

RESOURCE GUIDE



SAN FRANCISCO

MENTAL HEALTH RESOURCES

Need to talk to someone? San Francisco Suicide Prevention *24-Hour crisis support line*

☎ Call (415) 781-0500

Text "CRISIS", "YOUTH", or "HIV" to (415) 200-2920

Mobile Crisis Team *For outreach and home visits during a mental health crisis*

☎ (415) 970-4000

☎ (415) 355-8300

The TALK Line: 24-hour crisis line for parents

☎ (415) 441-5437

<https://safeandsound.org/for-parents/>

The Warm Line *24-Hour non-crisis emotional support phone line and live chat for CA residents*

☎ (855) 845-7415

<https://www.mentalhealthsf.org/peer-run-warmline/>

Larkin Street Youth Services (ages 25 and under):

134 Golden Gate Ave, San Francisco, CA 94102

<https://larkinstreetyouth.org/get-help/get-help-now/>

The Michael Baxter Youth Clinic (ages 25 & under): Mon-Fri 9am-12pm and 1-5pm

☎ (415) 673-0911 ext. 259

Free mental health services and more:

<https://larkinstreetyouth.org/get-help/medical-services/>

Larkin Street Engagement and Community Drop-In Center

☎ (415) 673-0911 ext. 200

Individual and group counseling for ages 18-24

3rd Street Youth Center & Clinic (Bayview Hunters Point): 1728 Bancroft Avenue, San Francisco, CA 94124

☎ (415) 822-1707

Offers free [therapy](#) and [housing services](#) including rapid re-housing (<https://3rdstyouth.org/counseling/>)

Tom Waddell Urban Health Clinic (Tenderloin):

230 Golden Gate Ave, San Francisco, CA 94102

☎ (415) 355-7400

Integrated behavioral health services and more

Clinic serving adults experiencing homelessness, residents of supportive housing, and other members of San Francisco's Tenderloin neighborhood community

<https://sfhealthnetwork.org/primary-care-3/tom-waddell-urban-health-clinic/>

Drop-in Services

Westside Crisis Clinic *culturally competent crisis and urgent psychiatric care services*

☎ (415) 431-9000

<https://westside-health.org/programs/crisis-clinic>

Dore Urgent Care Clinic *helps individuals experiencing an escalating mental health crisis avoid involuntary detention or hospitalization with psychiatric emergency services:*

☎ (415) 553-3100

<https://www.sfserviceguide.org/services/236>

✓ Crisis evaluation and assessment

✓ Triage into a crisis residential treatment program

SF Health Network

☎ (415) 255-3737

Mental health services available for SF residents with Medi-Cal (offered by SFDPH):

<https://findtreatment-sf.org/>

- ✓ Crisis Residential Treatment: *stabilize and improve psychological symptoms of distress and connect to appropriate treatment*
- ✓ Mental Health Residential Treatment: *provides treatment for managing life with mental illness with or without substance use disorders*

Behavioral Health Access Center (BHAC)

1380 Howard Street, 1st Floor, San Francisco, CA 94103

☎ (415) 503-4730

Free ongoing treatment for mental health or substance use (SF residents): <https://sf-goso.org/health-treatment/health-care/san-francisco-behavioral-health-access-center-bhac-health-treatment/>

- ✓ Residential treatment
- ✓ Intensive outpatient services
- ✓ Outpatient services

SUBSTANCE USE RESOURCES

SF Health Network

<https://findtreatment-sf.org/>

Substance use services available for SF residents with Medi-Cal (offered by San Francisco Department of Public Health):

- ✓ Withdrawal Management *provides medically or socially supportive residential setting for safe detoxification off alcohol and other substances*
- ✓ Residential Treatment Programs *help people limit or abstain from use of alcohol and other drugs*
- ✓ Residential Step-Down Programs *offer safe, temporary living environment for people experiencing homelessness who have just completed residential treatment*

Behavioral Health Access Center (BHAC)

1380 Howard Street, 1st Floor, San Francisco, CA 94103

☎ (415) 503-4730

Free ongoing treatment for substance use:

<https://sf-goso.org/health-treatment/health-care/san-francisco-behavioral-health-access-center-bhac-health-treatment/>

Al-Anon Support for family and friends of alcoholics

<https://www.al-anonsf.org/>

Alateen If you are a teen and have been affected in any way by alcoholism in a relative or friend, Alateen offers electronic and in-person meetings and resources that you can access whenever you need help.

