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Emergencies: **911**

Planned Parenthood: **1-800-230-7526**

National Suicide Prevention: **24 Hour Hotline 1-800-273-8255**

Therapist search: <https://www.psychologytoday.com/>

Dental: [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)

**Alameda County Medical Services**

Mental Health Referral Center**: ACCESS PROGRAM**: **1-800-491-9099**

Axis Community Health: **925-462-1755**

Highland Hospital Emergency Room: **510-437-4800**

**Contra Costa Medical Services**

Mental Health Referral Center: **ACCESS PROGRAM: 1-888-678-7277**

Concord Health Center: **925-681-4100**

Contra Costa Regional Medical Center Emergency Room: **925-370-5000**

**San Joaquin Medical Services**

Mental Health Referral Center: **ACCESS PROGRAM:** **1-209-468-9370**

Community Medical Centers: **209-636-5400**

San Joaquin General Hospital Urgent Emergency Room: **209-468-6000**