

# Community Health Resources



Sexual and Reproductive Health p.2  
Emergency Medical Care p.5  
Mental Health and Emergency p.7  
Sexual and Domestic Violence p.10  
Alcohol and other Drug Use p.12

# Sexual and Reproductive Health

**Emergency contraception can be purchased at your local pharmacy without a prescription by people over 18**

## **Planned Parenthood Golden Gate**

MacArthur Health Center  
482 West MacArthur Blvd.  
Oakland, CA 94609

Eastmont Health Center  
Eastmont Mall, Suite 210  
7200 Bancroft Avenue  
Oakland, CA 94605

For same day or urgent appointments,  
call 1-800-967-PLAN (1-800-967-  
7526)

Make an appointment online  
[www.ppgg.org](http://www.ppgg.org)

Cost: sliding scale, \$0 and up. Accepts  
many types of health insurance.

## **Berkeley Free Clinic**

2339 Durant Ave  
Berkeley, CA 94704  
1/800-6-CLINIC

[www.berkeleyfreeclinic.org](http://www.berkeleyfreeclinic.org)  
[info@berkeleyfreeclinic.org](mailto:info@berkeleyfreeclinic.org)

Cost: all services are free!

A worker's collective.

- Surgical and medical abortions
- Hormonal Birth Control (pills, depo provera, patch, nuva ring)
- Emergency contraception
- IUD
- Gynecological exam
- HIV/Aids testing (confidential)
- HPV vaccine
- IUD
- Pregnancy testing
- Vasectomy
- STI testing
- Primary care (physical exams, immunizations, urinary tract infections, strep, flu, anemia, diabetes, minor injuries and more)

Referrals to other resources in the  
community

- Testing for STIs
- Colds, sore throats
- Simple rashes and skin concerns
- Urinary tract infections in women
- Pregnancy testing
- TB testing
- Hepatitis testing and vaccination
- HIV/Aids testing (anonymous)
- Peer counseling
- Limited dental services
- Gay men's health services

Information on addiction programs,  
medical needs, mental health  
resources, shelters, foodstuffs and  
meals, legal services, HIV and STI  
programs, and much more

## **City of Berkeley Public Health Clinic**

STI Program and Family Planning  
Clinic

830 University Avenue  
(corner of 6th Street)  
Berkeley, California 94710  
(510) 981-5350

Cost: Sliding scale based on family  
size, accepts medical and some  
private insurance

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

- Testing, diagnosis, treatment, and prevention education for sexually transmitted infections.
- Birth control education and methods including birth control pills, hormone shot, hormonal patch, vaginal ring, diaphragms, IUD's, foam, condoms, and back-up contraceptive pills.
- Pregnancy testing, counseling and referrals.
- Women's health exams including Pap smears and breast exams

## **University Health Services**

Tang Center

2222 Bancroft Way, University of  
California, Berkeley  
(510) 642-2000

Advice nurse (510) 643-7197.  
Mon.-Fri., 8 am to 5 pm.

Social Services  
(510) 642-6074

[www.uhs.berkeley.edu](http://www.uhs.berkeley.edu)

Services Provided to UC Berkeley and  
Mills Students only.

Cost: All doctor's and counselor's  
appointments are free. All other  
services and supplies must be paid  
for. Accepts student health insurance  
plan. Does not accept private health  
insurance.

- Testing, diagnosis, and treatment for sexually transmitted infections
- Appointments with peer sexual health educators and outreach workshops in your home (SHEP)
- Pregnancy tests
- Emergency contraception
- Birth control
- Gynecological exams
- Counseling and advocacy through Social Services:
  - crisis counseling
  - decision making
  - adoption information
  - abortion referrals: early, late, and non-surgical
  - prenatal care referrals
  - pregnancy/new parents groups
  - Insurance information
  - post abortion counseling
- couples counseling

## Women's Choice Clinic

Affordable health services offered by the West Coast Feminist Health Project, Inc.

570 14th Street Suite #3  
Oakland, California 94612  
Phone: (510)836-5676  
Fax: (510)836-5678

[womenschoiceclinic@gmail.com](mailto:womenschoiceclinic@gmail.com)

<http://www.womenschoiceclinic.net/>

### FEES AND SCHEDULES

Women's Choice maintains moderate fees and a sliding fee scale to assist people in meeting their reproductive health needs. We accept some types of Medi-Cal and private insurance with prior authorization.

