



# CalHOPE

## HOPE LIVES HERE

### HOW DO WE HELP?

Are you going through a difficult situation?  
A stressful one? Not feeling 100%?  
Or are you simply looking for resources?

Call us to receive free  
and confidential support.

We support everyone, including youth and teens, caregivers, Veterans, individuals living with and without behavioral health concerns and more. We can support individuals directly and provide them resources for their loved ones too!

- Our Crisis Counselors listen to you!
- Provide emotional support
- Connect you to resources such as:

**Life transitions:** new job, losing job, new/ending relationships, moving from family, starting/changing school, and more.

**In need of resources:** food, housing, utilities, career related, legal, domestic violence, health, behavioral health, immigration, and more.

**Personal, child, family support:** diaper distributions, positive parenting courses and groups, affordable childcare, youth centers, counseling centers & more.

PLEASE GIVE US A CALL



# 833-842-4673 (HOPE)

Monday-Friday: 8:00 AM TO 4:00 PM



San Diego and  
Imperial Counties



California