**Contra Costa County**

**HELP IN HARD TIMES**

### Contra Costa County

#### Crisis/Suicide Intervention
- **Contra Costa Crisis Center**
  - Provides 24-hour crisis/warm line support.
  - National Suicide Hotlines: 1-800-273-8255

#### Employment
- **Job Training**
  - CCC Regional Occupational Pgm.
  - Opportunity Junction
  - The Stride Center
  - Antioch Adult Education
  - Liberty Adult Education
  - Martinez Adult Education
  - Mt. Diablo Adult Education
  - Pittsburg Adult Education
  - West Contra Costa Adult Ed.
  - 925-213-1453

#### Legal & Mediation Services
- **Bay Area Legal Aid**
- **Lawyer Referral Service**
  - (Contra Costa County Bar Association)
- **CCC Dept. of Child Support**
- **CCC District Attorney**
- ** CCC Senior Legal Services**
  - (Center for Human Development)
- **Conflict Resolution/Mediation**
- **Family Law Facilitator**
  - (Divorce, child custody, support, paternity issues, help)

#### Mental Health
- **CC Mental Health Access Line**
  - (John Muir Health Ctr.)
- **Bay Area Psychotherapy Institute**
- **Brighter Beginnings - Family Health Clinic**
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