You can make appointments and seek consultation over the phone during our regular office hours, Monday-Friday 9:00- 5:00pm.

- Confidential STI diagnosis and treatment, including HIV testing and counseling, for women and their partners.
- Annual pap smears, pelvic exams and breast exams
- Complete physical exams
- Birth control services (the pill, diaphragm, IUDs, condoms)
- Diagnosis, treatment, and counseling for urinary tract infections, vaginal infections, sexually transmitted diseases/infections, and irregular menstruation.
- Tuberculosis testing
- Premenstrual syndrome help
- Follow-up treatment for abnormal pap smears at Women's Choice includes colposcopy, biopsy, cryotherapy and chemical treatment of genital warts. Counseling and discussions will help you understand your pap smear results and treatment.
- Drop-in services for pregnancy tests, ultrasound for gestational age
- Surgical and medical abortion services
- Counseling and support services

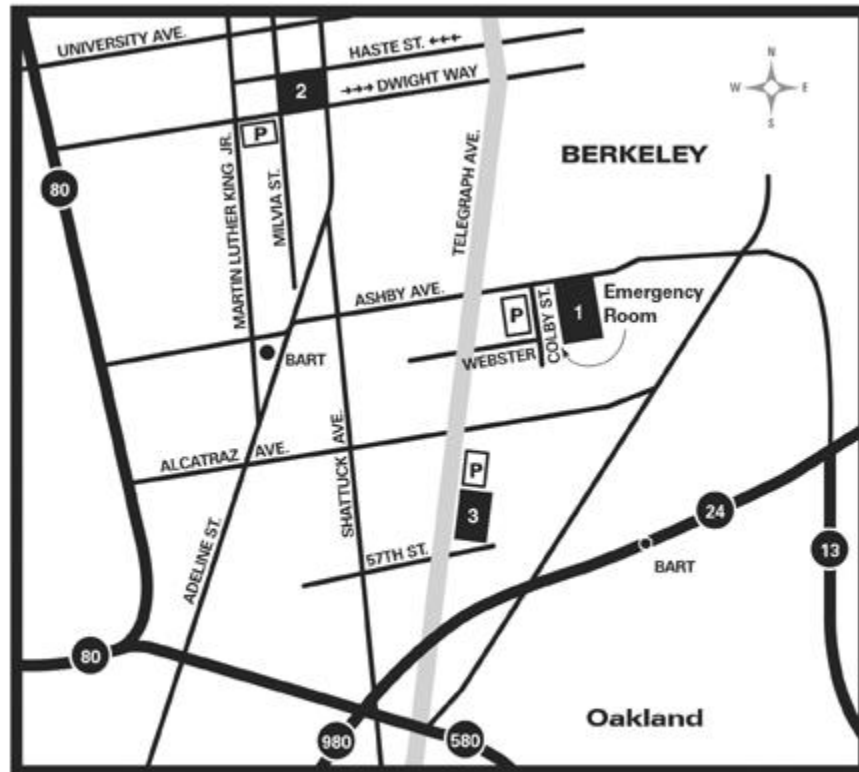
# Emergency Medical Services

**Poison Control Center – 800 222 1222**

## **Alta Bates Summit Medical Center**

has emergency room, open 24 hours

2450 Ashby Avenue, Berkeley, CA 94705  
(510) 204-4444



**1** = Alta Bates Campus    **2** = Herrick Campus    **3** = Health Pavilion

*\*Map NOT to Scale*    **P** = Parking    One Way Street +++

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

## **University Health Services – Tang Urgent Care**

2222 Bancroft Way #4300  
Berkeley, CA 94720-4300  
(510) 642-3188  
uhs.berkeley.edu

Urgent Care is open 8 am - 6 pm, Monday - Friday;  
9 am - 4:30 pm on Saturday.

Urgent Care is located on the Durant side of the Tang Center, on the first floor. For registered Berkeley and Mills students, visits to Urgent Care are pre-paid by your registration fees, regardless of your insurance coverage. However, there are fees for some procedures, lab, x-ray services, medications, supplies and prescriptions.

