

## Frequent Referrals for Ventura County Employees (PARENTS)

**Employee Assistance Program** (805) 654—4327

**911** – Emergency

**Mental Health Crisis Line** 1-866-998-2243 - Ventura County Behavioral Health 24/7 Hotline

**National Suicide Prevention Hotline** 1-800-273-8255

**Mental Health Crisis Text Line 741741:** Text START to 741741 from anywhere in U.S., about any type of crisis

**211 - 24/7 Referral Line** or call **1-800-339-9597** [www.211ventura.org](http://www.211ventura.org)

**Ventura County Health Care Plan** (805) 981-5050 [www.vchealthcareplan.org](http://www.vchealthcareplan.org)

**Life Strategies Behavioral Health** (for VCHCP) (800) 851-7407 [www.liveandworkwell.com](http://www.liveandworkwell.com)

-Click on “Find a Provider”, input your search criteria

**Anthem Medical** (EPO/High-Deductible PPO) (800) 727-2762 [www.anthem.com/ca](http://www.anthem.com/ca) (Prudent Buyer – Large Group)

**Ventura County Wellness Program** (805) 654-5129 <https://hr.ventura.org/benefits/wellness-program>

**Ventura County Work/Life Program** (805) 477-7234 <https://hr.ventura.org/benefits/work-life-program>

**Child Development Resources of Ventura** (805) 485-7878 [www.childdevelopmentresources.org](http://www.childdevelopmentresources.org)

**Ventura County A.A. (Alcoholics Anonymous)** – 24/7 Hotline (805) 389-1444

**Domestic Violence and Human Trafficking 24/7 Hotline** through Interface call 1-800-636-6738

**Coalition for Family Harmony** (24-hour hotline for domestic violence/assault) 1-800-300-2181

**District Attorney’s Crime Assistance Program** (805) 654-3622 <https://www.vcdistrictattorney.com/victims/>

**Cloud Library** (e-Library through Ventura County Library) – download App on your smart phone or tablet. EAP has partnered with Ventura County Library to offer over 200 **“EAP Recommends”** books on topics ranging from parenting, relationships, managing stress, burnout, wellness ... all for FREE!

**Linked In Learning** – Free classes/videos for County Employees – variety of topics, such as managing stress, burnout. Name your topic and it’s probably there! Courses range in length – a few minutes to more in depth.

**LEGAL** Legal Aid Clinic: [vlegalaid.org](http://vlegalaid.org)

County of Ventura Self Help Legal Access Center: (805) 289-8733 [www.ventura.courts.ca.gov/shlac.html](http://www.ventura.courts.ca.gov/shlac.html)

Ventura County Bar Association (must schedule appointment, small fee for consultation) 805-650-7599

**Parenting Without Conflict®** - online courses for parents and children who are experiencing divorce and separation (in English and Spanish). Courses may be purchased or there are lots of free articles.

<https://www.highconflictinstitute.com/parenting-without-conflict>

**Khan Academy** – free learning and tutoring at [www.khanacademy.com](http://www.khanacademy.com) (math, science, test prep, etc.)

**Mental Health Resources:** [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) – free mental health downloads and resources

**Wellness Everyday (community, parenting and mental health resources)** [www.wellnesseveryday.org](http://www.wellnesseveryday.org)

**Apps for Meditation/Mindfulness:** Insight Timer (also has courses on managing stress, wellbeing and lots for kids – all for free), Calm, Headspace

**Mindfulness Everyday:** promoting wellness and mindfulness for kids <https://mindfulnesseveryday.org/>

**Ventura County Mom Collective:** new website devoted to all things mom/parenting related in Ventura County. Lots of great resources and support: <https://venturacounty.momcollective.com>