

CONTACT THE INFORMATION & ASSISTANCE UNIT

- By phone at 1-800-736-7401 — For recorded information that helps injured workers, employers and others understand California’s workers’ compensation system, and their rights and responsibilities under the law.
- By attending a workshop for injured workers.
- By calling or going in person to a local Information & Assistance Unit office:

Anaheim 1065 N PacifiCenter Dr Anaheim, CA 92806-2141 (714) 414-1801	Oxnard 1901 N Rice Ave Ste 200 Oxnard, CA 93030-7912 (805) 485-3528	San Francisco 455 Golden Gate Ave 2nd Floor San Francisco, CA 94102-7014 (415) 703-5020
Bakersfield 1800 30th St Ste 100 Bakersfield, CA 93301-1929 (661) 395-2514	Pomona 732 Corporate Center Dr Pomona, CA 91768-2653 (909) 623-8568	San Jose 100 Paseo de San Antonio Room 241 San Jose, CA 95113-1402 (408) 277-1292
Eureka <i>* Satellite office</i> 100 “H” St Room 202 Eureka, CA 95501-0481 (707) 441-5723	Redding 250 Hemsted Dr 2nd Floor, Ste B Redding, CA 96002-9040 (530) 225-2047	San Luis Obispo 4740 Allene Way Ste 100 San Luis Obispo, CA 93401-8736 (805) 596-4159
Fresno 2550 Mariposa Mall Room 5005 Fresno, CA 93721-2219 (559) 445-5355	Riverside 3737 Main St Room 300 Riverside, CA 92501-3337 (951) 782-4347	Santa Ana 605 W Santa Ana Blvd Bldg 28, Room 451 Santa Ana, CA 92701-4070 (714) 558-4597
Long Beach 300 Oceangate St Ste 200 Long Beach, CA 90802-4304 (562) 590-5240	Sacramento 160 Promenade Cir Ste 300 Sacramento, CA 95834-2962 (916) 928-3158	Santa Barbara <i>* Satellite office</i> 130 E Ortega St Santa Barbara, CA 93101-7538 (805) 568-1295
Los Angeles 320 W 4th St 9th Floor Los Angeles, CA 90013-1954 (213) 576-7389	Salinas 1880 N Main St Ste 100 Salinas, CA 93906-2037 (831) 443-3058	Santa Rosa 50 “D” St Room 420 Santa Rosa, CA 95404-4771 (707) 576-2452
Marina del Rey 4720 Lincoln Blvd 2nd Floor Marina del Rey, CA 90292-6902 (310) 482-3820	San Bernardino 464 W 4th St Ste 239 San Bernardino, CA 92401-1411 (909) 383-4522	Stockton 31 E Channel St Room 344 Stockton, CA 95202-2314 (209) 948-7980
Oakland 1515 Clay St 6th Floor Oakland, CA 94612-1519 (510) 622-2861	San Diego 7575 Metropolitan Dr Ste 202 San Diego, CA 92108-4424 (619) 767-2082	Van Nuys 6150 Van Nuys Blvd Room 105 Van Nuys, CA 91401-3370 (818) 901-5367