

Crisis Support Services of Alameda County – 24 Hour Crisis Line	1-800-309-2131 https://www.crisissupport.org/
Contra Costa Psychiatric Emergency Services	<ul style="list-style-type: none"> • Mental health resources (24-hr access): 1-888-678-7277 • Contra Costa Crisis Center (24-hr crisis support): 1-800-833-2900 <ul style="list-style-type: none"> ○ https://www.crisis-center.org/
National Suicide Prevention Lifeline	1-800-273-8255 https://suicidepreventionlifeline.org/
National Drug Helpline – 24/7 drug and alcohol help those struggling with addiction. <ul style="list-style-type: none"> • Alcohol, cocaine, ecstasy, opiates, meth, heroin. 	1-844-289-0879 http://drughelpline.org/
National Domestic Violence Hotline	24/7: 800-799-SAFE (7233)
National Sexual Assault Hotline	24/7: 800-656-HOPE (4673) https://hotline.rainn.org/online/terms-of-service.jsp
National Alliance on Mental Illness (NAMI) M-F, 10-6pm ET	1-800-950-NAMI (6264) Crisis text-line (24/7): Text NAMI to 741-741 https://www.nami.org/ info@nami.org

RESOURCES	
National Institute on Drug Abuse	https://www.drugabuse.gov/
National Institute of Mental Health	https://www.nimh.nih.gov/index.shtml
Evidence-Based Practices Resource Center	https://www.samhsa.gov/ebp-resource-center
Substance Abuse and Mental Health Services Administration (SAMHSA)	<p>https://www.samhsa.gov/find-treatment</p> <p>National Helpline (24hr-FREE English/Spanish) treatment referral routing service, and information about mental and/or substance use disorders, prevention, and recovery:</p> <ul style="list-style-type: none"> • 1-800-662-4357 TTY: 1-800-487-4889
<ul style="list-style-type: none"> • Find Nearest Substance Use Treatment Centers (part of SAMHSA) 	https://findtreatment.gov/
<ul style="list-style-type: none"> • Find Nearest Behavioral Health Treatment Centers (part of SAMHSA) – alcohol, drug or mental health treatment facilities and programs around the country 	https://findtreatment.samhsa.gov/
<ul style="list-style-type: none"> • Buprenorphine Practitioner & Treatment Program Locator – to treat opioids (e.g., opioids, heroin and pain relievers) 	https://www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator
<ul style="list-style-type: none"> • Early Serious Mental Illness Treatment Locator (e.g., 	https://www.samhsa.gov/esmi-treatment-locator

<p>psychosis, schizophrenia, bipolar disorder, etc)</p>	
<ul style="list-style-type: none"> • Disaster Distress Helpline - Counseling, information and support helpline - (e.g., stress, anxiety, and other depression-like sx due to natural or human-caused disaster) 	<p>https://www.samhsa.gov/find-help/disaster-distress-helpline 1-800-985-5990</p>
<ul style="list-style-type: none"> • Veteran’s Crisis Line – connect veterans in crisis (and their families and friends) with qualified, caring Dept. of Veterans Affairs responder through a confidential, toll-free hotline, online chat, or text. 	<p>https://www.veteranscrisisline.net/ 1-800-273-8255 TTY: 1-800-799-4889</p>
<ul style="list-style-type: none"> • Drug-Free Workplace – Assist employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and 	<p>https://www.samhsa.gov/workplace/resources/drug-free-helpline 1-800-967-5752</p>

program implementation.	
Safety Plan Template (Suicidal Thoughts)	http://www.sprc.org/sites/sprc.org/files/SafetyPlanTemplate.pdf
Self-Care Assessment Worksheet	https://www.crisissupport.org/wp-content/uploads/2015/04/trauma_wellness_self-assessment.pdf
Vicarious Trauma	https://www.crisissupport.org/wp-content/uploads/2015/04/vicarious-trauma_fact_sheet_.pdf
After An Attempt: The Emotional Impact of a Suicide Attempt on Families	https://www.crisissupport.org/after-an-attempt-the-emotional-impact-of-suicide-attempts-on-families/#gallery
MY3 (Smartphone app) <i>“there is hope and a life to look forward to, even in your darkest moments. MY3 can help you get through your most difficult times.”</i>	<ul style="list-style-type: none"> • https://my3app.org/ • Android and iOS • Prepares a support system, to help yourself and reach out to others when having thoughts of suicide • Sets a plan of 3 people of their contact info that you feel you would like to talk to when you are having thoughts of suicide e.g., sister, therapist, neighbor • Build a safety plan: allows customization of plan, and ID personal warning signs, coping strategies, distractions and personal networks. • Consolidates and acts as medium for access to important resources for support • Direct access to a crisis counselor 24/7 – National Suicide Prevention Lifeline.

