



NEED HELP?

Are you an older adult or adult with disabilities in need of assistance?

During this time of heightened health concern, Beach Cities Health District is available to offer help and support.

Assistance for Older Adults & Adults with Disabilities

Please contact us if you or someone you know is in need of errand assistance in the Beach Cities.

Health-related information and referrals

If you have questions, concerns or are interested in health referrals, please reach out to our information and referral line, 7 days a week, 8:30 a.m. – 5 p.m.

For assistance, health-related information and referrals, please contact us at **310-374-3426, ext. 256** or **bchd.org/coronavirus**.

RESOURCES:

bchd.org/coronavirus

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

bchd.org/resources

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