### **Berkeley Urgent Care**

2636 Telegraph Ave  
(@ Derby, across from Andronico's)  
(510) 841-1647

8:30 am-7:45 pm Mon-Thurs  
8:30 am-4:45 pm Fri  
9:00 am - 2:00 pm Sat

### **Summit Hospital ER2**

350 Hawthorne Blvd  
(34th & Webster)  
Oakland  
(510) 869-6125

9:00 am-1:00 am  
7 days/week

# Mental Health

## **Berkeley Mobile Crisis Team**

(510) 981-5254 Telephone  
(510) 981-6903 TDD

Cost: Free

Mobile Crisis: Everyday, 10:30 a.m.  
to 11:00 p.m.

Mobile Crisis - Telegraph: Everyday,  
10:30 a.m. to 4:30 p.m.

Clinical Staff:

Psychologists, Social Workers,  
Marriage, Family and Child Counselors  
and graduate student interns

Language(s) Spoken: English,  
Spanish, Japanese, Mandarin,  
Cantonese, and Vietnamese

## **Berkeley Free Clinic Peer Counseling**

2339 Durant Ave - Berkeley  
(510) 548-2744

[www.berkeleyfreeclinic.org](http://www.berkeleyfreeclinic.org)  
Cost: all services are free!

Drop-in peer counseling: Monday,  
Tuesday, Wednesday, and Thursday  
evening from 6:45-9:00 PM.

Drop-in peer counseling for women  
only on Saturdays from 12:45 pm -  
3:00 pm.

Call to make counseling appointments  
outside drop in hours

The Berkeley Mobile Crisis team works  
to reduce the impact of mental health  
emergencies through immediate  
response to crisis situations at the  
street-level and through coordination  
and consultation with local public  
safety organizations, hospitals and  
other community groups.

- Deliver crisis intervention services at locations throughout the community (suicide, homicide, threats, drug abuse, evaluation for psychiatric hospitalization)
- Provide consultation to hospital emergency personnel, community agencies and citizens
- Disaster and trauma-related mental health services
- Provide consultation to police and fire departments regarding known or potential mental health cases

This free, confidential service for individuals is provided by lay volunteers trained in active listening skills: this is the basic, "talk therapy" approach

Counseling is available on drop in basis, through individual schedules, appointments, and on an ongoing, long term basis.

## **Alameda County 24 Hour Crisis Hotline 1 800 309 2131**

### **Berkeley Mental Health Clinic**

2640 Martin Luther King Jr. Way  
TEL: (510) 981-5290  
TDD: (510) 981-6903  
Email: [mentalhealth@ci.berkeley.ca.us](mailto:mentalhealth@ci.berkeley.ca.us)

Crisis Services:  
Monday - Friday, 8:00 a.m. to 5:00  
p.m.  
(510) 981-5290.

Comprehensive Community  
Treatment: (510) 981-5290.

Assertive Community Treatment  
Team:  
(510) 981-5290

Homeless Outreach:  
(510) 981-2388

Cost: sliding scale based on income

Crisis Services: Short-term crisis counseling and support services are provided in a clinic setting

**Comprehensive Community Treatment (CCT):** These case management and support services have been designed for people with serious and persistent mental disabilities. Comprehensive Community Treatment patients are people with histories of psychiatric hospitalization who are in need of mental health, and other medical and social services, and who require long-term comprehensive services to maintain stability in the community.

**Assertive Community Treatment Team (ACT):** The ACT team provides very comprehensive case management and support services for people whose problems have resulted in multiple and lengthy hospitalizations or whose health and mental health status puts them at critically high risk. Patients are seen on a daily basis, when necessary, to obtain assistance with multiple and complex needs.

Homeless Outreach helps people living on the streets and in shelters who need assistance to connect with health, mental health, substance abuse and related social services.



## **Counseling and Psychological Services**

Tang Center

3rd Floor, Tang Center, Room #3300,  
2222 Bancroft Way  
510-642-9494

[uhs.berkeley.edu/students/counseling/](http://uhs.berkeley.edu/students/counseling/)

Monday - Friday, 8 am - 5:30 pm,  
except Thursdays 9 am - 5:30 pm  
Emergency Counseling, Monday -  
Friday, 10 am-12 and 1-5:30 pm

Cost: Free to all registered Berkeley  
and Mills Students

Provides brief counseling to students with personal, academic and career concerns. Professional counselors can meet with students to talk about a number of concerns such as: adjusting to school, deciding on a career or major, dealing with family or relationship issues, coping with personal crises.

