



Contra Costa County California Employment & Human Services



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Podcasts

English Version

“Where do I go to get help with financial, food, or medical assistance?”

There are many persons and families in our county suffering from economic hardship as a result of the recession. Many of these persons and families may be surprised to find out that due to a loss in income, they can now qualify for some form of financial, food, or medical assistance. Many of those who are eligible for some form of aid often don't take advantage of the help available because either they assume they are not eligible, or they don't know how to go about applying for help, or they are too embarrassed to do so.

The Contra Costa County Employment and Human Services Department, which is the county department which administers financial, food, and medical assistance services for those in need in our county, has now provided an easy to use web-site that you can use to see if you might qualify for some form of assistance and to get information on how to go about doing so.

The website to go to is www.contracostabenefits.org. Click on the green “Self-Screen” button and after reading the introductory page, click on the “Next” button in the lower right hand corner. This will take you to a “self screening” page with 9 questions. After you answer the questions that apply to you, you will be taken to a page that shows you which programs you might be eligible for. These programs include financial assistance from either the “CalWORKS” or “General Assistance” program, cash food assistance, or medical coverage through the “Medi-Cal” program.

The cash food assistance program was formerly called the Food Stamps program, but in the state of California, it has been changed to the “CalFRESH” program. CalFRESH provides financial assistance for food purchases in the form of a debit card. The income limits to qualify for the CalFRESH program are even higher than the income limits for other financial assistance programs, and there are many persons and families that could be taking advantage of this assistance

After you complete the self-screening questionnaire, the website will alert you to other programs you might be eligible for such as federally funded financial assistance for home energy bills, and it will provide you with specific information about how to go about applying for any of the programs you might be eligible for.

Our website also gives you links to all of the other programs and services which our department provides. Spending 5 minutes at this website might help you and your family access needed benefits.

You may also receive general information about our services, office locations, and hours by calling our Toll-Free number at 1-877-505-4630. You can call this number 24 hours a day, 7 days a week.