

Crisis Intervention and Suicide

Contra Costa Crisis Center

..... 1-800-833-2900
Provides 24-hour crisis/warm line support.

National Suicide Hotlines

..... 1-800-273-8255

Trevor Helpline

..... 1-866-488-7386

Drop-In Centers

Rainbow Community Center

..... 925-692-0090
Offers a variety of support groups, group activities, discussion groups/forum on political issues relating to LGBTQQI and a peer support for LGBTQQI.

RYSE Youth Center..... 510-374-3401

Provides a safe and welcoming space for young people, ages 14-21, to receive services, engage in programming or to simply hang-out.

Health Care

Advice Nurse(Contra Costa Health Plan)

..... 1-877-661-6230
Provides telephone health advice; do not need to be a CCHP member.

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.

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.

Contra Costa County Health Services

Health Centers 1-800-495-8885

Antioch, Bay Point, Brentwood, Concord, Martinez, Pittsburg y San Pablo

Health Care for the Homeless Mobile Van (CCHS)925-313-6166

Call for locations, hours, and days. Provides free general medical services for homeless individuals.

LGBT Pride Initiative (CCHS)

..... 925-313-6763

Offers health services for the LGBT community.

Covered California 1-800-300-1506

..... www.coveredca.com

Provides information on health plan options for uninsured individuals, families or employees through the Affordable Health Care Act.

John Muir Health925-939-3000

Provides routine and preventive health care services including pediatrics, adult medicine, prenatal care and patient education.

Kaiser Medical Centers

..... 1-800-464-4000

Provides routine and preventive health care services including pediatrics, adult medicine, prenatal care and patient education.

La Clínica Monument925-363-2005

La Clínica Oakley925-776-8200

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.

Life Long Medical-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; 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, 9-12pm; Women's health services 3rd Saturday, 9-12pm. For individuals without health insurance or unable to pay.

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 and credit cards accepted. If individual does not qualify for FPACT coverage there is a sliding fee scale. No checks accepted.

Sutter Delta Medical Center

..... 925-779-7200

Provides routine and preventive health care service for children and adults.

Respite Health Care Concord

Call for locations/day/time925-313-6166
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: Tues. 5:30-7:30pm, 2nd & 4th Sat.

Monument Crisis Center, Concord

.....925-429-6409

Clinic: 1st & 3rd Tues. 5-9pm

St. Vincent de Paul Society, Pittsburg

.....925-439-2009

Clinic: Wed. 4-7pm , 2nd & 4th Sat, 9-12pm

Women's Health Clinic, Concord

.....925-429-6409

Clinic: 2nd & 4th Tues. 5-9pm

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

Information and Referral

211 Contra Costa 211

Provides information on health and social services in Contra Costa County.

Rainbow Community Center

..... 925-692-0090

Offers LGBTQQI resource information.

Mental Health Support

Familias Unidas

Richmond 510-412-5930

Provides mental health services for Contra Costa residents who are experiencing emotional distress, problems with children, and crisis or conflict within the family.

Family Advocate Mental Health

(CCHS) 925-957-5139

Provides navigation , advocacy, benefit and resource information. Works as the bridge with County mental health and families.

Rainbow Community Center

..... 925-692-0090

Provides a variety of support groups; visit www.rainbowcc.org for current listings.

Transition Age Youth (TAY)

Partnership..... 510-439-3130

(Fred Finch Youth Center)

Provides community-based comprehensive range of intensive support services and housing referrals in Contra Costa County for transition age youth, ages 16-25, that have significant mental health issues and are homeless or at imminent risk of homelessness.

Online Resources

Advocates for Youth
..... www.advocatesforyouth.org

Ambiente Joven (Spanish)
..... www.ambientejoven.org

American Civil Liberties Union - Northern California Gay and Lesbian Rights Chapter
..... www.aclunc.org

California Safe Schools Coalition
..... www.casafeschools.org

COLAGE (Children of Lesbians & Gays Everywhere)
..... www.colage.org

Community United Against Violence
..... www.cuav.org

Family Acceptance Project
..... www.familyproject.sfsu.edu

GAYLESTA
..... www.gaylesta.org

Gay Lesbian & Straight Education Network www.glsen.org

Gay-Straight Alliance (GSA) Network
..... www.gsanetwork.org

Gender Spectrum
..... www.genderspectrum.org

GLBT Near Me
..... www.glbtnearme.org

LGBT Pride Initiative (CCHS)
..... https://cchealth.org/pride/

Our Family Coalition
..... www.ourfamily.org

Parents, Families & Friends of Lesbians and Gays
..... www.pflag.org

Positive Images
..... www.posimages.org

RYSE Youth Portal
..... www.ryse.lifeportal.com

Transgender Law Center
..... www.transgenderlawcenter.org

TransYouth Family Allies
..... www.imatyfa.org

Youth Guardian Services
..... www.youth-guard.org

Youth Resource
http://www.amplifyyourvoice.org/youthresource

Help On-line or by Phone

GLBT National Hotline
..... 1-888-843-4564

GLBT National Youth Talkline
..... 1-800-246-7743

Lambda Legal
..... www.lambdalegal.org

Legal Services for Children
..... 415-863-3762

Trevor Chat
..... www.thetrevorproject.org/lifelinechat

Parenting Support

Family Acceptance Project
..... www.familyproject.sfsu.edu

Gender Spectrum
..... 510-778-4412
Provides information and direct services to help families understand gender identity in children.

Our Family Coalition
..... 415-981-1960
Provides resources for LGBTQ families with children.

Rainbow Community Center
..... 925-692-0090
Provides support and social group activities for parents and caregivers of LGBTQ youth.

Youth Drop-In Support Groups

Empowerment Program
..... 925-753-1004
(Center for Human Development)
Youth Development and support group for LGBTQ Youth, ages 14-18. (Antioch)

Rainbow Community Center
..... 925-692-0090
Offers a variety of support groups, activities, mentoring, discussion groups, forums and peer support group for LGBTQ youth. (Concord)

Community Health Program (RYSE Youth Center)..... 510-374-3401
Support group for youth ages, 14-21. Call for meeting times and information. (Richmond)

Homeless Youth

Calli House Shelter 1-800-610-9400
24-hour shelter for runaway and homeless youth 18-24.

Fred Finch Youth Cntr.... 510-439-3130
Provides intensive support services and housing referrals for transition age young adults ages 16-25 with significant mental health issues and who are homeless or at imminent risk of homelessness.

Northern California Family Center
..... 925-370-1990
Provides intensive clinical, shelter and referral services for runaway, homeless, neglected and abused youth in Contra Costa County.

For more information and referrals on health and human services

Call 211

24/7 Spanish & English
Or go to:
www.211database.org

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

This resource guide is a collaborative effort of the Contra Costa Crisis Center and the Rainbow Community Center.



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