

●=Spanish, ◆=Chinese, ■=Laotian  
◄=Spanish at variable times  
▲=Legal resident, citizen required

**Crisis/Suicide Intervention**

**Contra Costa Crisis Center** .....2-1-1  
Provides 24-hour crisis/warm line support.  
**National Suicide Hotlines**  
.....1-800-273-8255

**Dental**

**1-800-DENTIST**..... 1-800-336-8422  
Provides referrals to dentists with  
discounted services and/or payment plan;  
must request at time of call ●

**Berkeley Free Clinic** .... 1-800-625-4642  
Provides free general medical and dental  
services for adults by appointment only for  
current clients. New clients are only  
accepted through a lottery; arrive before  
6:15pm and go to lobby. ◄

**Contra Costa Health Services Dental  
Clinics** ..... 1-877-905-4545  
Bay Point Children's Dental..... 925-427-8302  
Martinez ..... 925-370-5300  
Pittsburg ..... 925-431-2501  
San Pablo ..... 510-231-9540  
Accepts Medi-Cal, Medi-Cal/Denti-Cal, Basic  
Health Care for children 19 and under. ●▲◆

**Denti-Cal/Medi-Cal Dental Program**  
..... 1-800-322-6384  
Provides referrals to Medi-Cal dentists for  
children. ▲

**Dental Hygiene Clinic** .....925-969-2692  
(Diablo Valley College)  
Provides dental cleaning, x-rays, fluoride  
treatment; ages 5+, screening exam  
required; if paying with check, need to  
show proper identification; adults \$25-\$55,  
children \$10, Medi-Cal. Services are  
closed during summer. ◄

**La Clínica Monument Dental Clinic**  
..... 925-363-2005

**La Clínica Pittsburg Dental Clinic**  
.....925-431-1251  
Provides dental services for everyone;  
Denti-Cal and most private insurance  
accepted; sliding scale. ●

**Lifelong Medical Care- Brookside**  
San Pablo .....510-215-9092  
Pinole .....510-981-3255  
Provides dental services; West county  
resident; Sliding scale for uninsured, Medi-  
Cal, other insurances. ●

**Respite Dental Care Concord**  
..... 925-608-5016  
Provides free general dental services for  
homeless individuals. ●◆

**University California San Francisco  
Dental Clinics** .....415-476-1891  
Provides low-cost dental services adults,  
and children; assessment fee varies; Photo  
ID required ●◆

**Eye Exam/Glasses**

**Lions Center for the Visually Impaired**  
.....925-432-3013  
Provides eye exam and glasses at low cost  
or no cost for individuals with no vision  
insurance coverage; call number to locate  
service provider in area.

**University California Berkeley  
Eye Care Center** .....510-642-2020  
Provides low-cost eye services; fee must be  
paid at time of service. ◄

**Gay, Lesbian, Bisexual, Transgender**

**LGBT National Help Center**  
..... 1-888-843-4564  
Provides information on health and other  
resources for the LGBT community; no  
income or citizenship requirements.

**LGBT Health Care (Planned  
Parenthood)** ..... 1-800-230-7526  
Offers health services for the LGBT  
community; no citizenship requirements;  
sliding scale. ●◆

**Rainbow Community Center  
Concord/EI Cerrito**.....925-692-0090  
Provides information on health and other  
resources, HIV testing, counseling/case  
management for the LGBT community; no  
income or citizenship requirements. ●

**Healthcare Option Assistance**

**Covered California** ..... 1-800-300-1506  
..... www.coveredca.com  
Provides information on health insurance  
options through the Affordable Care Act.  
●◆▲

**Patient Financial Counseling**  
..... 1-800-771-4270  
Helps individuals find health insurance for  
county health care services ●◆■

**Hearing Loss**

**Hearing Loss Association of  
America - Diablo Valley & East Bay  
Chapter** ..... 925-264-1199  
Offers a variety of services for individuals  
with hearing loss; including, information,  
education and supportive services as well  
as a fellowship support group.  
**Hear NOW** ..... 1-800-648-4327  
Provides hearing aids; eligibility based on  
income; must be US citizen. ▲

**The Hearing Foundation**  
..... 1-800-327-8077  
Provides donated hearing aids to low  
income, US or legal immigrant; donation  
of \$150 per hearing aid; call to locate  
service provider in area. ▲

**Medical Care**

**Advice Nurse** (Contra Costa Health Services)  
..... 1-877-661-6230  
Provides telephone health advice to anyone  
regardless of current health insurance.  
●◆

**BAART Healthcare East**...925-522-0124  
**BAART Healthcare West**...510-232-0874  
Provides primary health care for adults;  
Medi-Cal, sliding scale.

**Berkeley Free Clinic**..... 1-800-625-4642  
Provides free general medical and dental  
services for adults by appointment only for  
current clients. New clients are only  
accepted through a lottery; arrive before  
6:15pm and go to lobby. ◄

**Charlotte Maxwell Clinic** (Oakland)  
.....510-601-7660  
Provides acupuncture, homeopathy,  
massage therapy for low income women  
with cancer diagnosis ●◆

**Contra Costa County Health Services  
Health Centers**..... 1-800-495-8885  
Antioch, Bay Point, Brentwood, Concord,  
Martinez, Pittsburg, San Pablo ●▲◆

**Brighter Beginnings - Family Health  
Clinic**  
**Antioch**..... 925-303-4780  
**Richmond** .....510-213-6681  
Provides low cost primary health care for  
adults, teens and children who are  
uninsured. ●

