

Health

Internet Resources

[Consumer Reports Best Buy Drugs](#)
[Drug Information Portal](#) (From the National Library of Medicine)
[Hospital Compare](#) (Provided by Medicare)
[Internet Public Library](#) Directory of over 650 high-quality websites about health and wellness
[Mayo Clinic](#)
[Medline Plus](#) (From the National Library of Medicine)
[WebMD](#) Find a physician near you

Local Resources

[Alameda County Health Information](#)
[Axis Community Health Center](#)
[Bay Area Community Services, Inc.](#) Mental health services
[Bay Area Consumer Health Libraries](#)
[Bay Area Health Libraries](#)
[Crisis Support Services of Alameda County](#)
[Horizons Family Counseling](#)
[Kaiser Permanente](#)
[Family Paths](#)
[Planned Parenthood Federation](#) Reproductive health services
[R-Quest](#) Counseling
[Toll-Free Health Hotlines](#)
[Tri-Valley Haven](#) Domestic violence and rape crisis services
[ValleyCare Health Library](#)
[ValleyCare Health System](#)

Television and Radio

Tri-Valley Community Television (TV30) airs [ValleyCare Health](#)
KQED 88.5 FM airs [Health Dialogues](#)

Library Databases

[Health and Wellness Resource Center](#)
[Teen Health & Wellness!](#)

Print Materials

Quick Hint: Look under the call numbers 610—618 for health related materials.

Magazines and Journals

Harvard Health Letter
Health
Men's Health
More
The New England Journal of Medicine

Nutrition Action Health Letter
Prevention
Psychology Today
Self