



## **Mental Health Resources for Seniors**

Crisis Support Program 1-800-260-0094

**Tele Care Alta Bates Medical Center** 510-204-4487 (they provide volunteer phone calls during the week to seniors who are shut ins mainly in Albany, Berkeley, Emeryville, Oakland areas)

**Senior center without walls** 1-877-7977299 (they provide calls to seniors who enjoy stimulating conversations!)

## **Food/ Groceries for Homebound Seniors**

Mercy Brown Bag Program (Alameda County)  
(510) 534-8540 \* visits are also made to Sister Thea Bowman Manor

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