

Alameda Alliance for Health Health Care Services Local Resources



YOUR HEALTH CARE

Help with Your Health Care



Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

Call for help with finding a doctor, getting a language interpreter, or for questions about your health plan. Ask about Case Management if you need more support with getting health care and community services.

Advice Nurse Line



Alliance Medi-Cal Member*

Toll-Free: **1.888.433.1876**

Alliance Group Care Member*

Toll-Free: **1.855.383.7873**

If you have a health problem, call your doctor. If you cannot reach your doctor, the Alliance offers an Advice Nurse Line that you can call any time.

Behavioral Health Care



Beacon Health Options

Toll-Free: **1.855.856.0577**

Contact for help with changes in mood or thinking like feeling anxious or hopeless.

Transportation to Health Care Visits



ModivCare

Toll-Free: **1.855.891.7171**

For Medi-Cal members, the Alliance covers transportation that meets your health care needs. Please call to schedule three (3) business days ahead, or as soon as you can when you have an urgent health care visit.

OTHER SERVICES

Food



Alameda County Community Food Bank

Phone Number: **1.510.635.3663**

Toll-Free: **1.800.870.3663**

foodnow.net (English, Spanish)

Find groceries, hot meals, and help signing up for CalFresh, a program that can help you buy food.

Housing, Phone Bills, and Utilities



211*

Toll-Free: **211**

www.211alamedacounty.org

Find housing, shelter, and programs to help pay rent, or your bills. You can also ask your utility company about their assistance programs.

Language interpreters are offered for all phone numbers.

Resources with a (*) are open 24 hours a day, 7 days a week.

OTHER SERVICES (CONT.)

Abuse



Alameda County Family Justice Center

Phone Number: **1.510.267.8800**

www.acfjc.org (English, Spanish, Chinese)

Get help if you experience abuse.

Adult Protective Services*

Phone Number: **1.510.577.3500**

Toll-Free: **1.866.225.5277**

Report abuse of adults with disabilities or elders at any time. Abuse is hurtful words or actions, like hitting, yelling, stealing money, or ignoring needs.

Child Abuse Reporting Hotline*

Toll-Free: **1.510.259.1800**

Report child abuse at any time.

National Domestic Violence Hotline*

Toll-Free: **1.800.799.7233**

Get help for partner abuse at any time.

Child Development



Help Me Grow

Phone Number: **1.888.510.1211**

www.alamedakids.org (English, Spanish, Chinese)

Call with questions about the growth and development of your children five (5) years of age or younger. Connect with resources for children.

ALAMEDA Alliance FOR HEALTH

Questions?

Please call the Alliance Member Services Department
Monday – Friday, 8 am – 5 pm

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Toll-Free: **1.877.932.2738**

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(CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org

In-Home Supportive Services (IHSS)



Alameda County Department of Adult and Aging Services

Phone Number: **1.510.577.1800**

www.alamedasocialservices.org

Help with personal care and household chores for people who are aged, blind or have disabilities.

Older Adults



Alameda County Senior Information

Phone Number: **1.510.577.3530**

Toll-Free: **1.800.510.2020**

seniorinfo.acgov.org

Find services for adults 60+ years of age, such as adult day care, food & nutrition, health insurance, fall prevention, transportation, and more.

People with Disabilities



Find resources and programs to support you in living independently.

Center for Independent Living

Phone Number: **1.510.841.4776**

Video Phone: **1.510.356.2662**

www.thecil.org (English, Spanish)

Serves the Alameda, Berkeley, and Oakland area.

Community Resources for Independent Living

Phone Number: **1.510.881.5743**

People with hearing and speaking impairments
(TTY): **1.510.881.0218**

www.crilhayward.org (all languages)

Serves the Fremont, Hayward, and Livermore area.