**SAFETY PLAN CALL**

YOUTH CRISIS LINE (800) 837-7600

CRISIS LINE (800) 833-2900

CALL 911 IF YOU FEEL LIKE HARMING YOUR SELF OR OTHERS  
  
**RESOURCES IN THE COMMUNITY**  
VETERAN CRISIS LINE (800) 273-8255

MENTAL HEALTH ACCESS LINE (888) 678-7277  
  
**CHILDREN AND ADOLESCENT OUTPATIENT MENTAL HEALTH CLINICS**  
  
**Central County Children's Mental Health**  
1026 Oak Grove Road, Suite 11  
Concord  
Appointment: 1-888-678-7277  
Phone 925-646-5468  
  
**East County Child & Adolescent Mental Health**  
3505 Lone Tree Way, Suite 200  
Antioch  
Appointment: 1-888-678-7277  
Phone 925-608-8700  
  
**West County Child & Adolescent Mental Health**303 41st Street  
Richmond  
Appointment: 1-888-678-7277  
Phone 510-374-3261  
  
**DIALECTICAL BEHAVIORAL THERAPY (DBT)  
MULTI-FAMILY SKILLS GROUP FOR TEENS**  
https://www.youtube.com/watch?v=Stx--d17ID4  
Focus on symptoms of self-harm, extreme emotional reactions, and impulsive behaviors  
WEST COUNTY (510) 374-7212  
CENTAL COUNTY (925) 521-5764  
EAST COUNTY (925) 608-8755   
  
**MILLER WELLNESS Mental Health** **CENTER CLINIC**-

CHILDREN & ADULT PSYCIATRISTS   
24 ALLEN ST. MARTINEZ CA   
DROP IN HOURS: MON -FRI 1:00 PM TO 9:00 PM   
SAT. 8:00 AM TO 5:00 PM  
(925) 313-7941

**MILLER WELLNESS CENTER CLINE -HEALTHCARE FOR THE HOMELESS**

With Dr. Joe Mega

24 ALLEN ST. MARTINEZ CA

DROP IN: Every Friday from 08:30 am To 12:30 pm

(925) 313-7941  
  
**MILLER WELLNESS HEALTH CLINIC**   
To schedule an appointment with primary care physician

(800) 495-8885  
  
**TEENAGE HEALTH RESOURCE LINE** (888) 711-8336  
  
**NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)** (800) 950-6264   
Services for mental health consumers and their families.  
925-627-4216   
  
**The NAMI Clubhouse**

3024 Willow Pass Road, Suite 230

Concord, CA 94519  
Gloria 925-244-0873  
[Www.ccclubhouse.org](http://Www.ccclubhouse.org)

**MENTAL HEALTH CRASH COURSE  
A ONE TIME SEMINAR THAT WILL GIVE YOU AN ORIENTATION TO  
CONTRA COSTA MENTAL HEALTH SYSTEM OF CARE**EVERY WEDNESDAY NIGHT 6:30 TO 8:30 THROUGHOUT THE YEAR  
FAMILY JUSTICE CENTER  
2151 SALVIO ST. CONCORD   
(925) 676-5771  
  
**FIRST HOPE**   
Early identification and intervention to **prevent** psychosis ages 12 and 25

(925) 681-4450  
  
**VOCATIONAL REHABILITATION PROGRAM**

(925) 602-3953  
  
**JOB CORPS**   
Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people at least 16 years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.

(800) 733-5627  
  
**CONTRA COSTA COUNTY FAMILY SERVICES**

**CHILD & ADOLESCENT COUNTY WIDE ASSESSMENT TEAM (CWAT)**

The County Wide Assessment Team's (CWAT) main goal is to link children and adolescents ages 18 and under who have utilized PES (Psychiatric Emergency Services) with the appropriate level of service to best meet their complex needs.

Upon discharge from PES (Psychiatric Emergency Services), you may be contacted for a brief assessment of your child’s needs and strengths. You will be provided with appropriate mental health referrals based on this assessment to help manage the ongoing, complex mental health needs of your child or adolescent.  
  
Clients who are assessed will either:  
  
\*Be referred to Contra Costa County’s Behavioral Health ACCESS line 1 (888)678-7277 to be screened for an appropriate outpatient therapy referral.   
or  
\*Be identified as needing a higher level of service than what they currently have and will be referred to the START (Short Term Assessment of Resources and Treatment) program to be linked with a PSC (Personal Service Coordinator).   
  
