

Food, Financial Help and Housing Assistance Shasta and Tehama County

Living on a limited budget can sometimes mean juggling food, rent, utility and transportation expenses. County Health and Human Services Agencies have several programs to help families put food on the table and pay for basic living expenses during tough times.

Residents of both counties can apply for benefits online using [C4Yourself](#) or call the [Customer Service Center](#) at 1-877-652-0731 to speak to a worker during normal business hours or access your benefit information through Interactive Voice Response 24/7.

Apply for Benefits

[Start an application](#)

Cash Assistance



Food & Nutrition



Medical



To apply in person, visit one of HHSA's convenient [Regional Offices](#).

- [Anderson](#)
- [Burney](#)
- [Redding](#)
- [Shasta Lake](#)
- **Red Bluff**
1850 Walnut Street
Red Bluff, CA 96080
(530) 527-8491
- **South County Office**
275 Solano Street
Corning, CA 96021
(530) 824-4890

SHASTA COUNTY QUICK LINKS

- [CalFresh \(formerly Food Stamps\)](#)
- [CalWORKs](#)
- [General Assistance \(GA\)](#)
- [Women, Infants and Children \(WIC\)](#)
- [Alcohol, Tobacco & Other Drugs](#)
- [Disability Resources](#)
- [Employment Services](#)
- [Food, Financial Help and Housing](#)
- [Health and Safety](#)
- [Health Coverage](#)
- [Mental Wellness](#)

TEHAMA COUNTY QUICK LINKS

- [Women, Infants & Children \(WIC\)](#)
- [Enrollment Assistance for Medi-Cal](#)
- [Behavioral Health](#)
- [Substance Use Recovery](#)
- [Public Health](#)
- [Medical Clinic](#)

Health Coverage

Affordable health care is essential to health and well being. Below is a list of options for health care coverage, depending on your individual situation. You can start your application for many of these by phone at **1-877-652-0731** or online at C4Yourself.com

- [Medi-Cal](#)
- [County Medical Insurance Program \(CMSP\)](#)
- [Medi-Cal Access Program \(MCAP\)](#): For women who don't have insurance to cover pregnancy and are not receiving no-cost Medi-Cal or Medicare Part A and Part B, or have other health insurance plan that doesn't cover maternity services or with a maternity-only deductible or copayment greater than \$500.
- [Prescription Discounts](#)

Having difficulty with the paperwork [Community Health Advocates](#) (CHA's) are available in all of our [regional offices](#) and can help with:

- CalFresh, Medi-Cal, CMSP and AIM applications
- Referrals to community resources for help with utilities, housing, transportation, employment, etc.
- CHA's can also explain the different private insurance plans available through [Covered California](#)

Para asistencia en español llame 224-4879 o 335-6701. For assistance in Mien call 224-4877.

Want to learn more about your health coverage options?
Visit CoveredShasta.com.