

Community Resources

Contra Costa County Crisis Hotline (24/7): 800.833.2900 -or- 925-939-1916

Lutheran Social Services 988 Oak Grove Rd. Concord, CA 94518 925.825.1060

National Hotline for parents, teens, & children

800.448.3000

TTY 800.448.1833

Or dial **211** for Contra Costa County's Resource Database

Food/Shelter/Clothing

Find a Shelter: <http://www.lafh.org/services/emergency.html>
CCC Community Center - Homeless Hotline: 800.808.6444
Loaves & Fishes: Walnut Creek/Martinez - 925.837.8758
Antioch - 925.779.6989
Pittsburg - 925.935.2586

Kids

CCC Community Center - Youth Svcs.: 800.863.7600
Stand up for Kids: Concord, CA: **Pager:** 800.759.8255 **PIN:** 8706724
Runaway 800-843-5200

Teens

CCC Community Center - Youth Svcs.: 800.863.7600
<http://www.pamf.org/teen/hotlines.html>

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| Suicide | 800-SUICIDE |
| Runaway | 800-843-5200 |
| Rape & Sexual Assault | 800-656-HOPE |
| Pregnancy | 800-230-PLAN |
| Self - injury | 800-DONT-CUT |

Women

Postpartum Depression Hotline (9AM-9PM): 888.773.7090
Rape & Sexual Assault 800-656-HOPE
Self - injury 800-DONT-CUT
Abuse:

WOMAN, Inc.: (español tambien) 415.864.4722
A Safe Place P.O. Box 23006, Oakland, CA 94623 510.536-7233

YWCA of Contra Costa County : 1320 Arnold Dr., Ste.170 Martinez, CA 94553
Phone:925-372-4213

Warning: computer use can be monitored. If you are afraid of your partner monitoring your usage, use a safer computer (library, etc...) or call.

Parents/Family/Health

Domestically Abused Men: 888.7HELPLINE (888-743-5754)
Parents' Press: www.parentspress.com/bahotlines.html
Parental Stress Hotline(24/7): 800.829-3777
Child Abuse Prevention(24/7): 415.441.KIDS (441-5437)
Crisis Nursery w/ ages 0-5 (24/7): 925.685.8052

CDC National AIDS/STDs Hotline 800-243-7889 (TTY)
800-342-2437 (English) 800-243-7889 (TTY)

Alcohol 800-622-2255
888-4AL-ANON
Ala-teen/Ala-non (*friends & family of alcoholics*) 888-425-2666

800-729-6686 877-767-8432
Drugs (teen or otherwise) (English) (Spanish)

Crisis Nursery w/ ages 6-11(24/7): 925.685-3695

Misc. Resources throughout Bay Area

- **Alameda County Medical Center**--Oakland Consortium on Sexual Assault 1411 E. 31st Street Oakland, CA 94602 510-437-4688
- **Alameda County Mental Health** 510-430-9401
- **Asian Community Mental Health – Berkeley** (Counseling - Cambodian, Chinese, Japanese, Laotian, Mien, Tagalog, Tai, and Vietnamese Speaking) 510-451-6729
- **Bay Area Women Against Rape** (BAWAR) 7700 Edgewater Drive, Ste. 630, Oakland, CA 94621 510-430-1298
- **Berkeley Mental Health Program** 510-644-8712
- **Casa del Sol – Berkeley** (Spanish Speaking Counseling) 510-535-4000
- **Community Violence Solutions – Antioch** 301 West 10th Street, #3, Antioch, CA 94509 925-706-4290
- **Community Violence Solutions – San Pablo** 2101 Van Ness Street, San Pablo, CA 94806 510-237-0113
- **Crisis Support Services of Alameda County** – Crisis counseling for suicide and grief 510-849-2212 (Berkeley/Oakland); 510-889-1333 (Hayward/Fremont)
- **Native American Health Center – Berkeley** 510-261-1962
- **San Francisco Women Against Rape** 3543 – 18th St., #7, San Francisco, CA 94110 415-861-2024
- **San Leandro Community Counseling** 510-638-6603
- **Suicide Prevention and Crisis Intervention** 415-781-0500 (San Francisco); 510-849-2212 (East Bay); 800-746-8181 (Sonoma)
- **Tri-Valley Haven** 3663 Pacific Avenue, Livermore, CA 94550 800-884-8119, 925-449-5845

Advocacy, Education, Resources, and Community Activities

- [California Coalition Against Sexual Assault](#)
- [Destiny Arts Center](#)
- [Family Violence Prevention Fund](#) 383 Rhode Island Street, Suite 304, San Francisco, CA 94103-5331 415-252-8900
- **Men Overcoming Violence** 415-626-6683
- [NAACP](#)
- **Oakland Men's Project** 510-835-2433
- [Rape, Abuse, and Incest National Network](#) (RAINN) Hotline: 800-656-4673 ext. 3, Business: 202-544-1034
- [United Way of the Bay Area](#) 221 Main Street, Suite 300, San Francisco, CA 94105 Help Link: 800-273-6222; Bus.: 415-808-4300 Email: contact@uwba.org
- [YWCA](#)

Legal Support

- [Bay Area Legal Aid](#) 415-982-1300
- **Family Violence Law Center** Northern Alameda County (Berkeley, Oakland, Albany, Emeryville, Piedmont) (Battered women only) Restraining orders: 510-540-5354; Crisis line: 510-540-5370; Business line: 510-540-5373
- **Legal Aid Society of Alameda County** 510-451-9261
- **District Attorney's Family Violence Project** Hotline: 415-552-7550; Business: 415-553-1865
- **Asian Law Caucus** 720 Market Street, Ste 500, San Francisco, CA 94102 415.391.1655

Victim Witness

The Victim/Witness Assistance Program provides a wide range of services to treat witnesses and victims with compassion and understanding, and to secure their cooperation so that cases can be successfully prosecuted.

- **Alameda County District Attorney** 510-272-6180
- **Contra Costa County Victim Witness Assistance** 925-646-2474, 510-374-3272
- **San Francisco County District Attorney** 415-553-9044