ALCOHOL	
National Institute on Alcohol Abuse and Alcoholism	https://www.niaaa.nih.gov/
Stop Underage Drinking Interagency	https://www.stopalcoholabuse.gov/
Talking With Your College-Bound Young Adult About Alcohol	https://store.samhsa.gov/product/Talking-With-Your-College-Bound-Young-Adult-About-Alcohol/sma18-4897
Preventative Services	US

TOBACCO	
Tips for Teens: Tobacco	https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Tobacco/PEP19-07
Tips for Teens: E-cigarettes	https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-E-Cigarettes/PEP19-12
Implementing Tobacco Cessation Programs in Substance Use Disorder Treatment Settings	https://store.samhsa.gov/product/Implementing-Tobacco-Cessation-Programs-in-Substance-Use-Disorder-Treatment-Settings/SMA18-5069QG
Synar Program	https://www.samhsa.gov/synar

OPIOIDS/Methamphetamine/Cocaine/Kratom	
Commonly Abused Drugs (NIH)	https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/nida_commonlyuseddrugs_final_printready.pdf
Drug Information	https://www.dea.gov/factsheets
Methamphetamine	https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Methamphetamine/PEP18-03
Cocaine	https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Cocaine/PEP18-01
Kratom	https://www.drugabuse.gov/publications/drugfacts/kratom

<p>ALAMEDA COUNTY CRISIS REFERRALS</p>	<p>https://www.crisissupport.org/get-help-now/alameda-county-crisis-referrals/#MobileCrisisUnit</p>
<p>ADULTS</p>	
<p>Mobile Crisis Unit</p> <p>Locations Berkeley and Albany 1130-10pm 7days/wk (510) 981-5900</p> <p>Rest of Alameda County 10-8pm M-F 1-800-491-9099</p> <p>San Francisco 830-11pm M-F; 12-8pm Sat (415) 970-4000</p>	<ul style="list-style-type: none"> a) Free regardless of insurance status, available to all ages – birth to older adults b) Emergency crisis assessment/intervention services conducted in the field c) Early intervention before situation escalates to critical crisis point d) Consultation services provided to consumers, housing/support systems, mental health providers, and other concerned parties e) Assistance with linkage to outpatient mental health services f) 5150 evaluation and determination of appropriate level of care
<p>Berkeley Mental Health</p> <p>2640 Martin Luther King Jr Way (Corner of Derby & MLK)</p> <p>Monday-Friday 8 AM-4 PM (510) 981-5290</p> <p>Ask for the Crisis/Assessment/Triage (CAT) Team</p>	<p>Eligibility</p> <ul style="list-style-type: none"> a) Residents or homeless in Berkeley or Albany who are 18 years or older. Walk-ins (adults only); Call-in (All Ages) <p>Services</p> <ul style="list-style-type: none"> b) Assessment, information and referral, crisis intervention, medication services, substance abuse services, and parenting education to persons and families in crisis c) Assistance in resolving neighborhood conflicts and addressing illegal activities d) Intensive outreach services and transportation for homeless persons, for persons-at-risk of homelessness, and for disable persons

<p>Cherry Hill Detoxification and Sobering Center</p> <p>1-866-866-7496 (24 Hour) 2035 Fairmont Drive San Leandro, CA 94578</p>	<p>Sobering Unit</p> <p>1. 50 bed, co-ed, 24hr a day, 7-days</p> <p>Detox Unit</p> <ol style="list-style-type: none"> 32 bed residential program (co-ed) for people withdrawing from effects of alcohol or drug use. Constantly monitored by trained staff and referred for medical or psychiatric services PRN. ~50% of Cherry Hill's clients have co-occurring mental illness. Client will be assessed and triaged by staff for level of treatment and supportive services i.e., housing, medical or psychiatric services, job training, etc. Average Stay: 4-6days
<p>Crisis Response Program (CRP)</p> <p>Monday-Friday 8:30am-5pm 1-800-491-9099</p> <p>North County CRP (Within Oakland Community Support Services, Eastmont Town Center) 7200 Bancroft Avenue, Suite 125 Oakland CA 94605</p> <p>South County CRP (Gail Steele Wellness and Recovery Center) 409 Jackson Street, Suite 100 Hayward CA 94544</p>	<p>About</p> <p>Offers drop-in service for adults (w/ Medi-Cal or no insurance);</p> <ol style="list-style-type: none"> are in real or perceived crisis → can walk-in to these clinics and receive on-demand support from CRP staff <p>Services</p> <ol style="list-style-type: none"> Assessments 1-on-1 Counseling Psychiatry (Most days, depending on the location) Linkage/referrals with the greater system of care or other resources <p>Eligibility</p> <ol style="list-style-type: none"> Adult 18 years and older Medi-Cal or No Insurance

