

## State Information & Assistance Officers

Information & Assistance (I&A) officers of the state Division of Workers' Compensation answer questions and help injured workers. Their services are free.

The I&A numbers listed below were correct as of July 2009.

### **Toll-Free: 1-800-736-7401**

Call this number to hear recorded messages.

**District Offices:** (For addresses, check the Government Pages at the front of the white pages of your phone book. Look under: State Government Offices/Industrial Relations/Workers Compensation. See also the website of the state Division of Workers' Compensation (DWC): [www.dir.ca.gov/dwc](http://www.dir.ca.gov/dwc).)

\* Anaheim  
1-714-414-1801

\* Pomona  
1-909-623-8568

\* Stockton  
1-209-948-7980

\* Bakersfield  
1-661-395-2514

\* Redding  
1-530-225-2047

\* Van Nuys  
1-818-901-536

\* Eureka  
1-707-441-5723

\* Riverside  
1-951-782-4347

\* Fresno  
1-559-445-5355

\* Sacramento  
1-916-263-2741

\* Goleta  
1-805-968-4158

\* Salinas  
1-831-443-3058

\* Grover Beach  
1-805-481-3296

\* San Bernardino  
1-909-383-4522

\* Long Beach  
1-562-590-5240

\* San Diego  
1-619-767-2082

\* Los Angeles  
1-213-576-7389

\* San Francisco  
1-415-703-5020

\* Marina del Rey  
1-310-482-3820

\* San Jose  
1-408-277-1292

\* Oakland  
1-510-622-2861

\* Santa Ana  
1-714-558-4597

\* Oxnard  
1-805-485-3528

\* Santa Rosa  
1-707-576-2452