<https://www.al-anonsf.org/alateen>

Nar-Anon Support for family and friends of addicts

<https://www.nar-anon.org/>

<https://www.gganaranon.org/meetings.htm>

Narateen Narateen groups provide support to teenage family members and friends of addicts.

<https://www.nar-anon.org/narateen-faq>

Recovery Support - Find Alcoholics and Narcotics Anonymous meetings:

LifeRing Secular Recovery: provides safe meeting space with non-judgmental recovery conversation with your peers

<https://lifering.org/f2f-meetings/>

Intercounty Fellowship of Alcoholics

Anonymous – <https://aasfmarin.org/find-a-meeting>

Find Recovery (AA and NA meetings)

https://findrecovery.com/aa_meetings/ca/san-francisco/

San Francisco Area of Narcotics Anonymous

<https://sfna.org/meeting-search/>

SEXUAL/REPRODUCTIVE HEALTH RESOURCES

Planned Parenthood

San Francisco Health Center

1522 Bush St, San Francisco, CA 94109
☎ 415-821-1282

South San Francisco Health Center:

435 Grand Ave, South San Francisco, CA 94080
☎ (877) 855-7526

Services provided include:

- ✓ STD testing, treatment, vaccines
- ✓ Birth control
- ✓ Emergency contraception
- ✓ Pregnancy testing
- ✓ Abortion
- ✓ HIV testing, education, referrals
- ✓ Transgender hormone therapy
- ✓ Men and Women's health care

San Francisco City Clinic (SFCC)

356 7th Street, San Francisco, CA 94103
☎ 628-217-6600

Services provided include:

- ✓ Low-cost HIV/STI testing, diagnosis and treatment
- ✓ Birth control
- ✓ Pregnancy testing and counseling
- ✓ Pap smears
- ✓ PEP and PrEP
- ✓ Vaccines (hepatitis A, hepatitis B, meningococcus, HPV, COVID-19)

3rd Street Youth Center & Clinic (Bayview Hunters

Point): 1728 Bancroft Avenue, San Francisco, CA 94124
☎ (415) 822-1707

Offers **free** [medical services](#) to all youth (ages 12-24), including:

- ✓ Pregnancy testing and counseling
- ✓ Birth control (incl. IUD and implants)
- ✓ Emergency contraception (Plan B)
- ✓ STI testing and treatment
- ✓ Rapid HIV testing and counseling
- ✓ Pap smears and pelvic exams

Larkin Street Youth Services (ages 25 and under):

134 Golden Gate Ave, San Francisco, CA 94102

<https://larkinstreetyouth.org/get-help/get-help-now/>

The Michael Baxter Youth Clinic

(ages 25 & under): Mon-Fri 9am-12pm and 1-5pm

☎ (415) 673-0911 ext. 259

Medical clinic offering **free** preventative, primary & sexual medical care including rapid HIV testing, family planning, health education, and behavioral health services: <https://larkinstreetyouth.org/get-help/medical-services/>

Don't Think, Know

Free STD home test for vaginal chlamydia and

gonorrhea: <https://sf.dontthinkknow.org/>

TakeMeHome

Free HIV/STI, PrEP panel & Hepatitis C home test kits based on eligibility (only some test kits available, depending on your zip code): <https://takemehome.org/>

Nurse Home Visiting Programs (SFDPH)

☎ 800-300-9950

- ✓ Public health nurse available to visit and provide someone who is pregnant or has a baby with support, information and resources for free

Free pregnancy tests available at a number of clinics around SF

- ✓ <https://sf.gov/information/think-youre-pregnant>

Women, Infants, & Children (WIC) Supplemental Nutrition Program

[7 Clinics](#) available around SF offering:

- ✓ Nutrition education and tips
- ✓ Breastfeeding support
- ✓ WIC card to buy healthy foods at the store
- ✓ Referrals to other healthcare and community services

SEX WORK RESOURCES

St. James Infirmary

230 Golden Gate Ave, San Francisco, CA 94102

☎ (415) 554-8494

Provides free caring and compassionate therapy, case management, support groups and peer counseling to current and former sex workers.