Support groups are available to aid students with substance use concerns, bi-polar disorder, nutrition, grief and loss, anxiety, stress, chronic illness, sexual violence, and more.

For eating disorders, call 643-7110 and ask about the Eating Disorders Treatment Team

## **Social Services**

Tang Center

2nd Floor, Tang Center, Room 2280.  
Phone: 642-6074

Monday - Friday 8 am - 5 pm. Closed  
11:45 am to 1 pm.

Cost: Free to all registered Berkeley  
and Mills Students

Social services can help students with

- pregnancy resources and referrals
- alcohol/drugs - problems related to one's own or a family member's use
- sexual assault/rape
- relationship or other violence
- providing documentation for an adjusted academic load due to illness or other conditions

## **Bay Area Radical Mental Health Collective**

[www.radicalmentalhealth.net](http://www.radicalmentalhealth.net)

[luacydistro@riseup.net](mailto:luacydistro@riseup.net)

Mailing Lists:

[radicalmentalhealth@lists.riseup.net](mailto:radicalmentalhealth@lists.riseup.net)  
[madpride@lists.riseup.net](mailto:madpride@lists.riseup.net)

Cost: Free

The Bay Area Radical Mental Health Collective is a grassroots group of political activists, who see an urgent need for addressing emotional and mental crises in the radical left community.

Ongoing Weekly events:  
Monday Night Support Group  
at the Berkeley Free Clinic  
2339 Durant Ave in Berkeley  
Mondays 6:30-8:30

# Sexual and Domestic Violence

## Bay Area Women Against Rape

**24 Hour hotline (510) 845-RAPE  
(7273)**

7700 Edgewater Suite 630 Blvd.,  
Oakland

All of BAWAR's direct client services  
are offered free of charge  
and are confidential

- A 24-hour information and support hotline for sexual assault survivors, their family and friends
- A 24-hour on-call accompaniment service to all hospitals and police departments in Alameda County to assist in supporting survivors through the medical and legal process
- Court accompaniment
- Short term in-person counseling for sexual assault survivors and their significant others
- Therapy referrals
- Support groups for rape and incest survivors

Self defense workshop referrals

## Highland Hospital

1411 E. 31st Street, Oakland

Sexual Assault Hotline: (510) 845-  
7273

Emergency: (510) 437-4557

Medical care and evidence collection for survivors, as well as counseling and assistance in reporting to the police.

## Community United Against Violence

**24 Hour Crisis Hotline  
(415) 333-HELP (4357)**

For LGBTQQ people facing  
harassment, threats, attacks, and  
abuse

170 A Capp Street  
San Francisco, CA 94110  
P: 415-777-5500

Our staff advocates offer case management and peer-based counseling to approximately 160 LGBTQQ survivors of domestic violence and hate violence, as well as their family and friends, annually. We provide emergency shelter assistance, safety planning, and systems advocacy to help survivors find short-term safety and long-term healing.

Cuav.org

## **Social Services**

Tang Center

2nd Floor, Tang Center, Room 2280.

Phone: 642-6074

Monday - Friday 8 am - 5 pm. Closed  
11:45 am to 1 pm.

Cost: Free to all registered Berkeley  
and Mills Students

- Social Services provides counseling, information, and advocacy to survivors of sexual violence.
- Can help survivors pursue legal action through the University and the police department.

## **Gender Equity Center**

250 Cesar Chavez

Monday-Friday 9am - 5pm

(510) 643-5730

Cost: Free to all students  
All services are completely confidential

students.berkeley.edu/osl/geneq.asp?  
/

- GenEq provides counseling, information, and advocacy to survivors of sexual violence.
- Provides education and workshops around sexual and relationship violence, gender discrimination, sexual orientation and LGBT issues.
- Helps students with event-planning and group-forming challenges.

## **UC Berkeley Campus Climate and Compliance**

**Nancy Chu, Assistant Vice Provost  
Campus Climate and Compliance Title IX/Title  
VI Compliance Officer**  
[tixco@berkeley.edu](mailto:tixco@berkeley.edu)  
(510) 643-7985

**Maria Lucero Padilla, Compliance Education  
Manager**  
[complianceeducation@berkeley.edu](mailto:complianceeducation@berkeley.edu)  
u; (510) 643-9707

**Denise Oldham, Compliance Complaint  
Resolution Officer**  
[dwoldham@berkeley.edu](mailto:dwoldham@berkeley.edu)  
(510) 642-6020

- Provides policy information and guidance when responding to incidents of possible sexual or racial harassment, and other forms of harassment or discrimination.
- Investigates complaints of sexual harassment and sex discrimination for faculty, staff and students.
- Services also include officers for Community education around university policies and conflict resolution for reported incidents of non-compliance.

