

●=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/El 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**  
 Pinole ..... 510-981-3255  
 Provides primary health care; West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, private insurance ●

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

**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**  
 ..... 510-213-6678

Clinic: Tues. 5-8pm & 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  
 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\_●

**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 ●

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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.211cc.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.

