

# HOMELESS SURVIVAL GUIDE

## Berkeley Free Clinic Referral List

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8/20/2009

### MEDICAL

#### ALAMEDA COUNTY

#### BERKELEY

##### **Berkeley Free Clinic Medical Section**

2339 Durant Ave

510-548-2570  
800-625-4642

[www.berkeleyfreeclinic.org](http://www.berkeleyfreeclinic.org)

Medical Clinic staffed by trained volunteer community medics. Provide assessment of a variety of acute medical concerns such as strept throat, flu, lice, scabies, and other minor illnesses. TB testing and STD screenings (although STD screenings are not provided for symptomatic women.) are also available. NO GYN.

Ear concerns subject to availability of 'ear-trained' medics. (Currently Wednesdays )

##### **Lifelong Medical Care Berkeley Primary Care Urgent Clinic**

2001 dwight way ste 1363

204-7809 youth clinic  
204-1739 general clinic

[www.lifelongmedical.org](http://www.lifelongmedical.org)

URGENT CARE clinic open to people who are uninsured, and below a certain income. Wednesday is **general** urgent care; Thursday is **young adult (14-23)** clinic. Call for appointment the day before or the day of, or call the berkeley free clinic and schedule an appointment through us.

##### **Lifelong Medical Care West Berkeley Family Practice medical**

2031 6th st

510-704-6000  
510-704-6010

[www.lifelongmedical.org](http://www.lifelongmedical.org)

primary care medical clinic, screenings and evaluations, preventative health services. family planning services, breast and cervical cancer screenings, menopause care, mammogram referrals. pediatrics: immunizations, school/sport physicals. government insurance including FamilyPACT

##### **Suitcase Clinic General Main Clinic**

2407 Dana St, (1st Presbyterian Church)

848-6252 x510  
643-6786 Answering Machine

[general@suitcaseclinic.org](mailto:general@suitcaseclinic.org) [www.suitcaseclinic.org](http://www.suitcaseclinic.org)

Medical, chiropractors, optometry, dental, legal (usually), case management, representative from Jobs Consortium, hairstyling, footwashing, massage, socks provision, health education and hygiene supplies. There are also Continuity of Care Advocates, to ensure clients receive care at other clinics if not possible at Suitcase. Availability of all service varies. Arrive between 6 and 6:30, intake begins at 6:30pm, first come, first serve. Optometry is by lottery. Second time arrivals receive preference.

##### **Suitcase Clinic The Youth Clinic at St. Marks**

2300 Bancroft (St. Mark's Church)

643-6786 Answering Machine

[youth@suitcaseclinic.org](mailto:youth@suitcaseclinic.org) [www.suitcaseclinic.org](http://www.suitcaseclinic.org)

Dinner, art, recreation, medical, chiropractors, optometry, legal (usually), acupuncture, case management, counseling, foot care, socks provision, health education and hygiene supplies. There are also Continuity of Care Advocates, to ensure clients receive care at other clinics if not possible at Suitcase.

#### OAKLAND

**Alameda County Medical Center Highland Hospital Emergency Department, ER**

1411 East 31st street, 4th floor

437-4800

437-8500      apts

[www.acmedctr.org/](http://www.acmedctr.org/)

ER for stabilization of life threatening conditions, life saving procedures, medical emergencies, treatment for minor injury and illness, care for trauma victims, fulminant Hepatitis, etc.

URGENT CARE: is station 4 of the Emergency Dept. Stops admitting patients 8:30pm and Sat, Sun 4:30pm

**Healthy Communities Healthy Oakland Save A Life Wellness Center**

2580 san pablo ave

444-9155

[www.healthycommunities.us](http://www.healthycommunities.us)

This is a low cost clinic that serves, uninsured/in need people, a nurse practitioner does the appointments in the evenings. A doctor and Physicians Assistants run things during the day. Physical \$40, DMV physical \$60, TB test \$14, Pregnancy Test \$14. For 9 - 1 pm drop ins, you MUST SHOW UP at 9am to be seen.

