

## First Steps to Receiving Services

### 24-hour Mental Health Access Line

Mental health and supportive recovery resources.

(888) 678-7277

### Crisis Center/Suicide/Homelessness

211

### NAMI Mandarin Outreach

Shelly Ji

(925) 765-8232

shelly@namicontracosta.org

### NAMI Spanish Outreach

Mariela Acosta

(510) 326-0366

mariela@namicontracosta.org

### NAMI Contra Costa

2151 Salvio St., Ste. V

Concord, CA 94520

(925) 942-0767

www.namicontracosta.org

### Resource List

Includes support groups, educational programs, and other services:

<https://www.namicontracosta.org/resources.html>

## Mental Health Facilities

### Psychiatric Emergency Services

Contra Costa Regional Medical Center (north side)

2500 Alhambra Ave, Martinez, CA 94553

925-646-2800

Hours: Mon- Fri: 7:45 a.m. - 8:45 p.m.

### George & Cynthia Miller Wellness Center - Behavioral Health

25 Allen St., Martinez, CA 94553

925-313-7940

Short-notice/same-day behavioral health appointments.

Hours: Mon - Fri: 12 - 8:15 p.m.

Saturday: 8 a.m. - 4:15 p.m.

## Advocacy Services

### Office for Consumer Empowerment

(925) 957-5105

1340 Arnold Dr. Suite 200

Martinez, CA 94553

Hours: Mon-Fri: 8 a.m. - 5 p.m.

### NAMI Contra Costa

(925) 942-0767 2151

Salvio St. Ste. V Concord, CA 94520

Hours: Mon - Thurs 8:30 - 7:00; Fridays 8:30 - 5:00, Saturdays 10:00 - 2:00.

## The NAMI Family Network What We Do

Trained volunteers in the NAMI Family Network provide support to loved ones of individuals with serious mental health challenges by listening, educating and guiding them toward helpful resources. Services are provided whether or not there is an immediate crisis.

### Contacts:

#### Central County:

Gigi Crowder: (510) 990-2670

#### East County:

\*Mariela Acosta: (510) 326-0366

#### West County:

Eddie Morris: (925) 765-8045

#### South County:

\*\*Shelly Ji: (925) 765-8232

\* Spanish language speaker

\*\* Chinese language speaker

[www.thefamilynet.org](http://www.thefamilynet.org)

[www.namicontracosta.org](http://www.namicontracosta.org)

*The Family Volunteer Support Network is funded by The Mental Health Services Act in Partnership with Contra Costa Mental Health.*

## Crisis Services in Contra Costa County

**Police or Ambulance**  
911

**Crisis Center/Suicide/  
Homelessness**  
211

**Mobile Response Team**  
Provides professional, same day intervention for adults experiencing a mental health crisis.  
(833) 443-2672

**Psychiatric Emergency**  
Behavioral health appointments  
(925) 646-2800

**For urgent, but not emergency interventions:**

**NAMI Warm Line**  
Advice and referral. Calls returned within 24 hours.  
(925) 465-3864

**Mental Health Access Line**  
Mental health and supportive recovery resources.  
(888) 678-7277

## Detainment Advisement

This information is useful if you meet the criteria for a 5150.

The Contra Costa County police officer below is sending you to a mental health facility for an examination by mental health professionals.

You will be told your rights by the mental health staff.

The officer will tell you, if he/she is able, whether or not you are under criminal arrest. If the officer is not able to tell you, ask the mental health staff to look at the officer's paperwork which will indicate whether or not you are under criminal arrest.

The following is allowable if you have been detained at your own residence and you are able to communicate with the officer:

You may bring a few personal items with you which the officer will have to approve.

You may make a phone call and/or leave a note to tell someone where you have been taken.

Please let the officer know if you need assistance turning off any appliance or water.

**Officer Name & Serial #**



## Mental Health Resource Brochure

This resource brochure is being given to you by NAMI Contra Costa County in an effort to connect you, your family, and/or caregivers to the resources available for mental health care in Contra Costa County.



**nami**  
National Alliance on Mental Illness

**Contra Costa  
County**