








Caregiver Resources

Mental Health

-  **CONTRA COSTA COUNTY MENTAL HEALTH ACCESS**
Referrals for mental health and other services for youth and adults.
Available 24/7.
888-678-7277
-  **MOBILE CRISIS RESPONSE TEAM (ADULT)**
In-person crisis support for adults in Contra Costa County.
833-443-2672
-  **NORTHERN CALIFORNIA FAMILY CENTER**
Respite support for youth ages 10-17. Voluntary program that is available if youth is willing to go.
800-718-4357
-  **FIRST HOPE**
Early intervention for psychosis for youth ages 12 and up.
925-608-6550
-  **KAISER PSYCHIATRIC LINE**
Mental health consultation, advice and referrals within Kaiser.
925-229-7792
-  **CAL FURS**
24/7 hotline for current or former foster youth and your caregivers to call and get immediate help for any big or small issues you may be having.
833-939-3877
-  **988**
Available 24/7 for crisis support and suicide prevention

Additional Support

-  **211**
Available 24/7 for information on health and social services in Contra Costa county
-  **CA PARENT HELPLINE**
Phone support & referrals for caregivers. 8 am - 8 pm 7 days/week
855-4APARENT (1-855-427-2736)
-  **CONTRA COSTA COUNTY REGIONAL CENTER**
Services for individuals with developmental disabilities.
925-691-2300
-  **FIRST 5 CALIFORNIA**
Support for youth and families with children under 5 years old.
925-771-7300
-  **CHILDREN AND FAMILY SERVICES (CFS)**
877-881-1116
-  **FAMILY JUSTICE CENTER**
Serving families affected by domestic violence, sexual assault, child or elder abuse, and human trafficking.
West: 510-974-7200
Central: 925-521-6366
East: 925-281-0970

SENECA MOBILE RESPONSE TEAM

In-person crisis support for youth ages 0-22 in Contra Costa County with Medi-cal or no insurance.

In person support: Mon. - Fri. 7 a.m. - 11 p.m.
Weekends 11 a.m. - 9 p.m.

Available by phone 24/7

877-441-1089