<p>Jay Mahler Recovery Center</p> <p>15420 Foothill Blvd. San Leandro, CA 94578 (On John George Campus)</p> <p>All Services 24 hours/day 7 days/week</p>	<p>About</p> <ol style="list-style-type: none"> 8. Crisis Residential Facility Alternative to Hospitalization 9. A recovery-oriented environment of healing peer and staff support, which promotes recovery and wellness using a holistic approach <p>Eligibility</p> <ol style="list-style-type: none"> 10. Potential Clients—need a primary diagnosis of mental illness (and may have a dual diagnosis of substance abuse) 11. b/w ages 18-65 12. Must have Medi-Cal or “Medi-Cal eligible”/indigent and be an Alameda County resident 13. Must be in crisis and as risk of hospitalization and could safely benefit from this level of care <p>Services</p> <ol style="list-style-type: none"> 1. State of the art facility with a home-like environment 2. Provides alternative to hospitalization and to help people “get back on their feet” 3. Approximately 30 days or less time frame 4. 1:1 counseling, group therapy, wellness and recovery action plan assistance and community outings. 5. Quiet rooms for solitary rest and relaxation 6. Staffing: medical director, rehabilitation therapist, social worker, licensed vocational nurses, residential counselors, and peer staff.
<p>John George Psychiatric Pavilion (24 hours/ 7 days a week) (510) 346-1300 2060 Fairmont Drive San Leandro, CA 94578 http://www.johngeorgeahs.org/</p>	<ol style="list-style-type: none"> 1. Mental Health 2. Hospital/part of Alameda Health System 3. Multidisciplinary team approach—diagnostics and treatment of pts w/ acute psychiatric illnesses.

ADOLESCENT AND CHILDREN CRISIS REFERRELS	
<p>Willow Rock Center (12-17yo)</p> <p>510-895-5502 2050 Fairmont Drive San Leandro, CA 94578 (24 Hours/7 days a week)</p>	<p>About</p> <ol style="list-style-type: none"> 1. Adolescent Crisis Stabilization and Psychiatric Facility 2. Located in the John George Campus 3. Acute psychiatric facility for adolescents experiencing mental health emergency <p>Eligibility</p> <ol style="list-style-type: none"> 4. Adolescents 12-17 yo 5. Medi-Cal or No Insurance; or referred by Kaiser 6. Walk-ins Accepted <p>Services</p> <ol style="list-style-type: none"> 1. Person-centered, to enhance individual’s safety, health and quality of life. 2. Provided on a voluntary or involuntary basis, and link individuals with ongoing care in the community 3. Focused intensive work around the trauma experienced in the lives of clients 4. Provide sessions with a psychiatrist 7 days/wk & a primary therapist who works for them throughout their stay. 5. Provide group and family therapy
<p>7. Children’s Hospital (0-11yo)</p> <p>510-428-3000 747 52nd Street Oakland, CA 94609 (24 Hours/7 days a week)</p>	<p>Children Crisis Stabilization and Psychiatric Facility</p>

CONTRA COSTA HEALTH SERVICES	https://cchealth.org/mentalhealth/crisis-adults.php
ADULT (24-hr Hotlines/Crisis Counseling)	
Mental Health Crisis Services	<p>24-hr Access line: 1-888-678-7277 24-hr crisis support: 1-800-833-2900</p>

