

Mental Health Resources

IN CRISIS – URGENT

National Suicide Prevention Lifeline

PHONE: 1-800-273-TALK (1-800-273-8255)

TEXT: Text “HELLO” to 741741

WEBCCHAT: suicidepreventionlifeline.org/chat/

Free and confidential. You’ll be connected to a skilled, trained counselor in your area via webchat.

NOT URGENT

Staying Strong Against COVID-19 Support Line for Healthcare Workers

PHONE: 510-420-3222

Free, confidential support line for any California health care worker responding to COVID-19. Open 24/7.

CA COVID-19 Hotline

PHONE: 833-422-4255

WEB: covid19.ca.gov

Open 7 days a week from 8am to 8 pm. For general information about CA COVID resources.

KP Employee Assistance Program (EAP)

PHONE: 877-801-5751 (For CA, NW, and HI areas)

Temporary, 24/7 line to discuss any distressful or impactful concerns with an EAP Consultant.

WEB: Go to MyHRConnect, click on “Benefits & Wellness” then choose “Employee Assistance Program” Then scroll down to “Make An Appointment” with your local EAP Consultant.

Disaster Distress Helpline

PHONE: 1-800-985-5990, call or text

Spanish-speakers can call the hotline and press “2” for 24/7 bilingual support.

To connect with trained crises counselors 24/7

Substance Abuse and Mental Health Services Administration (SAMHSA)

WEB: <https://www.samhsa.gov/find-treatment>

For mental health providers/treatment in your area.

Social Services/Food Resources During COVID

Food Assistance Resources

<https://www.cdc.gov/nutrition/resources-publications/food-and-food-system-resources-during-covid-19-pandemic.html>

Financial Assistance Resources

<https://www.usa.gov/disaster-help-food-housing-bills>