

Contra Costa Crisis Center

Agency Overview

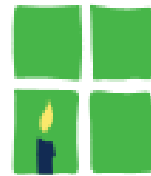
2023



CONTRA COSTA
CRISIS CENTER

Contra Costa Crisis Center

Call 211
or
800-833-2900



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Text **HOPE** to **20121**

**Crisis & Suicide
Information & Referral
Grief Counseling**

**Our hotlines are
available 24/7**
Free & Confidential

The Mission of the Crisis Center

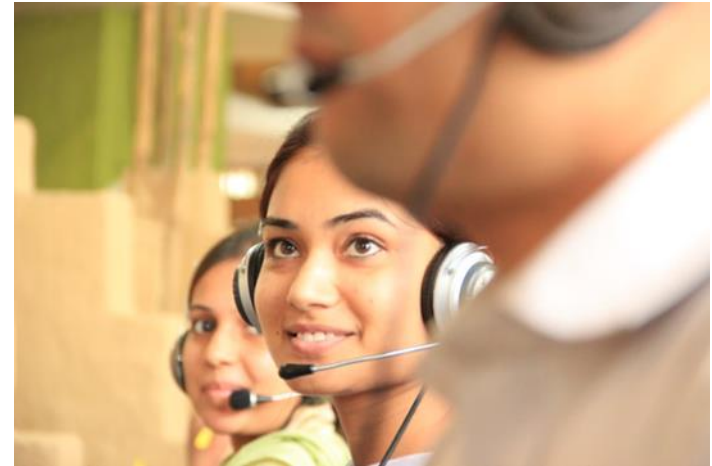
To keep people alive and safe, help them through crises, and provide or connect them with culturally relevant resources in the community.



24-Hour Crisis Lines

Answer crisis calls and texts in Contra Costa County including:

- **Crisis and suicide hotline: call 988**
 - **Alternative number: 1-800-273-8255**
- **Text HOPE to 20121**
- **988 Suicide & Crisis Lifeline, formerly the National Suicide Prevention Lifeline**
- **After-hours Child and Adult Protective Services (CPS & APS)**



211 Info and Referral: call 211

- Provide local health and social service resources 24/7
- Manage online resource database and printable resource guides
 - www.211cc.org
- Text HOPE to 20121
- Counselors are cross-trained to provide information and referral and crisis counseling
- Provide information in time of community disaster

211 Resource Database

- COVID-19 updates
- Rental Payment Assistance
- Eviction Prevention Assistance
- PG&E Payment Assistance
- Homeless Services
- Low-Cost Housing Referrals
- Food, Food Pantries, Meals
- Mental Health
- Mobile Crisis Response Teams
- Physical Health / Dental Care
- Substance Abuse Services
- Financial Assistance
- Free Tax Preparation
- Low-Cost High-Speed Internet
- Legal Services
- Education / Job Training
- Parenting Support
- Senior Services
- Disability Assistance
- LGBTQQ+ Support
- Domestic Violence
- Sexual Assault/Rape

Help Me Grow (HMG): call 211

- Provide resources to parents with children ages 0-5 who have questions about their child's development
- Online resource database for parents
 - <http://www.mycommunitypt.com/helpmegrow>
- Mobile app



Grief Support: call 211

- **Trained volunteers facilitate Grief Support Groups**
- **Mobile Grief Response for schools, agencies, and businesses following a sudden loss of life**





PES Suicide Prevention Follow Up Program

- County Psychiatric Emergency Services (PES) in Martinez is offering our services to clients discharging from their psych emergency room
- Interested clients can opt-in via our texting platform with keyword CCHELP and PES will fax over a Release of Information Form
- Specifically offered to patients whose reason for admission into PES was Suicidal Ideation
- This program is designed to increase linkages to community-based services for ongoing treatment/support
- This program will reduce service gaps by offering immediate 24/7 support from counselors who are trained in providing crisis and suicide risk assessment/intervention
- Overall, this program is designed to prevent suicide deaths and reduce re-attempts and subsequent re-hospitalizations

Community Outreach

- **Presentations and training**
 - Agency Overview
 - Suicide Prevention and Intervention
 - 211 Online Database
 - <https://www.crisis-center.org/211-training/>
- Outreach materials



A close-up photograph of a hand with the index finger pointing upwards. The background is blurred, showing other people's hands also pointing up, suggesting a classroom or meeting setting. The word "Questions?" is overlaid in a bold, green, sans-serif font across the center of the image.

Questions?