



# THE "WHAT IF" LIST FOR FAMILIES

## "WHAT IF" I NEED HELP IMMEDIATELY? (EMERGENCY DIAL 911)

- **Police Department (non-emergency):** 937-8377
- **Sheriff's Department:** 468-4400
- **Family and Youth Services & Safe House Runaway Shelter:** 1-800-769-HELP (4357) - 24 hr. helpline
- **California Youth Crisis (Runaway Hotline):** 1-800-843-5200 - 24 hr. hotline
- **Rape/Sexual Assault Crisis (24 hours):** 465-4997
- **Women's Center -Domestic Violence:** 465-HURT (4878)
- **Suicide Hotline (24 hours):** 468-8686 || 1 800 273-(TALK) 8255

## "WHAT IF" I NEED MEDICAL SERVICES?

- **Health Plan of San Joaquin:** 942-6300
- **Community Medical Centers:** 944-4700
- **San Joaquin County Public Health Department (immunizations, STDs):** 468-3830
- **St. Mary's Interfaith Medical/ Dental Clinics:** 467-0703
- **San Joaquin General Hospital:** 468-6000
- **Edison Health Center:** 444-8300
- **Stagg Health Center:** 933-7445 x. 8509
- **Healthy Beginnings (OB/GYN):** 468-6820
- **Planned Parenthood:** 477-4103 and 466-2081

## "WHAT IF" I NEED FOOD, CLOTHING, HOUSING, OR OTHER BASICS?

- **St. Mary's Interfaith Dining Hall and Clothing and Hygiene Center:** 467-0703
- **San Joaquin Food Bank:** 464-7369 or visit 7 W. Scotts Avenue Mon-Fri 9-12 pm. Excluding holidays. *ID and proof of Address required*
- **Family and Youth Services Teen Safe House:** 1-800-769-HELP (4357) -24 hr. helpline
- **Stockton Family Shelter:** 465-3612
- **Homeless Prevention and Rapid Rehousing:** 472-7200

## "WHAT IF" I NEED CHILDCARE?

- **Family Resource and Referral (Subsidized Childcare Provider):** Main Office- 948-1553 || Calworks- 467-2700 || Robinhood 476-1106

## "WHAT IF" I NEED TRANSPORTATION?

- **San Joaquin Regional Transit District (SMART):** 943-1111 at 421 Weber Avenue
- **County Area Transit (CAT):** 1-800-367-7433

## WHAT IF" I AM LOOKING FOR A JOB?

- **WorkNet:** 468-3500 or EDD 948-7856

## "WHAT IF" I NEED INFORMATION ABOUT SUBSTANCE ABUSE?

- **Alcoholic's Anonymous:** 464-1594
- **ALANON:** 547-3086 or **ALATEEN:** 547-3086
- **Narcotics Anonymous:** 464-9262
- **San Joaquin Prevention Services:** 468-2005
- **Chemical Dependency Counseling Center:** 468-3720
- **Point Break Adolescent Resources:** 466-0359
- **STOP Smoking Helpline:** 1-800-540-6775
- **California Smoker's Helpline:** 1-800-NO-BUTTS (662-8887)

## "WHAT IF" I NEED COUNSELING SERVICES?

- **San Joaquin Mental Health Services:** Stockton (adult) 468-8686 and (children) 468- 2385
- **Valley Community Counseling Center:** 956-4240
- **Family and Youth Services:** 929-6700 or 24 hour helpline (800) 769-HELP (4357)
- **Hospice -grief services and counseling:** 957-3888
- **Pride Center - LGBT+ Counseling and other services:** 466-7572
- **Point Break Adolescent Resources:** 466-0359
- **CROSSROADS- Pre-delinquency Services (ages 10-18):** 468-8424
- **Peacekeepers - gang outreach:** 937-8880
- **Victim/Witness Assistance Center, San Joaquin District Attorney's Office:** 468-2500