

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://misseey.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/>

RELATIONSHIP 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

City of Oakland Suggestions to Finding Affordable Housing

<https://www.oaklandca.gov/services/find-affordable-housing>

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

FOOD RESOURCES

Alameda County Food Bank

<https://www.accfb.org/get-food/>

☎ (510) 635-3663

- ✓ Food Pantry Locator by address:
<https://foodnow.net/find-a-food-pantry/>
- ✓ Assistance with CalFresh applications

PET FOOD RESOURCES

Oakland Animal Services

Visit this website for information on pet food pantries, and other support services for pet owners

<https://www.oaklandanimalservices.org/resources/financial-resources-for-pet-owners/>

East Bay SPCA Pet Food Pantry

Check website for drive-thru pet food pantry days/times:

<https://eastbayspca.org/what-we-do/help-caring-for-your-pet/financial-hardship/pet-food-pantry/>