**West Oakland Health Council West Oakland Health Center Medical**

700 Adeline Street

835-9610

[www.wohc.org](http://www.wohc.org)

This is the main clinic of the West Oakland Health Council. New clients should call here first to get appointments at:

**Here, East Oakland Health Center or Albert J. Thomas Medical Center**

Drop-in happens Mon, Wed, Fri beginning at 8:30a and serves the first 10 people (adults) DO NOT NEED TO BE MEMBERS, JUST NEED CA ID. Must be URGENT. Sliding Scale is generally 10% of monthly income. If it is NOT urgent wait is 2-3 months for membership. Prescriptions are written and provided on site.

Offers both TB tests (sliding scale) and physicals.

**SAN FRANCISCO COUNTY****SAN FRANCISCO****--- Haight Ashbury Free Clinic Drop-in Clinic**

558 Clayton st

415-487-5632 0 for operator

415-746-1950

[www.hafci.org](http://www.hafci.org)

Free drop-in care for upper respiratory infections, STDs, skin conditions, flu symptoms. Drop-in hours: M,T 4:45, T,W 8:45am, acupuncture M 8:45-11:30. Apts one day in advance. Psychologist comes in on Monday mornings for people referred by medical services. Cost: sliding scale

**ALCOHOL/ DRUG PROGRAMS****ALAMEDA COUNTY****BERKELEY****Lifelong Medical Care Berkeley Primary Care medical**

2001 Dwight Way

510-204-4666

[www.lifelongmedical.org](http://www.lifelongmedical.org)

Monday and Tuesday 6pm Women's/LGBT and Urgent Care Clinic. Acute and chronic medical care, HIV/AIDS, Hepatitis, Prenatal Care (includes assistance with medi-cal enrollment), GYN, podiatry, physicals, limited psychiatry, counseling, and referrals to social services. To make an urgent care apt, call at 8:30 am or the day before. No walk ins. Only Wednesday appointments available from 6-9pm.

Youth Clinic Thursday evenings from 6-8, walk-ins 6-7, STI testing, sport physicals, general medical, family planning

**NEWARK****--- Second Chance**

6330 Thorton Avenue

792-4357

[www.secondchanceinc.com](http://www.secondchanceinc.com)

organization with four different sites in alameda county. helps people with all sorts of drug related issues. has different group meetings at their sites, not 12 step, but similar.

**OAKLAND**

Have questions? Call the IRC at the Berkeley Free Clinic (510) 548-2570

--- **14th Street Clinic**

1124 International Blvd  
[www.14thstreetclinic.org](http://www.14thstreetclinic.org)

533-0800

The state of california, narcotic treatment programs branch. lots of varying outpatient programs, METHADONE treatment for heroine addicts, psychiatry, acupuncture

**West Oakland Health Council** **West Oakland Health Center** **Substance Abuse Program**

3007 Telegraph avenue

433-1500  
835-9610

[www.wohc.org](http://www.wohc.org)

counseling: Call for times for specific groups (like smoking cession, etc.). inpatient drug rehab clinic. cost: sliding scale, private/state insurance.

### OTHER IMPORTANT NUMBERS

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--- **Bay Area Women Against Rape**

845-7273      510-845-RAPE  
562-3731      Domestic Violence

Crisis counseling and information for adult and child sexual assault victims

--- **Crisis Support Services of Alameda** main office

510-420-2460

[www.crisissupport.org](http://www.crisissupport.org)

main office numer. referrals for groups/counseling for those who are grieving the sudden, traumatic death of a loved one. Support groups for those grieving loss to homicide.

--- **Eden I&R** Human Services (CHAIN)

510-537-2552

Referrals to community based social service organizations, housing. Emergency shelter info after hours.

Spanish & Cantonese speaking capacity available.

--- **Narcotics Anonymous**

444-4673

[www.sfna.org](http://www.sfna.org)

referrals line to 12 step groups

### ALAMEDA COUNTY

**BERKELEY**

--- **Berkeley Advice Nurse**

981-5300

Call and ask for advice nurse

--- **Berkeley Information Network (BIN)**

510-981-5290

[library.berkeley-public.org:81](http://library.berkeley-public.org:81)

Information about medical services in the berkeley area. handouts available at berkeley public libraries.

--- **Food Not Bombs** berkeley meals

people's park (on Haste above telegraph)

vegetarian meals. sunday meal is somewhere in oakland (Sutter Hotel at 14th and Jefferson???, monday?)

