



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS



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WORK-LIFE RESOURCES AT-A-GLANCE (Updated 09/01/21)

CCHS STAFF

- **Covid Employee Leave:** <https://www.contracosta.ca.gov/7989/COVID-Employee-Leave>
- **Employee Assistance Program:** Magellan Healthcare, 800-229-8674
- **Free Wellness Videos (Yoga, Expressive Arts, Dance Cardio), 24/7:** <https://cchealth.org/wellness/video-record.php>
- **Frontline Workers Counseling Project, Free** (Find a Therapist or Support Group): <https://fwcp.org/get-therapy>
- **Kids at Work Child Care Center:** <https://www.contracosta.ca.gov/3392/Kids-at-Work-Child-Care-Center>
- **Wellness Kit, Free: Contact** CCHSWellness@cchealth.org

COVID-19 RESOURCES

- **Covid-19 After Hours Multilingual Call Center:** 211 or 800-833-2900 or text **HOPE** to 20121
- **Covid-19 CalHOPE Peer Run Warm Line:** 833-317-HOPE
- **Covid-19 Emergency Relief Fund:** 925-521-5065
- **Covid-19 Food Distribution Map:** <https://cocogis.maps.arcgis.com/apps/webappviewer/index.html?id=fea1f3021a50455495b7e7e11325ecd4>
- **Covid-19 Multilingual Call Center, M-F 8 AM – 5 PM:** 844-729-8410
- **Covid-19 Rent Relief:** 1-833-430-2122; <https://housing.ca.gov/>
- **Covid-19 Support Line:** 510-420-3222
- **Digital Covid Vaccine Record:** <https://myvaccinerecord.cdph.ca.gov/>

OTHER COMMUNITY RESOURCES

- **Air Quality** <https://www.airnow.gov/>
- **CA Disaster Relief Assistance:** 800-807-6755
- **CA Parent and Youth Helpline:** 866-427-2736
- **CA Warm Peer Line:** 855-845-7415
- **Community Violence Solutions:** 1-800-670-7273
- **Contra Costa Behavioral Health Access Line:** 1-888-678-7277
- **Crisis and Suicide Hotline:** 1-800-833-2900; 211; **Crisis Text Line:** Text **HOME** to 74141
- **Golden State Stimulus:** <https://www.ftb.ca.gov/about-ftb/newsroom/golden-state-stimulus/index.html>
- **Disaster Distress Helpline:** 800-985-5990; Text **TalkWithUs** to 66746
- **National Domestic Violence Hotline:** 800-799-SAFE; <https://www.thehotline.org/>
- **National Suicide Prevention Hotline:** 800-273-8255
- **SAMHSA's National Helpline (Mental or Substance Use):** 1-800-662-HELP
- **STAND! For Families Free of Violence 24-hour:** 1-888-215-5555; crisisline@standffov.org
- **Wildfire Preparedness and Safety:** <https://www.contracosta.ca.gov/CivicAlerts.aspx?AID=2729>

We care about you. Thank you for all the wonderful things you do here at work. Please send your comments & suggestions to CCHSWellness@cchealth.org. Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble.