phone Support		
Contra Costa Crisis Center	Call 211 (or 800-833-2900) or text 'HOPE' to 20121 to reach a trained crisis counselor if you're thinking about suicide, worried about someone, or want emotional support.	https://www.crisis-center.org/ For a current database of community resources, click: https://cccc.myresourcedirectory.com/
National Suicide Prevention Lifeline	Call 1-800-273-8255 if you're unable to reach anyone at 211. (CCCC is the designated local provider for the NSPL.)	https://suicidepreventionlifeline.org/
SAMSHA Disaster Distress Helpline	Call 1-800-985-5990 or text "TalkWithUs" to 66746 for support in coping with the mental/emotional effects of the coronavirus pandemic.	https://www.samhsa.gov/newsroom/press-announcements/202003240200
Contra Costa County Behavioral Health Access Line	Call 1-888-678-7277 for help navigating mental health and substance abuse providers/ resources.	https://cchealth.org/bhs/access-services.php (Access Line info), or https://cchealth.org/ (general info)
Optum Help Line	Call 1-866-342-6892 to speak with a counselor for emotional support or help finding local mental health resources.	https://www.optum.com/covid-19/covid-19-emotional-support.html
California Peer-Run Warmline	Call (855) 845-7415 for peer support (or use the chat function on the website).	https://www.mentalhealthsf.org/peer-run-warmline/
California Coalition for Youth Crisis Line	Call 1-800-843-5200 for emotional support (or use the chat function on the website)	https://calyouth.org/cycl/

Food Support	
Food Service by AUHSD	Lunches offered M-F at Campo and Las Lomas from 11:30-1:00 through June 30.
Food Bank of Contra Costa & Solano Counties	See https://www.foodbankccs.org/ for nearest food distribution location. Meals served at Martinez facility from 11:00-12:45 daily.
Monument Crisis Center	See https://www.foodbankccs.org/ for food distribution hours.

Alcohol & Drug Treatment		
Alcoholics Anonymous	24-hour hotline: 925-939-4155 http://contracostaaa.org/	Free 12-step program to stop drinking; meetings are on-line during shelter-in-place.
Narcotics Anonymous	24-hour hotline: 925-685-4357 https://www.contracostana.org/home	Free 12-step program to stop using; meetings are on-line during shelter-in-place.
Nicotine Anonymous	510-658-5323; https://www.nica-norcal.org/	Free 12-step program to using nicotine; meetings are on-line during shelter-in-place.
Al-Anon	925-932-6770; http://al-anoncontracosta.org/	Free 12-step support group for friends & relatives of alcoholics; Alateen group for 12-19 yr olds meets daily at 3:00 by zoom.

Services by Major Medical Providers	
John Muir Behavioral Health Center	Call 925-674-4265 to speak with an intake specialist about mental health or substance abuse. Programming is limited during shelter-in-place, but some in-person treatment is now available. Parent forums offered here: https://ultimatefieldhouse.com/jmh-virtual-forum.html
Kaiser (Diablo Mental Health)	Call 925-295-4145 to access support services. All services are virtual. Group programming is limited during SIP, but "extensive outpatient" and parents' groups are ongoing.
Medi-Cal	Call 888-678-7277 (24-hour Access Line for mental health resources).

Other Support		
Wright Institute Clinic	Call 510-239-2018 to access Covid support services line (8 free counseling sessions offered); call (510) 548-9716 for general teletherapy intake.	https://www.wi.edu/
Hospice Of East Bay	Call 925-887-5681 for virtual grief group or counseling. Covid+ patients accepted.	https://www.hospiceeastbay.org/
Stand! Against Domestic Violence	Call 888-215-5555 for support around domestic violence (emergency services are available, but in-person counseling is suspended during shelter-in-place).	http://www.standffov.org/
NAMI (National Alliance on Mental Illness) Support Helpline	Call 1-800-950-NAMI (6264) or text "NAMI" to 741741 M-F 10:00-6:00 EST for peer-support around mental illness.	https://www.nami.org/help
PFLAG	Call 925-207-3599 for support for LGBTQ+ persons & allies; Zoom socials offered Fridays at 8:00 for 13-18 yr olds. New: Lamorinda chapter: 415-216-6131.	https://pflag.org/
Rainbow Community Center	See website to access virtual programming, support groups, education, and social connection.	https://www.rainbowcc.org/