



# Alameda County Resource Referrals

Every child deserves a medical home.

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## **CHILDREN (0 – 5):**

- Help Me Grow  
[www.helpmegrowalameda.org](http://www.helpmegrowalameda.org)

888 510-1211

## **NOTES:**

## **CHILDREN/YOUTH (6 – 22):**

### **FAMILY ASSISTANCE & SUPPORT**

- Ala. County Family Health Line
- Family Resource Navigators  
(Peer Parent Resource for Children/Youth w/ Special Needs)

888 604-4636

510 547-5322

### **MENTAL HEALTH**

- ACCESS
- Crisis Support Services  
(Suicide/Firearm Protection)
- Ala. County Substance Abuse

800 491-9099

800 309-2131

844 682-7215

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