



# CONTRA COSTA HEALTH SERVICES WELLNESS TIPS



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## WORK-LIFE RESOURCES AT-A-GLANCE (Updated 03/22/2023)

### CCHS STAFF

- **Employee Assistance Program:** 24/7 Magellan Healthcare, 800-229-8674
- **Free Wellness Videos** (Yoga, Expressive Arts, T'ai Chi Chih, Cardio), 24/7: <https://cchealth.org/wellness/video-record.php>
- **Kids at Work Child Care Center:** <https://www.contracosta.ca.gov/3392/Kids-at-Work-Child-Care-Center>; 925-313-2380

### COMMUNITY RESOURCES (Local, State, Federal)

- **CA Parent and Youth Helpline:** 866-427-2736; **CalHOPE Warm Line:** 833-317-HOPE
- **CA Middle Class Tax Refund:** 1-800-542-9332; <https://www.ftb.ca.gov/about-ftb/newsroom/middle-class-tax-refund/index.html>
- **CalFile, File Return for Free:** [CalFile | FTB.ca.gov](https://www.ftb.ca.gov)
- **Contra Costa Behavioral Health Access Line:** 1-888-678-7277
- **Contra Costa Community Emergency Warning System:** <https://cwsalerts.com/>
- **Contra Costa County Food Resources:** [https://www.contracosta.ca.gov/DocumentCenter/View/71366/AgingAdult-Food-Resources\\_June23\\_2021-002](https://www.contracosta.ca.gov/DocumentCenter/View/71366/AgingAdult-Food-Resources_June23_2021-002)
- **Contra Costa Crisis Center** 1-800-833-2900; **211**; Text **HOME** to 74141; **HOPE** to 20121
- **Covid-19 Free At Home Test Kit:** [COVID.gov](https://www.covid.gov)/tests - Free at-home COVID-19 tests
- **Covid-19 Funeral Assistance:** <https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance>
- **Digital Covid Vaccine Record:** <https://myvaccinerecord.cdph.ca.gov/>
- **Disaster Assistance:** <https://www.cdss.ca.gov/disaster-help-center> ; Home | [disasterassistance.gov](https://www.disasterassistance.gov)
- **Disaster Distress Helpline** (SAMHSA, Mental or Substance Use): 1-800-662-HELP; 1-800-985-5990
- **Emergency Child Care, Essential Workers:** <https://ehsd.org/headstart/childcare-preschool/head-start-early-head-start-and-state-preschool/>
- **Emergency Relief Fund:** [https://ehsd.org/wp-content/uploads/2022/02/COVID-19\\_SOS\\_EmergencyReliefFunds\\_Feb2022\\_Electronic\\_r2.pdf](https://ehsd.org/wp-content/uploads/2022/02/COVID-19_SOS_EmergencyReliefFunds_Feb2022_Electronic_r2.pdf)
- **Frontline Workers Counseling Project, Free** (Therapist or Support Group): <https://www.therapyaid.org/>; <https://fwcp.org/get-therapy>;
- **Get Low-Cost Internet:** <https://ehsd.org/get-connected-contra-costa/>
- **Get Tested:** <https://www.coronavirus.cchealth.org/get-tested>
- **Golden State Stimulus:** <https://www.ftb.ca.gov/about-ftb/newsroom/golden-state-stimulus/index.html>
- **Homeless Services:** <https://dev.ehsd.org/benefits/are-you-homeless-and-need-to-pick-up-mail/>; 211; <https://cchealth.org/h3/coc/help.php>
- **Josie's Place for Bereaved Youth and Families:** <https://josiesplace.org/>
- **Legal Aid:** <https://baylegal.org/>; 1-800-551-5554
- **Mobile Crisis Response Team (MCRT):** 1-833-443-2672
- **National Domestic Violence Hotline:** 800-799-SAFE; text 939255 <https://www.thehotline.org/>
- **National Suicide Prevention Hotline:** 988
- **Nurse Advice Line, Medi Nurse, CA (24/7, FREE):** [1 877 409 9052](https://www.18774099052.com)
- **PG&E Payment Assistance:** [https://www.pge.com/en\\_US/residential/save-energy-money/help-paying-your-bill/payment-assistance-overview/payment-assistance-overview.page?WT.pgeac=Home\\_PaymentAssistance](https://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/payment-assistance-overview/payment-assistance-overview.page?WT.pgeac=Home_PaymentAssistance)
- **Power Outages, PG&E:** [Power outage alerts and information \(pge.com\)](https://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/power-outage-alerts-and-information)
- **Physician Support Line:** 1-888-409-0141
- **Rental Assistance:** [Rental & Deposit Assistance - Shelter Inc.](https://www.shelterinc.org)
- **Restaurant Inspection App for iPhone/Android, Free:** <https://cchealth.org/eh/food/smartphone-app.php>
- **Safety in the Workplace:** [Safety in the workplace - Coronavirus COVID-19 Response \(ca.gov\)](https://www.osha-slc.com)
- **Storm Safety Tips and Power Outage Information:** [News Flash](https://www.contracosta.ca.gov/news-flash) • [Contra Costa County, CA](https://www.contracosta.ca.gov/civicengage) • [CivicEngage](https://www.civicengage.com)
- **Vaccine Finder:** [Vaccines.gov](https://www.vaccines.gov) - Find COVID-19 vaccine locations near you
- **Veterans Crisis Line:** 1-800-273-8255; Text 828255
- **Water Lifeline, EBMUD:** <https://www.ebmud.com/customers/ebmud-water-lifeline/>; 866-403-2683
- **Wildfire, Flood, and Mudslide Recovery Resources:** [California Immigrant Guide](https://www.ca.gov) : WILDFIRE, FLOOD, AND MUDSLIDE RECOVERY RESOURCES
- **Women, Infants, and Children Food Benefits:** <https://cchealth.org/wic/> ; 1-800-414-4WIC

*We care about you.* Please send your comments & suggestions to [CCHSWellness@cchealth.org](mailto:CCHSWellness@cchealth.org). Team Members: Priscilla Aguirre, Amanda Dold, Luz Gomez, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Samir Shah, Alan Siegel, Alvin Silva, Sonia Sutherland, Arlene Trimble, Emily Warming.