

Contra Costa County	Help in Hard Times	www.211database.org
CCC Food Bank	925-676-7543	www.foodbankccs.org
Contra Costa County	Health Care	www.CCCHHealthCare.org
John Muir	Health Care	www.johnmuirhealth.com
Ca Poison Control	1-800-222-1222	www.calpoison.org
Emergency	911	
Pittsburg Police	non-emergency	925-646-2441
Fire Department	non-emergency	925-757-1303
City Corp. Yard	non-emergency	925-252-4936
Contra Costa County	Health Department	925-370-5064

Resources for families to use for counseling

Contra Costa Crisis (24 hour hotline)	1-800-833-2900
Family Stress Center (Antioch, MFT)	925-706-8477
Grief Counseling	1-800-837-1818
Northern California Family Center	925-370-1990
Rape Crisis Center	1-800-670-7273
REACH counseling (drug/alcohol)	

Other Resources	925-754-3673
Alcohol Information/Referral services	1-800-711-6375
Homeless Hotline	1-800-808-6444
Hospice Grief Group	925-887-5678
Mental Health Services Kaiser	925-779-5810
National Runaway Switchboard	1-800-786-2929
Planned Parenthood	925-754-4550
Suicide Hotline	1-800-833-2900
Victim Witness services	1-800-648-0600