**Healthcare for Homeless Mobile Van**  
Call for locations/day/time...925-608-5300  
Provides free general medical services for  
homeless individuals ●◆■

**La Clínica Monument** ..... 925-363-2005  
**La Clínica Oakley** ..... 925-776-8240  
**La Clínica Pittsburg** ..... 925-431-1251  
 Provides primary health care; sliding scale for services; Medi-Cal, Medicare, CCHP, Family Pact, CHDP, BCEDP, private insurance, uninsured ●

**Lifelong Medical Care- Brookside**  
 Richmond.....510-215-5001  
 Provides primary health care; West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, private insurance ●

San Pablo .....510-215-9092  
 Provides primary health care and urgent care services on a walk-in basis to West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, private insurance ●

**Mobile Health Clinic**.....925-363-7588 (John Muir)  
 Provides general medical services; every Saturday at Village Resource Center, Brentwood, 9-12:30; call to verify dates/times; for individuals without health insurance or unable to pay ●

**Operation Access** ..... 415-733-0052  
 Free outpatient surgery; uninsured, ineligible for Medi-Cal, Medicare, possess less than \$5,000 in savings; referred by a doctor ●◆

**Planned Parenthood**.... 1-800-230-7526  
 Antioch, Concord, Hilltop, San Ramon, Richmond, Walnut Creek; provides health services including birth control, emergency contraception, testing/treatment of sexually transmitted disease, HIV testing/counseling, pregnancy tests, prenatal care & other health services; CCHP, Medi-Cal. If individual does not qualify for FPACT coverage there is a sliding fee scale. ●

**Respite Health Care Concord**  
 .....925-646-5311  
 Provides free general medical services for homeless individuals ●◆

**RotaCare Clinic**  
**Cambridge Elementary School, Concord**  
 .....925-429-6409  
 Clinic: Thur. 5-9pm; Call Thur. 1-2pm  
**Family Justice Center, Richmond**  
 .....510-213-6678  
 Clinic: Tue. 5:30-7:30pm, 2<sup>nd</sup> & 4<sup>th</sup> Sat.

**Monument Crisis Center, Concord**  
 .....925-429-6409  
 Clinic: 1<sup>st</sup> & 3<sup>rd</sup> Tues. 5-9pm

**St. Vincent de Paul Society, Pittsburg**  
 ..... 925-439-2009  
 Clinic: Wed. 4-7pm, 2<sup>nd</sup> & 4<sup>th</sup> Sat, 9-12pm

**Richmond Free Medical Clinic**  
 .....510-213-66778  
 Clinic: Tues. 5:30-8pm & 1<sup>st</sup>, 3<sup>rd</sup> Sun. by appointment

**Women's Health Clinic, Concord**  
 .....925-429-6409  
 Clinic: 2<sup>nd</sup> & 4<sup>th</sup> Tues. 5-9pm

Provides free urgent care clinic for low-income, uninsured; **Must** have appointment, no walk-ins. ●

**Medical Equipment**

**Economy Medical** ..... 925-671-4800  
 Sells and rents home health care supplies; repairs wheel chairs.

**John Muir Medical Equipment Loan Program** ..... 510-251-2273  
 Loans medical equipment to residents of Central and East Contra Costa County ●

**Lioness Hospital Equipment Lending**  
 Martinez residents only ..... 925-228-3983

**ReCARES** ..... 510-251-2273  
 Free used home healthcare and medical equipment and supplies

**Medical Insurance**

**Child Health & Disability Prevention (CHDP)** ..... 925-313-6150  
 Provides health assessments, referrals; no medical coverage, meet income guideline, ages 0-18 ●◆

**Kaiser Child Health Plan** 1-800-464-4000  
 Offers a health, dental, vision, and prescription plan with hospitalization; children 0-19; low income, no citizenship requirements ●◆

**Medi-Cal Access Program**  
 ..... 1-800-433-2611  
 Low-cost health care coverage for pregnant women whose income is too high or whose health care deductible is over \$500, middle income; legal immigration status ●▲

**Medi-Cal** ..... 1-800-709-8348  
 Offers health, dental, vision, prescription coverage; Full-scope Medi-Cal: citizen/legal immigrant; income eligibility ●◆▲  
 Prenatal care for pregnant women and emergency care regardless of legal status.

**Prescription Payment Help**

**NeedyMeds** ..... [www.needymeds.org](http://www.needymeds.org)  
 Provides information on medicine and healthcare assistance programs based on needs; income/legal status varies by provider; Internet only

**Partnership for Prescription Assistance / Rx Help for Californians**  
 ..... 1-888-477-2669

Provides prescription assistance to individuals by directing them to drug companies that provide their medications free or low-cost; income/legal status varies by drug provider; [www.pparx.org](http://www.pparx.org) ●

**Rx Outreach** ..... 1-800-769-3880  
 Provides information on resources for mail-order prescription assistance; income/legal status varies by drug provider; [www.rxoutreach.com](http://www.rxoutreach.com) ●

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 ◀=Spanish at variable times  
 ▲=Legal resident, citizen required

**Need help and don't know where to go?**

**Call 211**  
**24/7 Spanish & English**  
 Or go to:  
[www.211database.org](http://www.211database.org)

211 in Contra Costa is operated by the Contra Costa Crisis Center.

**Need Medical Advice?**

Contra Costa Health Plan's Advice Nurse  
**1-877-661-6230**  
 Open to the public, don't need to be a CCHP member (or have legal status) ●◆

This resource guide is a collaborative effort of the Contra Costa Crisis Center and Contra Costa Health Services.

