

Frequent Referrals for Ventura County Employees (PARENTS)

Employee Assistance Program (805) 654—4327

911 - Emergency

211 - 24/7 Referral Line or call **1-800-339-9597** www.211ventura.org

Ventura County Health Care Plan (805) 981-5050 www.vchealthcareplan.org

Life Strategies Behavioral Health (for VCHCP) (800) 851-7407 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 (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

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 and audiobooks on topics ranging from parenting, relationships, managing stress, burnout, wellness ... all for FREE!

LinkedIn Learning – Free classes/videos for County Employees – variety of topics, such as managing stress, burnout, etc. Some topics include: [Supporting Your Kids' Learning at Home](#) and [Balancing Work and Life as a Work-From-Home Parent](#). Information available on your web login page. This is a great resource!

LEGAL

Legal Aid Clinic: vclegalaid.org

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

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

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

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/>

Khan Academy – free learning and tutoring at www.khanacademy.com (math, science, test prep, etc.)

Mental Health Resources: www.getselfhelp.co.uk – free mental health downloads and resources

Wellness Everyday (community, parenting and mental health resources) www.wellnesseveryday.org

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

Mindfulness Everyday: very helpful wellness website dedicated to kids – has tremendous resource list of activities, recommended books/readings, and links to other websites: <https://mindfulnesseveryday.org/>