GENERAL HEALTH RESOURCES

Larkin Street Drop-in Centers Youth Access Points

<https://larkinstreetyouth.org/get-help/drop-in-centers/>

Engagement and Community Center

134 Golden Gate Ave, San Francisco, CA 94102
☎ (415) 673-0911 ext. 200

For ages 18-24: Offers showers, meals, lockers, laundry, clothing, hygiene supplies, computer/web access, housing intake & problem solving, education & employment programs, medical care, WiFi

Haight Street Referral Center

1317 Haight St, San Francisco, CA 94117
☎ (415) 660-7490 drop-in ext. 470 office ext. 471

For ages 12-24: Provides case management services, clothing, first aid supplies, harm reduction supplies, housing intake & problem solving, hygiene supplies, meals, referrals, WiFi

Tom Waddell Urban Health Clinic (Tenderloin):

230 Golden Gate Ave, San Francisco, CA 94102
☎ (415) 355-7400

<https://sfhealthnetwork.org/primary-care-3/tom-waddell-urban-health-clinic/>

Clinic serving adults experiencing homelessness, residents of supportive housing, and other members of San Francisco's Tenderloin neighborhood community
Specialty services include:

- ✓ Comprehensive HIV prevention and care
- ✓ Hepatitis C treatment
- ✓ Office based opioid treatment
- ✓ Transgender care
- ✓ Integrated behavioral health services
- ✓ Podiatry and dental services

RESOURCES FOR PARENTS

The TALK Line: 24-hour crisis line for parents

☎ (415) 441-5437

<https://safeandsound.org/for-parents/>

SEXUAL EXPLOITATION/HUMAN TRAFFICKING RESOURCES

National Human Trafficking Hotline

☎ (888) 373-7888

Text **HELP** to 233733 (BEFREE)

Online chat: www.humantraffickinghotline.org

GENDER-BASED VIOLENCE RESOURCES

Woman, Inc. 24-Hour Crisis Line

☎ (415) 864-4722

National Domestic Violence Hotline

☎ (800) 799-7233 (24 hours)

BAWAR (Bay Area Women Against Rape)

☎ (510) 800-4247

Love is Respect: <https://www.loveisrespect.org/>

☎ (866) 331-9474

Text **LOVEIS** to 22252

CHILD AND ELDER ABUSE RESOURCES

SF Family and Children's Services Hotline

☎ (800) 856-5553 (24 hours)

SF Adult Protective Services

☎ (415) 355-6700 or (800) 814-0009 (24 hours)

EVICTION DEFENSE, RENTAL ASSISTANCE, AND HOUSING RESOURCES

San Francisco Service Guide

<https://sfserviceguide.org/>

Online guide to finding essential services in San Francisco, including rental assistance and eviction prevention, shelters, and long-term housing

San Francisco Department of Homelessness and Supportive Housing: Adult Coordinated Entry Access Points

<https://hsh.sfgov.org/services/how-to-get-services/referrals-and-housing-assistance/adult-coordinated-entry-access-points/>

List of access points across San Francisco that provide **referral support to housing and other community services for San Francisco adults** at risk of homelessness, or who are experiencing homelessness. All adults over 18 without minor children can call any of the sites.

Eviction Defense Collaborative

976 Mission St, San Francisco, CA 94103

<https://evictiondefense.org/>

Legal Assistance:

☎ (415) 659-9184

legal@evictiondefense.org

Assistance with Back Rent:

☎ (415) 470-5211

edcradco@evictiondefense.org

Drop In Hours

Monday, Tuesday, Wednesday, Friday:

10-11:30am and 1-2:30pm

Tenderloin Housing Clinic

126 Hyde Street, San Francisco, CA 94102

Legal Assistance:

☎ 415) 771-9850

Main Line:

(415) 885-3286

<https://www.thclinic.org/>

Services include legal assistance, some transitional and permanent housing opportunities for people transitioning from homelessness, and money management services

JOB TRAINING RESOURCES

SF Hype/Freedom Forward

198 Potrero Avenue, San Francisco, CA 94103

☎ (415) 525-4438

hypecenter@freedom-forward.org

<https://www.hypecentersf.com/>

Email or call to schedule an appointment.