<p>Stand! Against Domestic Violence</p> <p>Emergency shelter, legal assistance, and a variety of other resources for victims of intimate partner violence. 24/7, Richmond, Concord, and Antioch.</p>	<p>http://www.standagainstdv.org/ 1-888-215-5555</p>
<p>Casa Hispana</p> <p>Immigration law and legal consultation M-F, 9-5pm (Concord)</p>	<p>925-689-1799</p>
<p>Child Abuse Prevention Council</p> <p>M-F, 9-5pm (Walnut Creek)</p>	<p>http://capc-coco.org/ 925-946-9961</p>
<p>Contra Costa Crisis Center</p> <p>24-hr suicide hotline; grief counseling program; suicide prevention, etc. (Walnut Creek)</p>	<p>http://www.crisis-center.org/ Suicide and Crisis Hotline: 1-800-833-2900</p>
<p>Elder Abuse Prevention</p> <p>M-F, 9-5pm (Richmond)</p>	<p>http://www.oaktrees.org/elder/ 888-545-SAFE (or 510-233-3427)</p>
<p>Homeless Hotline</p> <p>Referrals to homeless shelters in the East Bay, 24/7.</p>	<p>1-800-808-6444</p>
<p>International Institute</p> <p>Immigration paperwork for battered and low-income women M-F, 9-5pm (Oakland)</p>	<p>http://www.iieb.org/ 510-451-2846</p>
<p>Community Violence Solutions</p> <p>24/7 crisis hotline that can also provide referrals to the Center's individual and group counseling; sexual assault victim advocacy. (Richmond and Antioch).</p>	<p>West County: 510-236-7273 Central County: 925-798-7273 East County: 925-439-7273</p>
<p>Rainbow Community Center</p> <p>Community service center serving Contra Costa's lesbian/gay/bisexual/transgendered communities</p>	<p>http://www.rainbowcc.org/ 925-692-0090</p>
<p>Victim/Witness Program</p>	<p>1-800-648-0600</p>

<p>Consultation on how victims of violence can apply for restitution from the state of CA.</p> <p>M-F, 9-5pm (Martinez).</p>	
CONTRA COSTA HEALTH SERVICES	https://cchealth.org/mentalhealth/crisis-adults.php
TEENS (24-hr Hotlines/Crisis Counseling)	
Mental Health Crisis Services	24-hr Access line: 1-888-678-7277 24-hr crisis support: 1-800-833-2900
<p>Stand! Against Domestic Violence</p> <p>Emergency shelter, legal assistance, and a variety of other resources for victims of intimate partner violence. Accepts adolescent victims (women only) on a case-by-case basis.</p> <p>(24/7, Richmond, Concord, and Antioch.)</p>	<p>http://www.standagainstdv.org/ Shelter/Crisis line: 1-888-215-5555 Legal assistance/retraining orders, family law issues, etc: 925-676-3122</p>
<p>Contra Costa Crisis Center</p> <p>24-hr suicide hotline; grief counseling program; suicide prevention, etc. (Walnut Creek)</p>	<p>http://www.crisis-center.org/ Suicide and Crisis Hotline: 1-800-833-2900</p>
California Youth Crisis Line	1-800-843-5200
Community Violence Solutions	Central Co.: 925-798-7273 West Co.: 510-236-7273 East Co.: 925-439-7273
Contra Costa Youth Runaway Hotline	1-800-718-4357
<p>Diamond Youth Shelter</p> <p>SF-based emergency shelter for homeless and runaway youth.</p>	1-800-887-1020
COUNSELING	
<p>A Step Forward Child Abuse Treatment</p> <p>Individual counseling for youth healing from sexual abuse; varied rates.</p>	925-685-9670

Medi-Cal Mental Health Services	1-888-678-7277
Individual therapy for Medi-Cal patients	
Stepping Stones Counseling Center	510-307-4131
Individuals and group counseling for girls healing from sexual abuse, abusive relationship, and sexual assault. Free of charge or sliding scale fee.	
Turning Point Counseling Center	925-934-8925
Individual counseling for youth; varied rates.	
LEGAL and VICTIM SERVICES	
Victim/Witness Program	1-800-648-0600
Provides support services, referrals, and consultation to victims of violent crime, on how to apply for restitution from the state of CA	
SELF DEFENSE	
Girl's Assertiveness Training, Rape Crisis Center	510-237-0133
7-hr course on assertive behavior, self-defense, decision-making, and more.	
Community Violence Solutions	Central Co.: 925-798-7273 West Co.: 510-236-7273 East Co.: 925-439-7273
INTERNET RESOURCES	
Love Doesn't Have to Hurt Teens	http://www.apa.org/pi/pii/teen/
Queer America: Resources for Lesbian, Gay, Bisexual, Transgendered Youth	http://www.queeramerica.com/
Is a database that includes information for queer and questioning youth on community centers, support organizations, and LGBT youth groups	
Safety Planning	http://www.safenetwork.net/

Focused plan for abused-teens to help figure out ways to stay safe.	
Teen Central A helpline website for teens, by teens, for new options/ideas/friendships.	http://www.teencentral.net/