

We're proud of what we do but we can't do it all. Here's a list of other resources that may be able to help you along the way.

Organization	Website	Phone	How they help
National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org/	800.273.8255	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
Chefs With Issues	http://chefswithissues.com/	916.447.6182	Industry specific site that provides resources and insights into Mental Health.
Hope For The Day	https://www.hftd.org/	916.447.6182	Education and resources about mental health and suicide.
CORE (Children of Restaurant Employees)	https://www.coregives.org/	404.655.4690	Grants for restaurant workers who have children and have gone through a crisis.
The Giving Kitchen	https://thegivingkitchen.org/	916.447.6182	Emergency grants for restaurant workers throughout the state of Georgia.
California's Office of Emergency Management	www.caloes.ca.gov	916.845.8506	Resources from the Governor's Office during emergencies.
Disaster Assistance	https://www.disasterassistance.gov/	916.447.6182	Search engine that helps pair you with local resources in a disaster.
American Red Cross	http://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter	800.733.2767	If an emergency has forced you to evacuate, Red Cross can help you find shelter.
CARE/FERA Programs	https://www.cpuc.ca.gov/General.aspx?id=976	866-743-2273	California Alternate Rates for Energy & Family Electric Rate Assistance program (discounts utility bills)
CA Food Bank	http://www.cafoodbanks.org/find-food-bank	866.321.4435	Enter your zip code to find CAFB member food banks and other food programs in your area.

The Salvation Army	https://westernusa.salvationarmy.org/usw_thq/location_search/	800.728.7825	Provides many services, search by your zip code to see what is locally available to you.
HUD	https://www.hud.gov/states/california/library/disasterrelief	800.225.5342	Disaster Relief and Emergency Assistance: California
United Way	https://www.unitedwaysca.org/resources/other-resources	877.355.8922	Unites individuals, nonprofits, businesses, and government partners to fight for the education, basic needs, and financial stability of each and every person in the community.
The Trevor Project	https://www.thetrevorproject.org/	916.447.6182	Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

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