Multi-service drop-in center for youth, including:

- ✓ Employment support
- ✓ Trainings, workshops, and classes
- ✓ Financial Literacy
- ✓ Housing Support
- ✓ Mental Health Services
- ✓ Education Support
- ✓ Legal Clinics

New Door

3221 20th St. San Francisco, CA 94110

☎ (415) 920-9200

intake@newdoor.org

<https://www.newdoor.org/our-programs/>

Opportunities for paid work, skill training, and education, and individualized support through a case manager

JVS (Jewish Vocational Services)

548 Market Street, PMB 37733, San Francisco, CA 94104

☎ 415-391-3600

info@jvs.org

<https://www.jvs.org/apply-today/>

Job and skills training and search services for healthcare, financial services, utilities, and technology industry jobs.

YMCA of San Francisco Workforce Development

<https://www.ymcasf.org/workforce-development>

- ✓ Workforce training, skill-building, job readiness training, paid internships, job placements at multiple locations, including:

Bayview YMCA

<https://www.ymcasf.org/bayview-workforce-development>

Training in Culinary and hospitality, Technology, Health and wellness, entrepreneurship, including training in:

- ✓ Professional Etiquette
- ✓ Self-Confidence / Emotional Intelligence
- ✓ Communication Skills
- ✓ Critical Thinking / Problem Solving
- ✓ Goal Setting / Prioritizing
- ✓ Education / Employment Development
- ✓ Financial literacy

City of San Francisco Youth Workforce Development

Submit an interest form at: <https://sf.gov/find-job-center-youth-and-young-adults>

Available resources include:

- ✓ Career coaching
- ✓ Job preparation and search help
- ✓ Job training
- ✓ Financial literacy
- ✓ Paid work experience
- ✓ College Enrollment

Mission Hiring Hall

<http://mhh.wpengine.com/jobseekers/>

Mission Hiring Hall has multiple employment and job training programs and 2 offices

Mission Office

3080 16th Street @ Valencia

San Francisco, CA 94103

☎ 415.626.1919

info@missionhiringhall.org

South of Market Office

1048 Folsom Street @ Russ

San Francisco, CA 94103

☎ 415.865.2105

info@missionhiringhall.org

City Build Program

☎(415) 865-2105

citybuild@sfgov.org

Fill out interest form at: <https://sf.gov/apply-train-career-construction>

Training for construction and construction administration jobs for San Francisco residents.

Program includes:

- ✓ 12 - week program with 2 sessions (Spring and Fall) with classroom instruction and hands-on training
- ✓ Access to mentorship, networking, job placement assistance

RESOURCE GUIDE



OAKLAND

MENTAL HEALTH RESOURCES

Need to talk to someone? Alameda County Crisis Support Line

- ☎ (800) 309-2131 (24-Hour crisis line)
www.crisissupport.org/programs/crisis-line/
- ☎ Text "SAFE" to 20121 (4pm to 11pm text line)
www.crisissupport.org/programs/text-line/

The Warm Line 24-Hour non-crisis emotional support phone line and live chat for CA residents

- ☎ (855) 845-7415
www.mentalhealthsf.org/peer-run-warmline/

The TALK Line: 24-hour crisis line for parents

- ☎ (415) 441-5437
<https://safeandsound.org/for-parents/>

Mobile Crisis Unit For outreach and home visits during a mental health crisis

- ☎ (510) 891-5600 (ask for the ON-DUTY clinician)
- ☎ Or call 911 and request CATT (the Community Assessment & Transport Team)

Roots Community Health Center (East Oakland)

- Main Clinic: 9925 International Blvd, Oakland, CA 94603
- ☎ (510) 777-1177
 - ✓ Provides primary care services to patients including mental health services:
<https://rootsclinic.org/our-work/health-wellness-services/medical-services/primary-care/>

Berkeley Free Clinic (Berkeley)

- <https://www.berkeleyfreeclinic.org/>
2339 Durant Ave, Berkeley, CA 94704
- ☎ (510) 548-2570
 - ✓ Offers free peer counseling

