



# CONTRA COSTA HEALTH SERVICES

# WELLNESS TIPS

## WE ARE ALL IN THIS TOGETHER!



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### WORK-LIFE RESOURCES AT-A-GLANCE (Updated 04/12/22)

#### CCHS STAFF

- Covid-19 Prevention Program: <http://insidecontracosta.org/667/COVID-19-Resources>
- Employee Assistance Program: **Magellan Healthcare**, 800-229-8674
- Free Wellness Videos (Yoga, Expressive Arts/Mindfulness), 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>

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

- **CA Parent and Youth Helpline:** 866-427-2736; **CalHOPE Warm Line:** 833-317-HOPE
- **Contra Costa Behavioral Health Access Line:** 1-888-678-7277
- **Contra Costa Community Emergency Warning System:** <https://cwsalerts.com/>
- **Contra Costa Crisis Center** 1-800-833-2900; **211**; Text **HOME** to 74141; **HOPE** to 20121
- **Covid-19 Test:** [Get Tested | Coronavirus \(cchealth.org\)](#); **Vaccine Finder:** <https://covidvaccine.cchealth.org/COVIDVaccine/>
- **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>
- **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)
- **Food:** [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); <https://capandemic-ebt.org/>
- **Free Tax Help Bay Area:** <https://earnitkeepitsaveit.org/>
- **Frontline Workers Counseling Project, Free** (Therapist or Support Group): <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 Mail Service:** <https://dev.ehsd.org/benefits/are-you-homeless-and-need-to-pick-up-mail/>
- **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:** 800-273-8255
- **Nurse Advice Line, Medi Nurse, CA (24/7, FREE):** 1 877 409 9052
- **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)
- **Physician Support Line:** 1-888-409-0141
- **Rental Assistance:** [Rental & Deposit Assistance - Shelter Inc.](#)
- **Restaurant Inspection App for iPhone/Android, Free:** <https://cchealth.org/eh/food/smartphone-app.php>
- **Safety in a Power Outage:** [https://www.cdph.ca.gov/Programs/EPO/Pages/BI\\_Natural-Disasters\\_Safety-in-a-Power-Outage.aspx](https://www.cdph.ca.gov/Programs/EPO/Pages/BI_Natural-Disasters_Safety-in-a-Power-Outage.aspx)
- **Safety in the Workplace:** <https://covid19.ca.gov/workers-and-businesses/#return-to-work-after-covid-19>
- **Veterans Crisis Line:** 1-800-273-8255; Text 828255
- **Water Lifeline, EBMUD:** <https://www.ebmud.com/customers/ebmud-water-lifeline/>; 866-403-2683
- **Women, Infants, and Children, WIC 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, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Alan Siegel, Sonia Sutherland, Arlene Trimble.