



**NEED  
HELP?**

# Staff RESOURCES

Self-Care Resources  
At Your Fingertips

**You're doing the best you can.** If you need a little extra help, here are 10 confidential resources you can easily use today.

**1 Suicide Prevention Lifeline**  
Help with depression and loneliness.  
**24/7 Phone:** 1-800-273-8255  
**Chat:** [suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)

**2 Tulare County Warm Line** - Support for depression, anxiety, and other needs.  
**24/7 Phone:** 1-877-306-2413  
**Website:** [tchhsa.org/eng/index.cfm/mental-health/community-warm-line](https://tchhsa.org/eng/index.cfm/mental-health/community-warm-line)

**3 Drug and Alcohol Abuse Hotline**  
A path to recovery.  
**24/7 Phone:** 1-844-289-0879  
**Website:** [drughelpline.org](https://drughelpline.org)

**4 Domestic Abuse Violence Hotline**  
**24/7 Phone:** 1-800-799-7233  
**Live Chat:** [thehotline.org](https://thehotline.org)

**5 Central California Family Crisis Center**  
Local help with domestic violence, legal services, emergency shelter.  
**24/7 Phone:** 559-784-0192  
**Website:** [ccfamilycrisis.org](https://ccfamilycrisis.org)

**6 Halcyon Employee Assistance Program (EAP)**  
Support for family and relationships, stress, work-life balance, and substance abuse. Six free counseling sessions for you or a family member.  
**Website:** [halcyoneap.com](https://halcyoneap.com)  
**Username:** SVMC  
**Hotline:** 1-888-425-4800

**7 Mobile Apps:**  
Help with meditation, stress, and anxiety.  
**Calm App - Website:** [calm.com](https://calm.com)  
**Head Space - Website:** [headspace.com](https://headspace.com)

**8 SVMC RISE Program**  
**Intranet:** Submit request under "Resources" tab.

**9 SVMC Chaplaincy:** Call 559-791-3769.  
Available in Chapel M-F, 7 a.m. - 5 p.m.

**10 SVMC HR Dept.:** You can contact us anytime for confidential support or assistance navigating resources.  
**Contact:** Krystle Contreras (559-788-6085)



## WELLNESS CORNER

ON THE GO? VIEW THESE AND  
OTHER RESOURCES AT  
[sierra-view.com/wellnesscorner](https://sierra-view.com/wellnesscorner)



SCAN WITH  
YOUR PHONE'S  
CAMERA



**SIERRA VIEW**  
MEDICAL CENTER

**Questions for HR?**

We're here to help.

Contact us today (x6085)