La Clínica Health Center: Clínica Alta Vista (Fruitvale)

- <https://laclinica.org/location/clinica-alta-vista/>
1515 Fruitvale Avenue, Oakland, CA 94601-2322
- ☎ 510-535-6300
- Takes Medi-Cal and offers sliding fee scale discounts for services:
- ✓ Behavioral health care
 - ✓ Brief counseling, crisis intervention, case referrals, counseling support/education groups

Alameda County Behavioral Health Care Services

- ☎ (800) 491-9099
- <https://www.acbhcs.org/mental-health/child-youth-services-0-24-years/>

Transition Age Youth (TAY) Services (18-24 years)

Offer a number of behavioral health programs including crisis residential programs, residential treatment programs, case management, and more

Therapeutic Behavioral Services (TBS) (under 21 years) Intensive, individualized, one to one behavioral mental health

LifeLong Medical Care Health Center Offers services to people of all ages regardless of ability to pay, including counseling, psychiatry, and recovery services.

Downtown Oakland

616 16th Street, Oakland CA 94612

☎ (510) 981-4100

<https://lifelongmedical.org/locations/downtown-oakland-health-center/>

East Oakland

10700 MacArthur Boulevard, Oakland CA 94605

☎ (510) 981-4100

<https://lifelongmedical.org/locations/east-oakland-health-center/>

Highland Hospital (East Oakland)

1411 E 31st St, Oakland, CA 94602

☎ (510) 437-4800

Takes Medi-Cal and offers low-cost medical services including behavioral health care services

SUBSTANCE USE RESOURCES

Roots Community Health Center (East Oakland)

Main Clinic: 9925 International Blvd, Oakland, CA 94603

☎ (510) 777-1177 <https://rootsclinic.org/>

Provides primary care services to patients including substance abuse resources

Alameda County Behavioral Health Care Services

☎ (844) 682-7215

<https://www.acbhcs.org/substance-use-treatment/>

Services include:

- ✓ Medication Assisted Treatment
- ✓ Withdrawal Management
- ✓ Residential and Sober Living Homes
- ✓ Outpatient & Intensive Outpatient
- ✓ Opioid Treatment Programs
- ✓ Recovery Support Services
- ✓ Drug and Alcohol Prevention Services

LifeLong Medical Care Health Center

Offers services to people of all ages regardless of ability to pay, including addiction medicine and recovery services.

Downtown Oakland

616 16th Street, Oakland CA 94612

☎ (510) 981-4100

<https://lifelongmedical.org/locations/downtown-oakland-health-center/>

East Oakland

10700 MacArthur Boulevard, Oakland CA 94605

☎ (510) 981-4100

<https://lifelongmedical.org/locations/east-oakland-health-center/>

Recovery Support - Find Alcoholics and Narcotics Anonymous meetings:

East Bay Intergroup, Inc. (AA meetings) –

<https://eastbayaa.org/meetings>

LifeRing Secular Recovery: provides safe meeting space with non-judgmental recovery conversation with your peers

<https://lifering.org/f2f-meetings/>

Find Recovery (AA and NA meetings)

https://findrecovery.com/aa_meetings/ca/oakland/

San Francisco Area of Narcotics Anonymous

<https://sfna.org/meeting-search/>

SEXUAL/REPRODUCTIVE HEALTH RESOURCES

Planned Parenthood - East Oakland/Coliseum Health Center

8480 Enterprise Way, Oakland, CA 94621

☎ 510-746-4700

<https://www.plannedparenthood.org/health-center/california/oakland/94621/east-oakland-coliseum-health-center-4188-90130>

Services provided include:

- ✓ Birth control
- ✓ Emergency contraception
- ✓ Pregnancy testing
- ✓ Abortion
- ✓ HIV testing, education, referrals
- ✓ STD testing, treatment, vaccines
- ✓ Transgender hormone therapy
- ✓ Men and Women’s health care

La Clínica Health Center: Clínica Alta Vista (Fruitvale)

<https://laclinica.org/location/clinica-alta-vista/>
1515 Fruitvale Avenue, Oakland, CA 94601-2322
☎ 510-535-6300

Takes Medi-Cal and offers sliding fee scale discounts for services.

