

# HEALTH CARE RESOURCES

## for West Contra Costa Residents

The following information will help you find urgent medical care in West Contra Costa or free medical advice by phone to help you decide what kind of care you need.

### WHEN TO CALL 9-1-1

For any life-threatening medical or psychiatric emergencies, call 9-1-1 immediately.

### WHEN TO CALL AN ADVICE NURSE

Advice nurses can help you figure out if you need to go to an Emergency Room, visit an urgent care clinic or make an appointment for the next day. You should call an advice nurse for nonlife-threatening conditions.

### WHEN TO GO TO URGENT CARE

An urgent care clinic offers immediate care on a walk-in or same-day appointment for patients who need timely medical care but who are not having a medical emergency.

ANYONE WHO DOESN'T HAVE PRIVATE INSURANCE CAN CALL CONTRA COSTA HEALTH SERVICES' (CCHS) ADVICE NURSE LINE FOR FREE HEALTH ADVICE ANYTIME.

**FREE** Advice Nurse  
**24** Health Line  
HOURS A DAY  
DAYS A WEEK  
including Holidays

Contra Costa Health Services Advice Nurse Line:  
**1-877-661-6230 option 1**

### Lifelong Urgent Care Center

2023 Vale Rd., San Pablo, CA 94806

(across the street from DMC)

Noon to 8 p.m.

7 Days a Week

510-231-9800

Patients can walk in or  
call for an appointment.

### HEALTH CENTERS IN WEST COUNTY AREA (NON-URGENT CARE UNLESS SPECIFIED)

LifeLong Brookside Richmond	510-215-5001
LifeLong Brookside San Pablo	510-215-9092
LifeLong Richmond	510-233-2514
LifeLong, Dr. Jenkins Office	510-237-9537
Brighter Beginnings Family Health	510-213-6681
RotaCare at Brighter Beginnings	510-213-6678
BAART Community HealthCare	510-232-0874
Planned Parenthood Richmond	510-222-5290
CCHS West County Health Center	1-800-495-8885
CCHS North Richmond Center for Health	1-800-495-8885

### MEDI-CAL NOT ACCEPTED AT THE FOLLOWING SITES:

Concentra Urgent Care, Richmond	510-222-8000
New MD Urgent Care	510-529-4629