

**Crisis and Suicide Intervention**

**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)** ..... 925-608-5300

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 Health** ..... 925-939-3000

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 Monument** ..... 925-363-2005

**La Clínica Oakley** ..... 925-776-8200

**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 3<sup>rd</sup> 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/time ... 925-608-5300

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, 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

**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.

**Help On-line or by Phone**

**211 Contra Costa Database**..... 2-1-1

..... www.211database.org

**GLBT National Hotline**

..... 1-888-843-4564

**GLBT National Youth Talkline**

..... 1-800-246-7743

**Legal Services for Children**

..... 415-863-3762

**Trevor Chat**

..... www.thetrevorproject.org/lifelinechat

**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.



**Information and Referral**

**211 Contra Costa**..... 2-1-1  
Provides information on health and social services in Contra Costa County.  
**Rainbow Community Center**  
..... 925-692-0090  
Offers LGBTQI 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**

**American Civil Liberties Union - Northern California Gay and Lesbian Rights Chapter**  
..... www.aclunc.org  
**GAYLESTA**  
..... www.gaylesta.org  
**GLBT Near Me**  
..... www.glbtnearme.org  
**Parents, Families & Friends of Lesbians and Gays**  
..... www.pflag.org  
**RYSE Youth Portal**  
..... www.ryse.lifeportal.com  
**Transgender Law Center**  
..... www.transgenderlawcenter.org

**Parenting Support**

**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 LGBTQI 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)

For more information and referrals on health and human services

**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

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



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\*LGBTQQI=Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex