



Feeling Sad or Anxious? We Are Here for You.

The impact of COVID-19 and shelter-in-place can lead to feelings of anxiety and depression. These feelings may increase during the holidays.

If you are having a hard time, **you are not alone.**

Central California Alliance for Health (the Alliance) works with Beacon Health Options (Beacon) to connect you to mental health services and support.

If you are having new or increased feelings of stress, anxiety or depression, call Beacon at:

855-765-9700

(TTY: Dial 711), 24 hours a day, 7 days a week.

Or visit their website at

www.beaconhealthoptions.com.

If you are having an emergency, don't wait.

Call 911.

Need help with a medical question?

Call the Alliance Nurse Advice Line, 24 hours day, 7 days a week at:
844-971-8907 (TTY: Dial 711)

Need help with emotional support?

Call the National Suicide Prevention Lifeline, 24 hours a day, 7 days a week:
English: 800-273-TALK (8255)
Spanish: 888-628-9454

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

www.ccah-alliance.org