**Berkeley City** **Mental Health Division** mobile crisis team

981-5254  
981-5900 ask for mental health

[www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us)

On Call MOBILE crisis intervention for suicide, homicide, threats, drug abuse. (like you can call them instead of the cops if someone is going postal and they'll come deal.) drive around, deliver services throughout the community, trauma and disaster related services. Must be a resident of Berkeley or Albany.

**Berkeley City** **Public Health Clinic** Nurse of the Day

830 University Avenue

981-5300  
981-5350

[www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us)

Advice Nurse. ALSO: for people with positive TB skin tests. Helps make quick appointment for TB chest X-rays. Hours for Berkeley resident with no insurance are Monday through Friday 8a-12p, 1p-5p. Call in or drop in. If you have insurance you will be referred to a private hospital

**OAKLAND**

--- **Crisis Support Services of Alameda** Emergency Hotline

P.O. Box 3120

800-309-2131 crisis line  
800-260-0094 senior and grief

[www.crisissupport.org](http://www.crisissupport.org)

emergency telephone counseling, suicide prevention and referral.

--- **Health Care For the Homeless** mobile health van

532-1930

<http://www.acphd.org>

This is a van that goes around to any homeless hangout area and gives "bandaid" medical services. It does small amount of counseling/case management at the van as well. Hours and locations vary

--- **Health Care For the Homeless** stationary services

1900 fruitvale ave ste. 3e

532-1930

[http://www.acphd.org/User/services/AtoZ\\_PrgDtls.asp?PrgId=49](http://www.acphd.org/User/services/AtoZ_PrgDtls.asp?PrgId=49) <http://www.acphd.org>

Organization that caters to homeless/indigent folks. optometry services. Case Management services are expansive, extends to referrals, help with transportation and sometimes even housing.

TB tests for homeless only.

**SAN FRANCISCO COUNTY**

**SAN FRANCISCO**

--- **HIV/AIDS Nightline**

800-273-2437 415-434-2437/San  
800-028

[www.HIVnightline.org](http://www.HIVnightline.org)

Emotional support line for anything having to do with HIV/AIDS or Hepatitis C (or any other disease). The operators are also knowledgeable in the basics of these diseases.

**BENEFITS**

**ALAMEDA COUNTY**

**BERKELEY**

**Berkeley City** **Public Health Clinic** WIC (Women, Infants and Children)

830 University Avenue

510-981-5360

[www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us)

Provides food vouchers, nutrition and breast-feeding education, counseling and referrals for low-income pregnant women, nursing mothers, and children up to 5 years old.

polio, tetanus, diphtheria, whooping cough (pertussis), measles, mumps, rubella, Hib and hepatitis B, hepatitis A, rotovirus, pneumococcal, varicella (chicken pox), HPV and influenza

**SHOWERS**

Have questions? Call the IRC at the Berkeley Free Clinic (510) 548-2570

**ALAMEDA COUNTY**

**BERKELEY**

**Berkeley City Shower Program - Willard Pool**

2701 Telegraph Ave (@ Derby)  
[www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us)

510-644-8519

Showers available M-F 8p-9p, Sat-Sun 9a-10a

**B.O.S.S. Multi-Agency Service Center (MASC)**

1931 Center St. Veterans Bldg,  
MTuTh 0830am-4pm, Wed.0830am-2pm, Fri 0830am-12pm,  
Sat./Sun. 0830am-3pm

843-3700

Fees: None

Educational Workshops, counseling, case management, healthcare services, showers, laundry, support services, shelter referrals, TuThFri 0930am, Movies, Thurs. 1030 "light meal", lockers available.

**LEGAL/ ADVOCACY**

**Homeless Action Center**

3126 Shattuck Ave.  
[www.homelessactioncenter.org](http://www.homelessactioncenter.org)

510-540-0878

HAC is a non-profit organization serving the homeless, disabled, and disadvantaged of Alameda County. Assisting their clients in receiving SSI and SSDI income benefits and helping clients in connecting with housing, legal, and healthcare programs and services within the community, state, and national social security, and public health and welfare infrastructure

**FAMILY SHELTER**

**ALAMEDA COUNTY**

**BERKELEY**

**Harrison House**

711 Harrison (at 4th)

510-525-4469

Call 510 510-843-3700 r go to 2100 MLK Jr Way at 9am to sign up.(also assist with housing, support, referrals, etc.