<http://ccac.berkeley.edu/>

# Alcohol and other Drug Use

If you've been **exposed to bodily fluids which may contain infectious disease (HIV, Hep B and C) through sexual encounters, needle sticks, or in other ways, in the past 72 hours** you can go to the **Highland Hospital ER** to receive Post Exposure Prophylaxis care to reduce the risk of becoming infected. Financial assistance is available from the county.

## 1411 E. 31st Street in Oakland

### Social Services

2nd Floor, Tang Center, Room 2280.  
Phone: 642-6074

Monday - Friday 8 am - 5 pm. Closed  
11:45 am to 1 pm.

Cost: Free to all registered Berkeley and  
Mills Students

Cost: Free  
Offers confidential and non-judgmental counseling with alcohol and drug specialists.

They are available to talk with you about your own use or that of a friend or family member. Phone consultations are available.

Two support groups are available, one for students seeking harm reduction and another for students seeking abstinence.

### Alcoholics Anonymous

[www.eastbayaa.org](http://www.eastbayaa.org)  
Alcoholics Anonymous  
East Bay Intergroup Central Office

295 27th St.  
Oakland, CA 94612-3802  
(510) 839-0709,  
[centraloffice@eastbayaa.org](mailto:centraloffice@eastbayaa.org)

Office Hours:  
Monday through Thursday:  
9 AM to 5 PM  
Friday: 9 AM to 12 Noon  
Saturday: 10 AM to 2 PM

Closed Sundays & Holidays

**24-Hour Hotline**  
**(510) 839-8900**

Do you want to stop drinking, but are having difficulty doing so?

Do you find, when you want to, you cannot quit entirely, or have little control over the amount you drink?

If you answered yes to either of these questions, you may be one of us. For confidential online support, please contact us at:

**[helpline@eastbayaa.org](mailto:helpline@eastbayaa.org)**

Berkeley Meetings Directory

[www.eastbayaa.org/Meetings/Berkeley.htm](http://www.eastbayaa.org/Meetings/Berkeley.htm)

## **Needle Exchange Emergency Distribution**

### **Tuesday**

**Time:** 4-6pm

**Location:** Long Haul Infoshop  
3124 Shattuck Ave. @ Woolsey St. (2  
blocks east of Ashby Ave.)

#### **Additional Services:**

- \* Overdose prevention training

### **Thursday**

**Time:** 6-8pm

**Location:** Hearst Street @ San Pablo  
Ave. (1 block north of University Ave.)

#### **Additional Services:**

- \* Overdose prevention training
- \* Wound care clinic
- \* Oral HIV testing in van across the  
street (run by the City of Berkeley)

### **Sunday**

**Time:** 6-8pm

**Location:** 2340 Durant Ave @ Dana  
(1 block west of Telegraph), across  
the street from the Berkeley Free  
Clinic

#### **Additional Services:**

- \* Overdose prevention training
- \* HIV testing at the [Berkeley Free  
Clinic](#): 5-7pm
- \* Hepatitis testing & vaccinations

## **Harm Reduction Supplies**

At NEED's three sites you'll find an ample supply of the following: syringes (27g 5/8" 1cc; 28g 1/2" 1cc and 1/2 cc; 29g 1/2" 1cc and 1/2cc; as well as assorted muscling needles), cotton, cookers, ties, biohazard containers, alcohol pads,. We also have have spark plug covers, brillo pads, and ascorbic acid (vitamin C, "breakdown") for safer crack use, and assorted condoms and lube. If there's a supply you don't see, just ask; we might have it!

## **Wound Care**

Trained community health workers provide wound and abscess care at site on Thursdays.

## **Overdose Prevention**

Preventing an overdose is essential knowledge for anyone using injection drugs. We aim to educate users and staff alike on the basics of overdose prevention, including the use of naloxone to reverse the effect of an opiate.

## **Information & Referrals**

At each site we have available information on a variety of providers offering services pertinent to exchange users and community members, including HIV/AIDS testing and prevention; STD testing and education; and addiction programs.