- ✓ Pap smears
- ✓ Family planning services
- ✓ STI diagnosis and treatment, HIV testing (including rapid HIV tests)
- ✓ Prenatal care
- ✓ Sonograms, nutritional counseling, childbirth preparation classes, breastfeeding education and support
- ✓ Pediatric health care for children of adolescents and young adults

Roots Community Health Center (East Oakland)

Main Clinic: 9925 International Blvd, Oakland, CA 94603
☎ (510) 777-1177

Provides [primary care](#) services to patients including:

- ✓ Pregnancy testing
- ✓ STI, Hepatitis C & HIV testing

Berkeley Free Clinic (Berkeley)

<https://www.berkeleyfreeclinic.org/>
2339 Durant Ave, Berkeley, CA 94704
☎ (510) 548-2570

- ✓ STI screenings and treatment
- ✓ UTI testing and treatment
- ✓ Hepatitis, HIV, and TB counseling and screenings

Perinatal Services and Family Planning (Alameda County Public Health Department):

<https://acphd.org/perinatal-services/>

Family Planning and other services including:

- ✓ Pregnancy tests
- ✓ Emergency contraception (including Plan B)
- ✓ Abortions

Comprehensive Perinatal Services Program (CPSP)

(if eligible for Medi-Cal) provides:

- ✓ Perinatal care
- ✓ Health education
- ✓ Nutrition education
- ✓ Support for jobs, emotions, housing, relationships, etc.

<https://acphd.org/cpsp-providers/>

Order of Malta Oakland Clinic (Downtown Oakland)

<https://www.orderofmaltaclinic.com/>
2121 Harrison Street #120, Oakland, CA 94612
☎ (510) 267-3250

Medical clinic providing free, on-site preventative health care services and treatment to uninsured and low-income patients. Includes:

- ✓ Gynecology
- ✓ Pap smear

Highland Hospital (East Oakland)

1411 E 31st St, Oakland, CA 94602
☎ (510) 437-4800

Takes Medi-Cal and offers low-cost medical services including:

- ✓ Gynecology
- ✓ HIV care

LifeLong Medical Care Health Center

Downtown Oakland

616 16th Street, Oakland CA 94612
☎ (510) 981-4100

East Oakland

10700 MacArthur Boulevard, Oakland CA 94605
☎ (510) 981-4100

Offers services to people of all ages regardless of ability to pay including HIV treatment and prevention

Don't Think, Know

Free STD home tests for vaginal chlamydia and gonorrhea: <https://alameda.dontthinkknow.org/>
☎ (510) 268-2110

TakeMeHome

Free HIV/STI, PrEP panel & Hepatitis C home test kits based on eligibility (only some test kits available, depending on your zip code): <https://takemehome.org/>

SEX WORK RESOURCES

St. James Infirmary

230 Golden Gate Ave, San Francisco, CA 94102
☎ (415) 554-8494

Provides free caring and compassionate therapy, case management, support groups and peer counseling to current and former sex workers.

GENERAL HEALTH RESOURCES

Highland Hospital (East Oakland)

1411 E 31st St, Oakland, CA 94602

☎ (510) 437-4800

Takes Medi-Cal and offers low-cost medical services including:

- ✓ Behavioral health
- ✓ Gynecology
- ✓ HIV care
- ✓ Urgent care
- ✓ Homeless Health Center
- ✓ Wound and infection treatment
- ✓ Flu shots, cold and virus treatment

Saint Vincent de Paul – Health Care for the Homeless (West Oakland)

2272 San Pablo Ave, Oakland, CA 94612

☎ (510) 877-9256

<https://alameda.networkofcare.org/mh/services/>

Drop-in clinic offering **free** community health programs and health care services for homeless persons.

