



# NEED HELP?

*Errand assistance • Health-related information and referrals*

During this time of heightened health concern, BCHD is available to offer help and support. If you or someone you know in the Beach Cities needs assistance with errands, health-related information or referrals, please call our Assistance, Information & Referral line at **310-374-3426, ext. 256**.

## RESOURCES:

**[bchd.org/coronavirus](https://bchd.org/coronavirus)**

for information about COVID-19 or  
to sign up for email updates from  
BCHD

**[bchd.org/resources](https://bchd.org/resources)**

for information related to mental health  
and social-emotional health for youth  
and adults, support groups and  
emergency services