

# DO YOU NEED SUPPORT?

overwhelmed  
sad  
anxious  
exhausted  
grief  
angry  
depressed  
tired  
scared

Caring for a loved one with special health care needs can be physically and emotionally draining. This is common. You need to take care of yourself, too. Talking to someone can help.

If you are thinking about hurting yourself or someone else, please call 911 or go to your local Emergency Room as soon as possible.

## Other Places Where You Can Get Support:

- Alameda County Behavioral Health “ACCESS”: (800) 491 - 9099
- Family Paths Parent Support Hotline: (800) 829 - 3777
- To Find a Doctor, Alameda County Family Health Line: (888) 604 - 4636

## Other Places Where You Can Get Help:

- Your CCS Nurse Case Manager: (510) 208 - 5970
- **Schools:** Many schools and colleges in Alameda County have health centers and/or counseling staff that can help you.
- **Churches and Faith Communities:** Local churches may have health ministries or a religious leader who has a counseling certification. It can be a comforting place to start.



Alameda County Public Health Department  
California Children's Services (CCS)  
*Right Care. Right Time. Right Place.*  
[www.acphd.org/ccs](http://www.acphd.org/ccs)