Confidential primary care services include:

- ✓ Urgent care
- ✓ Primary care referrals
- ✓ General health education
- ✓ Blood pressure and blood glucose monitoring

Roots Community Health Center (East Oakland)

Main Clinic: 9925 International Blvd, Oakland, CA 94603

☎ (510) 777-1177

Provides [primary care](#) services to patients including:

- ✓ Pregnancy testing
- ✓ STI, Hepatitis C & HIV testing
- ✓ Immunizations/Vaccinations
- ✓ Substance Abuse resources
- ✓ Mental health services

La Clínica Health Center: Clínica Alta Vista (Fruitvale)

1515 Fruitvale Avenue, Oakland, CA 94601-2322

☎ 510-535-6300

<https://laclinica.org/location/clinica-alta-vista/>

Takes Medi-Cal and offers sliding fee scale discounts for services depending upon family size and income.

Services include:

- ✓ Primary care (ages 12-23, or up to age 25 if currently a registered patient)
- ✓ Physical exams, nutrition and fitness promotion, immunizations, laboratory testing, pap smears, management of chronic illnesses, prescriptions

- ✓ Urgent care
- ✓ Family planning services and safe sex education
- ✓ STI diagnosis and treatment, HIV testing
- ✓ Prenatal care
- ✓ Sonograms, nutritional counseling, childbirth preparation classes, breastfeeding education and support
- ✓ Pediatric health care for children of adolescents and young adults
- ✓ Behavioral health care
- ✓ Brief counseling, crisis intervention, case referrals, counseling support/education groups
- ✓ Specialty care

Order of Malta Oakland Clinic (Downtown Oakland)

2121 Harrison Street #120, Oakland, CA 94612

☎ Phone number: (510) 267-3250

<https://www.orderofmaltaclinic.com/>

Medical clinic providing free, on-site preventative health care services and treatment to uninsured and low-income patients. Includes:

- ✓ Primary care
- ✓ Gynecology
- ✓ Pap smear

RESOURCES FOR PARENTS

The TALK Line: 24-hour crisis line for parents

☎ (415) 441-5437

<https://safeandsound.org/for-parents/>

La Clínica Health Center: Clínica Alta Vista (Fruitvale)

<https://laclinica.org/location/clinica-alta-vista/>

1515 Fruitvale Avenue, Oakland, CA 94601-2322

☎ 510-535-6300

Pediatric health care for children of adolescents and young adults

SEXUAL EXPLOITATION RESOURCES

MISSEY

☎ (510) 251-2070

<https://missesey.org/>

Provides crisis intervention and longer-term community and care, so girls and gender-expansive youth are safe from sexual exploitation.

National Human Trafficking Hotline

☎ (888) 373-7888

☎ Text **HELP** to 233733 (BEFREE)

Online chat: www.humantraffickinghotline.org

Roots Community Health Center (East Oakland)

Main Clinic: 9925 International Blvd, Oakland, CA 94603

☎ (510) 777-1177

Provides Youth Programs & Services to ages 12-24 experiencing homelessness, affected by sex trafficking, and those involved in the juvenile justice system. Visit

<https://rootsclinic.org/our-work/health-wellness-services/youth-services/>

GENDER-BASED VIOLENCE RESOURCES

Alameda County Mobile Response Team 24-hour crisis line for victims of domestic violence

☎ (510) 757-5123 or (800) 947-8301

National Domestic Violence Hotline

☎ (800) 799-7233 (24 hours)

Love is Respect: <https://www.loveisrespect.org/>

☎ (866) 331-9474

☎ Text **LOVEIS** to 22252

BAWAR (Bay Area Women Against Rape)

☎ (510) 800-4247

CHILD AND ELDER ABUSE RESOURCES

Alameda County Children and Family Services

☎ (510) 259-1800 (24 hours)

Alameda County Adult Protective Services

☎ (510) 577-3500 or (866) 225-5277 (24 hours)

EVICTIION DEFENSE AND HOUSING ASSISTANCE RESOURCES

East Bay Community Law Center

2921 Adeline St., Berkeley, CA

<https://ebclc.org/need-services/housing-services/>

For Housing Law Assistance:

☎ (510) 548-4040 ext. 201

*Leave a message with your Name, Phone Number, City, and a brief description of your problem or question.

