

"Don't Go Through It Alone"

**COMMUNITY
EMERGENCY RESOURCES
BY COUNTY**





“Don't Go Through It Alone”

EAP Emergency List by County

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"Don't Go Through It Alone"

Alameda County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention hotline: 1-800-309-2131

Parent Stress: (24hr) 1-800-829-3777

Domestic Violence: (24hr) 1- 800-491-9099

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Amador County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention hotline: 1-800-630-1130

Parent Stress: Natl. Parent Helpline-1-855-427-2736

Domestic Violence hotline: 1-800-792-7776

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Contra Costa County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

County of Santa Clara
Health and Hospital System Employee Assistance Program

“Don't Go Through It Alone”

City Plan: 1-866-282-0125

Suicide Prevention: (24hr) 1-800-833-2900

Parent Stress: 1-888-215-5555

Domestic Violence: 1-888-215-5555

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Calaveras County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24hr) 1-800-499-3030

Parent Stress: Calaveras Crisis hotline- 1-209-736-4011

Domestic Violence: Calaveras Crisis hotline – 1-209-736-4011

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

El Dorado County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24hr) Crisis phone line 1-530-622 3345- West Slope, 1-530-544 2219- South Lake Tahoe

Parent Stress: 1-888-281-3000

Domestic Violence: (24hr) Crisis helpline 1-530-626-1131 or 1-916-939-6610

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

County of Santa Clara
Health and Hospital System Employee Assistance Program

“Don’t Go Through It Alone”

Domestic Violence: (24hr) 1-800-799-7233

Madera County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24hr) Hotline -1-888-506-5991

Parent Stress: Natl. Parent Helpline- 1-855-427-2736

Domestic Violence: 1-800-355-8989

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Marin County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24hr) 415-499-1100

Parent Stress: 1-415-5700

Domestic Violence: 1-415-924-6616

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Mariposa County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

County of Santa Clara
Health and Hospital System Employee Assistance Program

"Don't Go Through It Alone"

Suicide Prevention: (24hr) 1-888-506-5991

Parent Stress: (24hr) 1-209-742-5865

Domestic Violence: 1-888-966-2350

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Merced County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: 1-800-734-4458

Parent Stress: Natl. Parent Helpline: 1-855-427-2736

Domestic Violence: (24hr) 1-209-727-4357

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Monterey County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: 1-877-663-5433

Parent Stress: 1-831-339-8228

Domestic Violence: (24) 1-831-372-6300

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

County of Santa Clara
Health and Hospital System Employee Assistance Program

"Don't Go Through It Alone"

Napa County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals(24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24) 1-855-587-6373

Parent Stress: (24) 1-866-289-8888

Domestic Violence: (24) 1-707-255-6397

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Sacramento County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals(24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24) 1-916-368-3111

Parent Stress: 1-916-875-5437

Domestic Violence: 1-916-920-2952

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

San Benito County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals(24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24) 1-877-663-5433

Parent Stress: 1-800-422-4453

Domestic Violence: 1-800-339-8228

“Don’t Go Through It Alone”

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

San Francisco County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals(24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24hr) 1-800-273-8255 or 415-781-0500

Parent Stress: (24hr) 1-415-441-5437

Domestic Violence: (24hr) 1-415-864-4722 or 1-877-386-3578

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

San Joaquin County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24hr) 1-800-273-8255

Parent Stress: (24hr) 1-209-464-4524

Domestic Violence: (24) 1-209-465-4878

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

San Mateo County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

County of Santa Clara
Health and Hospital System Employee Assistance Program

“Don’t Go Through It Alone”

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: Crisis hotline- 1-650-579-0350

Parent Stress: (24hr) 1-650-579-0358

Domestic Violence: (24hr) 1-800-300-1080

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Santa Clara County

Health Plans Mental Health Numbers:

Health Net: 1-800-522-0088

Kaiser: 1-800-464-4000 or

Valley Health Plan: 1-408-885-4760

Suicide Prevention: (24hr) 1-855-278-4204

Parent Stress: 1-408-279-8228

Domestic Violence: (24hr) 1-408-279-2962

Emergency: 911

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Santa Cruz County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24) 1-877-663-5433

Parent Stress: 1-831-426-7322

Domestic Violence: 1-866-269-2559

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

County of Santa Clara
Health and Hospital System Employee Assistance Program

“Don’t Go Through It Alone”

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Solano County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: 1-800-273-8255

Parent Stress: (24) Solano County Crisis – 1-707-428-1131

Domestic Violence: (24) 1-866-487-7233

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Sonoma County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24hr) 1-855-587-6373

Parent Stress: 1-707-585-6108

Domestic Violence: (24hr) 1-707-546-1234

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Stanislaus County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

County of Santa Clara

Health and Hospital System

Employee Assistance Program

"Don't Go Through It Alone"

Suicide Prevention: (24) 1-800-533-7000

Parent Stress: (24) Crisis counseling- 1-209-575-4413

Domestic Violence: (24) 1-209-577-5980

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Tuolumne County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: (24) 1-800-533-7000

Parent Stress: Natl. Parent Helpline- 1-855-427-2736

Domestic Violence: (24) 1-209-533-3401

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233

Yolo County

Health plans mental health number:

Blue Shield: 1-877-263-9952 or LifeReferrals (24/7) 1-800-985-2405

Kaiser: 1-800-464-4000 or California Behavioral Healthcare Helpline (24/7) 1-800-900-3277

City Plan: 1-866-282-0125

Suicide Prevention: 1-888-233-0228

Parent Stress: (24) 1-888-281-3000

Domestic Violence: (24) 1-530-662-1133

National Hotline Numbers:

Suicide Prevention: (24hr) 1-800-784-2433

Parent Stress: (24hr) 1-855-427-2736

Domestic Violence: (24hr) 1-800-799-7233