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
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

Children and Adolescents:
(877) 441-1089

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 #

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.