

Counseling Resources

2018-2019

This list includes selected offices that can be helpful, during and after a crisis. It is not intended as a list of all possible District resources. **Remember: your first call in a life-threatening emergency should be to call 911.**

EMERGENCY RESOURCES	
Suicide Hotline	(800) 273-8255
Child Abuse Hotline	(877) 881-1116
Homeless	(800) 808-6444
GLBT National Help Center	(888) 843-4564
Crisis Chat	www.crisis-center.org
Grief Counseling	(800) 837-1818

CONTRA COSTA MENTAL HEALTH RESOURCES	
Access Mental Health Appointment Line	(888) 678-7277
Adolescent, Adult & Children's Psychiatric Program	(800) 680-6555
Center for Human Development	(925) 753-1004
Children's Mental Health—Contra Costa area	(925) 427-8664
Community Counseling Center	(925) 798-9240
Community Violence Solutions	(925) 726-4290
Contra Costa Crisis Center	(800) 833-2900
Crockett Counseling Center	(925) 370-6544
Family Advocate Mental Health (CCHS)	(925) 957-5139
Family Street Center—Antioch	(925) 706-8477
First Hope (CCHS)	(925) 681-4450 (under age 18)
George Miller Center—Concord	(925) 646-5710
National Alliance for the Mentally Ill (NAMI)	(925) 942-0767
Northern Family Center	(925) 370-1990
Putnam Clubhouse—Mental Health Day Program	(925) 691-4276 (18 and over)
The Hume Center	(925) 825-1793
YWCA Mental Health Program	(925) 372-4213