

Health, Social Services, Shelter and Food Resources for Alameda County and Greater SFO Bay Area

Health Care and Access

You can get health care services through community clinics, county clinics and hospitals and city public health clinics without health insurance. But get insurance coverage for better access. There are two options for affordable coverage: Medi-Cal or purchasing an insurance plan on the Health Benefits Exchange (Covered California).

1. Medi-Cal: Here is a good overview: <http://achealthcare.org/health-insurance-info/low-income-coverage-options/medi-cal/>

This is where you enroll online for benefits in Alameda County: <https://www.mybenefitscalwin.org/>

Another way to enroll in Medi-Cal (or visit a clinic without insurance) is through a Community Health Center or Planned Parenthood Clinic. You can find the nearest one by clicking on the link in number 1 above for "contact a clinic in Alameda County" or by searching here: http://findahealthcenter.hrsa.gov/Search_HCC.aspx

Find a Planned Parenthood Clinic here: <http://www.plannedparenthood.org/>

If you go through a community health center such as Clinica de la Raza or LifeLong Medical Care or even a Medi-Cal provider like Eastmont Wellness Center, you should mention on the appointment line that you would like an eligibility appointment to sign up for Medi-Cal.

Also: Those who wish to enroll in Medi-Cal can ALSO do it through the health benefits exchanges (see below).

2. Health Benefits Exchange (Covered California): The exchanges also offer low-cost health plans for people (in households earning up to 400% of the Federal Poverty Level). This includes people who qualify for Medicaid (Medi-Cal in California), which is for people in households earning up to 138% of the Federal Poverty Level. Our exchange in California is called Covered California. Apply during Open Enrollment (November- December) for coverage effective the following January.

<https://www.coveredca.com/>

Applying for health plans (with government subsidies) outside the Open Enrollment period is possible through a "Special Enrollment" process if you qualify based on loss of coverage or other qualifying events:

<https://www.coveredca.com/coverage-basics/special-enrollment/>

and here:

<https://www.healthcare.gov/how-can-i-get-coverage-outside-of-open-enrollment/>

Mills College, Health Care, Housing and Counseling

Mills Kaiser Permanente Student Health Center:

Regardless of your coverage, you are welcome to use the Student Health Center. Please call 1-877-MILLS KP to make an appointment. More information is here: http://www.mills.edu/student_services/health_and_counseling/student_health_center.php

Mills Housing:

You could explore options for living on campus. Call [510-430-2127](tel:510-430-2127) or more information is here: <http://www.mills.edu/housing/>

Mental Health/ Counseling/ Emotional Support:

If you would like to talk to a counselor at Mills, please call [510-430-2130](tel:510-430-2130) for an appointment. In a crisis, please call [510-430-5555](tel:510-430-5555) for Public Safety and an officer will connect you with the on-call crisis counselor.

Food Stamps and Public Benefits

Most college students are NOT eligible for the Food Stamps program (nationally, it is called SNAP for Supplemental Nutrition Assistance Program). See here: <http://www.fns.usda.gov/snap/students>

Some college students MAY qualify under an exemption – only if they meet income requirements for their household and they work at least 20 hours per week. See here: <http://foodstampguide.org/special-rules-for-students-strikers-roomers-boarders-and-other-people-in-unusual-situations/>

You can apply for public benefits – including Food Stamps and CalWORKS (which is generally not something that students in higher education qualify for)- online in the same application for Medi-Cal benefits. Eligibility rules vary for each program: <https://www.mybenefitscalwin.org/>

Community Resources: Crisis, Social Services, Shelter and Food

Crisis and Social Services, Shelter and Food:

Alameda County resources - **call 211 - for a variety of resources and support:** <http://www.edenir.org/>

Shelter:

Shelter and Food and Help for Homeless in East Bay and SFO: <http://homelessresource.net/home>

Berkeley Food and Housing Project (Call about a bed and see how they have meals):
2362 Bancroft Way, Berkeley, CA 94704

[\(510\) 649-4965](tel:(510)649-4965)

<http://www.bfhp.org>

Harrison House

[\(510\) 649-1930](tel:(510)649-1930)

2065 Kittredge St E
Berkeley, CA 94704

Housing Information and Support: Alameda County

<http://www.achousingchoices.org/>

Shelter and Housing and Social Services Resources: SFO Bay Area:

http://www.habitatsv.org/sites/default/files/Other%20Non-Profit%20Housing%20Organizations_6.16.11.pdf

http://www.needhelppayingbills.com/html/alameda_county_assistance_prog.html

Bay Area Rescue Mission

<http://www.bayarearescue.org/?gclid=CL-yuvPQ3MACFUZbfgodYEcA9g>

Bay Area Women's Shelters

<http://www.womenshelters.org/cit/ca-oakland>

SHELTER, Inc. of Contra Costa County

1815 Arnold Drive, Martinez, CA 94553

www.shelterincofcc.org

Resources: San Francisco:

<http://www.homeless.org.au/directory/us-california-san-francisco.htm>

Food:

Alameda County Community Food Bank

Emergency Food HelpLine: (800) 870-FOOD (3663)

<http://www.accfb.org/>

Other Oakland Food Pantries and assistance:

<http://www.foodpantries.org/ci/ca-oakland>

Free eats in Oakland

[http://oaklandwiki.org/Free Eats in Oakland](http://oaklandwiki.org/Free_Eats_in_Oakland)