

# Mental Health Resources

## Contra Costa County

- **Contra Costa Crisis Center** <https://www.crisis-center.org/>
- **Contra Costa County Mental Health Services** <https://cchealth.org/mentalhealth/>
- **24-hour Mental Health Access Line** Mental health and supportive recovery resources. (888) 678-7277
- **National Alliance on Mental Illness Contra Costa County (NAMI)**  
<https://nami.org/Find-Your-Local-NAMI/Affiliate/Details?state=CA&local=0011Q000022G82kQAC>

- **The NAMI Family Network What We Do**  
**NAMI Contra Costa 2151 Salvio St., Ste. V Concord, CA 94520** (925) 942-0767  
[www.namicontracosta.org](http://www.namicontracosta.org)

Trained volunteers in the NAMI Family Network provide support to loved ones of individuals with serious mental health challenges by listening, educating and guiding them toward helpful resources. Services are provided whether or not there is an immediate crisis.

**Contacts: Central County: Gigi Crowder:** (510) 990-2670

**East County: Mariela Acosta:** (510) 326-0366

**West County: Eddie Morris:** (925) 765-8045

**South County: Shelly Ji:** (925) 765-8232

- **NAMI Mandarin Outreach**  
Shelly Ji (925) 765-8232 [shelly@namicontracosta.org](mailto:shelly@namicontracosta.org)
- **NAMI Spanish Outreach**  
Mariela Acosta (510) 326-0366 [mariela@namicontracosta.org](mailto:mariela@namicontracosta.org)
- **Mental Health Resources for the Bay Area**  
<https://resourcelist.weebly.com/mental-health.html>
  - SF neighborhoods
  - SF quadrants
  - Alameda County
  - Contra Clara County
  - Sonoma County

<https://abc7news.com/abc7-mental-health-well-being-suicide/3195990/>

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- <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>
  - Strategies for managing stress
  - Crisis hotline
  - Behavioral and mental health services
  - Helplines if you feel unsafe
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- **Family Justice Center** <http://www.cocofamilyjustice.org/>
  
- **YWCA** [https://www.ywcaccc.org/mental-health-services-contra-costa-county?qclid=Cj0KCCQjw18WKBhCUARIsAFiW7Jz0jtEz0XpK5FpLXCeBlbhziE6OOBfXFsjmT8UfQCGxgFWRzndBYH0aAlHuEALw\\_wcB](https://www.ywcaccc.org/mental-health-services-contra-costa-county?qclid=Cj0KCCQjw18WKBhCUARIsAFiW7Jz0jtEz0XpK5FpLXCeBlbhziE6OOBfXFsjmT8UfQCGxgFWRzndBYH0aAlHuEALw_wcB)
  
- **Psychiatric Emergency Services Contra Costa Regional Medical Center (north side)** 2500 Alhambra Ave, Martinez, CA 94553 925-646-2800 Hours: Mon- Fri: 7:45 a.m. - 8:45 p.m.
  
- **George & Cynthia Miller Wellness Center - Behavioral Health** 25 Allen St., Martinez, CA 94553 925-313-7940  
Short-notice/same-day behavioral health appointments. Hours: Mon - Fri: 12 - 8:15 p.m.  
Saturday: 8 a.m. - 4:15 p.m.

### **Youth and Teens**

- **California Youth Crisis Line**: Youth ages 12-24 can call or text 800-843-5200 or [chat online](#) for 24/7 crisis support.
- **TEEN LINE**: Teens can talk to another teen by texting “TEEN” to 839863 from 6pm – 9pm, or call 800-852-8336 from 6pm – 10pm.

### **Adult Protective Services**

- <https://www.contracosta.ca.gov/914/Adult-Protective-Services>
- **Contra Costa County Health Services Older Adult Mental Health** <https://cchealth.org/mentalhealth/intern/adult-oamh.php>

### **LGBTQ Individuals**

- **Trevor Project**: Call 866-488-7386 or text START to 678678 for 24/7 information and suicide prevention resources for LGBTQ youth.

- **Lesbian, Gay, Bisexual and Transgender National Hotline**: Call 800-273-8255 from 1:00 PM – 9:00 PM for support, information or help finding resources.
- **Victims of Crime Resource Center**: Call or text 800-842-8467 or [chat online](#) for information about LGBTQ rights, legal protections, and local resources.
- **Rainbow Community Center** <https://www.rainbowcc.org/> 925 692-0090 Rainbow Community Center builds community, equity, and well-being among Lesbian, Gay, Bisexual, Transgender, Queer, Questioning and Intersex (LGBTQI+) people and their allies.

### **National**

- **National Suicide Prevention Lifeline**  
Hotline: 1-800-273-8255
  - Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- **Local 211 Contra Costa Crisis Center** Crisis Center/Suicide/ Homelessness
- **Crisis Text Line**- text HOME to 741741

### **Protecting children from abuse and neglect**

- **Local CPS hotline** <https://www.cdss.ca.gov/reporting/report-abuse/child-protective-services/report-child-abuse>
- **Local child abuse youth victim service providerPDF**  
  
<https://files.covid19.ca.gov/pdf/wp/child-abuse-homeless-youth-service-providers.pdf>
- **Childhelp National Child Abuse Hotline**  
  
<https://childhelpline.org/>