

ONLINE and PHONE RESOURCES for CALIFORNIA

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities:

1-800-971-0016

Alzheimer's 24/7 Support Line

1-800-272-3900

National Suicide Prevention Lifeline

1-800-273-8255

National Domestic Violence Hotline

1-800-799-7233 or text LOVEIS to 22522

www.thehotline.org

The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis.

1-800-843-5200

The **California Peer-Run Warm Line** expanded its services state-wide in October of 2019.

We are a **toll-free service** and operate 24/7 and can be reached at:

Toll-Free Number: 1-855-845-7415

Web Chat: <https://www.mentalhealthsf.org/peer-run-warmline/>

As the CA Peer Run Warm Line is staffed 24/7 by trained Peers with specialized training in supporting mental health challenges, we are already seeing a number of callers with concerns surrounding the virus and associated news reports.

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text

CALIFORNIA: Text HOME or MHFA to 741741

Disaster Distress Hotline (SAMHSA)

1-800-985-5990

Centers for Disease Control and Prevention

1-800-CDC-INFO | (800-232-4636)

www.211.org/pages/about

Call, text, or chat with your local 211 to speak with a community resource specialist in your area who will help you find services and resources that are available to you. You'll find help with:

- supplemental food and nutrition programs
- shelter and housing options and utilities assistance
- emergency information and disaster relief
- employment and education opportunities
- services for veterans
- health care, vaccination and health epidemic information
- addiction prevention and rehabilitation programs
- reentry help for ex-offenders
- support groups for individuals with mental illnesses or special needs
- a safe, confidential path out of physical and/or emotional domestic abuse

Health Insurance Company Contact Information

Anthem Blue Cross of California	www.anthem.com/ca	(855) 634-3381
Blue Shield of California	www.blueshieldca.com	(855) 836-9705
Chinese Community Health Plan	www.cchphealthplan.com	(888) 775-7888
Health Net	www.myhealthnetca.com	(800) 400-8987
Kaiser Permanente	www.kp.org	(800) 464-4000
L.A. Care Health Plan	www.lacare.org	(855) 270-2327
Molina Healthcare	www.molinahealthcare.com	(888) 858-2150
Oscar Health Plan of California	www.hioscar.com	(855) 672-2755
Sharp Health Plan	www.sharphealthplan.com	(800) 359-2002
Valley Health Plan	www.valleyhealthplan.org	(888) 421-8444
Western Health Advantage	www.westernhealth.com	(888) 563-2250