Please feel free to contact program supervisor at 925 521-5715 if you have any questions.

(925) 521-5715

**MOBILE RESPONSE TEAM**

(877) 441-1089 (CALL 11:00 AM TO 09:00 PM)  
  
**FAMILY RESILIENCE PROJECT**

Family therapy

(925) 969-4140   
  
**JOHN F. KENNEDY UNIVERSITY COMMUNITY CENTER**2702 Clayton Road, Concord CA

(925) 798-9240  
  
**RESPITE NURSERY**

(925) 827-0212  
  
**REGIONAL CENTER OF THE EAST BAY**

(925) 798-3001

**REGIONAL CENTER CRISIS RESPONSE TEAM**

(925) 776-4532  
  
**LEGAL & MEDIATION SERVICES**  
BAY AREA LEGAL AID

(510) 250-5270

**CCC BAR ASSOCIATION**

(925) 825-5700

**CCC SENIOR LEGAL SERVICES**

(510) 374-3712

**FAMILY LAW FACILITATOR**

Divorce, Child Custody, Support, Paternity Issue Help

(925) 646-4099

**VICTIM WITNESS ASSISTANCE**

(925) 957-8650  
  
RAPE/VICTIMS OF CRIMES/HUMAN TRAFFICKING HOTLINE

(800) 670-7273

RAPE, ABUSE, & INCEST NATIONS NETWORK

(800) 656-4673

TRAUMA COUNSELING SERVICES

(510) 768-3100  
  
**PARENTING CLASSES**  
C.O.P.E FAMILY SUPPORT CENTER

(925) 689-5811

EARLY HEAD START

(510) 236-6990

PRIMERO NUESTRO NINOS

(510) 233-8595

WEST CONTRA COSTA ADULT EDUCATION

(510) 215-4666  
  
**YOUTH SHELTERS**   
CALI-HOUSE

(925) 610-9400

North California Family Center

(925) 370-1993

SAFE PLACE

(800) 718-4357  
  
RUN AWAY & HOMELESS YOUTH HOTLINE

(800) 718-4357  
  
**SUBSTANCE ABUSE PROGRAM FOR YOUTH**   
  
**THUNDER ROAD TRI-CITIES DISCOVERY**  
(510) 653-5040 (510) 374-7011  
  
**Teen Challenge** - (510) 562-1141  
Freedom from Addiction for teen, adults and families  
Christian faith based, residential care for consumer struggling with life-controlling problems  
  
WWW.CONTRACOSTANA.ORG  
  
ALCOHOLICS ANONYMOUS

(925) 939-4155

NARCOTICS ANONYMOUS 24 HOURS

(925) 685-4357 (925) 685-4357

MARIJUANA ANONYMOUS

(510) 287-8873

COCAINE ANONYMOUS

(510)68-0600

FOOD ADDICTION ANONYMOUS

(800) 600-6028

CO-DEPENDENTS ANONYMOUS

(888)2359  
AL-ANON & AL-ATEEN

(925)932-6770

STAND!

(888)215-5555

RAPE CRISIS HOTLINE

(800) 670-7273

CRISIS CENTER (800) 833-2900  
  
**HEALTH CARE REFORM INFORMATION**  
Covered California

(888) 975-1142

[www.coveredca.com](http://www.coveredca.com)

MediCal

(800) 709-8348

[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

CCHS Financial Counselor

(800) 771-4270

[www.cchealth.org/insurance](http://www.cchealth.org/insurance)

Contra Costa Health Plan

(800) 211-8040

www.cchealth.org/healthplan  
  
GRIEF COUNSELING

(800) 837-1818  
  
SUICIDE BEREAVEMENT SUPPORT GROUP

(800) 260-0094  
  
HOMICIDE SURVIVORS SUPPORT GROUP

(800) 260-0094  
  
HIV/AIDS SERVICES

(925) 313-6781  
  
DIABETES SUPPORT GROUPS

(925) 674-2077  
  
FINANCIAL COUNSELOR

(800) 771-4270  
  
ADVICE NURSE

(800) 495-8885  
  
HEALTH CLINICS

(800) 905-4545  
  
DENTAL CLINIC

(925) 431-2501