

Resources for Families

<p>Berkeley Residents, call 311 (510-981-2489) for updates on ANY services available. Text 'HOPE' to 20121 for Contra Costa Services https://www.contracosta.ca.gov/6106/211-Contra-Costa</p>	<p>Call 211 (888-886-9660) for all updates on Alameda County Services. 211alamedacounty.org/2-1-1-alameda-county-resource-finder/</p>
<p>FOOD NEEDS The Berkeley Food Network's on-site pantry will remain open during this period of COVID-19 containment as long as we are able to source food. Anyone in need of free food is welcome to visit. <i>Be assured that our staff and volunteers are using recommended practices to ensure that everyone who visits our pantry stays healthy</i> Hours: Monday – Thursday 10am – 2pm; Monday and Wednesday 5 – 7pm; 1st and 3rd Saturdays 10am – 12pm Location: 1925 Ninth St., Berkeley <i>Enter through the door facing the parking lot</i> Alameda County Food Bank: Call our Helpline at: 1-800-870-FOOD (3663) or 1-510-635-3663 Or, visit FoodNow.net</p>	<p>WORK CONCERNS If you are laid off due to your business shutting down or reducing staff, you may apply for unemployment without a waiting period: edd.ca.gov/Unemployment/File_an_Unemployment_Insurance_Claim.htm If you get sick and need to apply for disability, you can file a claim here with a medical provider's authorization: edd.ca.gov/Disability/Disability_Insurance.htm If your family member becomes sick and you must take care of them, you can file a claim for paid family leave and/or FMLA with a medical provider's authorization: edd.ca.gov/Disability/Paid_Family_Leave.htm Help Paying Bills www.needhelppayingbills.com/html/alameda_county_assistance_prog.html</p>

Contra Costa Food Bank: To find services near you, please contact the Food Bank at **1-855-309-3663 (FOOD)** for help and information.

Berkeley Food and Housing Project offers a weekday community meal program served by volunteers.
Where: Lutheran Church of the Cross, [1744 University Ave, Berkeley, 94703](#)
When: Mon, Tues, Thurs & Fri*
3:30–4:45pm
*A free spaghetti meal is provided by the Lutheran Church of the Cross on Wednesdays from 3:30–5:30pm.

If you need help **paying rent** during this difficult period here are some resources:

Alameda County Season of Sharing 510-272-3700
Oakland residents only Catholic Charities 510-768-3100

MENTAL HEALTH Services:

For psychiatric emergencies call the **Mobile Crisis Number: (510) 981-5900**
For support consultation or resources for uncomfortable thoughts call the **Crisis Line: (510) 981-5244**

Alameda county teens who are feeling mentally unsafe can text **'SAFE'** to **20121** between the hours of **4pm-11pm**, to communicate with a counselor.

Alameda County Suicide Prevention (Se hablan Español): 1-888-628-9454

For an immediate Alameda County mental health referral Call ACCESS (open 24/7): **1-800-491-9099**

MEDICAL CARE

Lifelong Medical Care offers Immediate Care Clinics open to anyone with or without medical insurance at three locations:

Lifelong West Berkeley Health Center

837 Addison St., Berkeley, CA 94710

(510) 981-4100

Community Health Services

www.lifelongmedical.org/

2001 Dwight Way, Suite 1388 call **510-204-7979**

William Jenkins Health Center

150 Harbor Way, Richmond call **510-877-3365**

Lifelong San Pablo Immediate Care Center 2023 Vale Road, San Pablo **510-231-9800**

For suspected COVID-19 cases call your doctor.

You can also find a directory of medical providers for any or no insurance at: achealthcare.org/

Alameda County Acute Communicable Disease Control:

Weekdays 8:30 am to 5:00 pm

Phone: 510-267-3250

Berkeley Public Health Division:

Weekdays 8:00 am to 5:00 pm

Phone: 510-981-5292