Free housing services include eviction defense, Section 8/Housing Authority termination hearings, rent board hearings, rental assistance program consultations and referrals

General Line

☎ (510) 548-4040

Additional free legal services include clean slate services, legal advice and brief services on debt-collection activities, student loans, identity theft, storage unit disputes, tows and repossession

Eviction Defense Center

350 Frank Ogawa Plaza, Suite 703, Oakland, CA 94612

☎ (510) 452-4541

<https://www.evictiondefensecenteroakland.org/>

Free and low-cost (sliding scale) legal services to tenants facing eviction in Alameda County and the City of Richmond.

Call for assistance. Office Hours are Mon/Tues/Thurs 9am-12pm and 2pm-5pm; and Wed/Fri 9am-12pm and 2pm-4pm

Centro Legal de la Raza

3400 E. 12th St., Oakland, CA 94601

☎ (510) 437-1554

info@centrolegal.org

<https://www.centrolegal.org/>

Tenant's rights, worker's rights, and immigrant rights services

JOB TRAINING RESOURCES

The Unity Council

1900 Fruitvale Ave #2a, Oakland, CA 94601

☎ (510) 535-6900

Fill out intake form at:

<https://unitycouncil.org/universal-intake-form/>

For Career Services Call 510-535-6101 or email careercenter@unitycouncil.org

Services include:

- ✓ Job search assistance, job application assistance, and cover Letter and Resume Writing Workshops
- ✓ Job Readiness and Computer Skills Workshops
- ✓ Free access to Computer Lab, printer, and fax for career-related activities
- ✓ One-on-One employment counseling (for qualified job-seekers)
- ✓ Financial coaching for improved credit/savings
- ✓ Public benefits enrollment
- ✓ Connection to community resources

Civicorps

101 Myrtle Street, Oakland, CA 94607

☎ (510) 992-7800

info@cvcorps.org

Fill out an interest form at:

<https://corpsnet.cvcorps.org/SignUp/ApplyCivicorps.aspx>

Services include:

Paid job training programs in Environmental Management and Recycling, including training in:

- ✓ Leadership
- ✓ Interview skills
- ✓ Tool use and safety
- ✓ English as a Second Language
- ✓ Certifications (Chainsaw, CPR/First Aid, Drivers' Licenses (Class B and Class C), Chipper, Forklift)

Education Opportunities, including support with earning a high school diploma, and college prep

The Youth Employment Partnership

2300 International Boulevard, Oakland, CA 94601

☎ (510) 533-3447

Fill out application form for Young adult jobs program at: <https://www.yep.org/how-you-join/young-adult-application/>

- ✓ Pathways in construction, culinary arts, warehousing and logistics, and healthcare
- ✓ Training includes on-the-job vocational training, leadership development, comprehensive support services, educational programming, and college enrollment

West Oakland Job Resource Center

1801 Adeline Street, 2nd Fl, Oakland, CA 94607

☎ 510-419-0509

admin@wojrc.org

<https://crm.wojrc.org/>

Services include:

- ✓ Transportation, distribution, logistics pre-apprenticeship training
- ✓ Construction job application navigation, union trade enrollment, job referral and placement assistance
- ✓ Financial Coaching to build credit score, reduce debt, and build savings

Cypress Mandela

977 66th Avenue, Oakland, CA 94621

☎ (510) 208-7350

info@cypressmandela.org

<https://www.cypressmandela.org/programs>

Free 16-week apprenticeship program, including:

- ✓ Environmental training
- ✓ Introduction to cement work
- ✓ Introduction to framing, form and foundation work
- ✓ Introduction to structural steel and ironwork
- ✓ Job safety
- ✓ Orientation to the construction industry and the apprentice structure
- ✓ Tool and material identification
- ✓ Site surveying
- ✓ Blueprint reading
- ✓ Electrical fundamentals
- ✓ Plumbing fundamentals
- ✓ Introduction to operating engineers
- ✓ Fundamentals of Solar

Youth Uprising

8711 Macarthur Boulevard, Oakland, CA. 94605

☎ (510) 777-9909

Sign up to become a member at:

<https://www.youthuprising.org/membership>

Membership is free, and members have access to services including

- ✓ Career & Education (Job readiness and placement, education support, Youth Uprising fellowship program)
- ✓ Health & Wellness (Peer groups, mental health counseling, physical health, sports)
- ✓ Arts (Music, video production, visual arts programs)
- ✓ Leadership development and civic engagement