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# Information and Assistance Unit

[▶ español](#)

The DWC Information and Assistance Unit provides information and assistance to employees, employers, labor unions, insurance carriers, physicians, attorneys and other interested parties concerning rights, benefits and obligations under California's workers' compensation laws. The unit plays a major role in reducing litigation before the Workers' Compensation Appeals Board (WCAB) and is often the first DWC contact for injured workers.

- [Workers' compensation benefits](#) - Overview of benefits, including current rates, available for injured workers.
- [Fact sheets and guides for injured workers](#) - Answers to frequently asked questions and "how to" guides for forms
- [Glossary of workers' compensation terms for injured workers](#)
- [Workers' compensation reference materials](#) - Other sources of information on the workers' comp system
- [Medical mileage expense form - English/Spanish](#) 
- [Simplified flow chart for claims process](#) 

## Contact the Information & Assistance Unit

- By phone at 1-800-736-7401 -- Call during business hours on weekdays to speak to live DWC representative.
- By [attending a workshop](#) for injured workers.
- By calling or going in person to a local [Information & Assistance Unit office](#).

### [Anaheim](#)

1065 N Link  
Suite 170  
Anaheim CA 92806-2131  
(714) 414-1801

### [Oakland](#)

1515 Clay St.  
6th Floor  
Oakland, CA 94612-1519  
(510) 622-2861

### [San Diego](#)

7575 Metropolitan Dr.  
Suite 202  
San Diego, CA 92108-4424  
(619) 767-2082

### [Bakersfield](#)

1800 30th St.  
Suite 100  
Bakersfield, CA 93301-1929  
(661) 395-2514

### [Oxnard](#)

1901 N Rice Ave  
Suite 200  
Oxnard, CA 93030-7912  
(805) 485-3528

### [San Francisco](#)

455 Golden Gate Ave  
2nd Floor  
San Francisco, CA 94102-

7014  
(415) 703-5020

### Fresno

2550 Mariposa Mall  
Room 5005  
Fresno, CA 93721-2219  
(559) 445-5355

### Pomona

732 Corporate Center Dr.  
Pomona, CA 91768-2653  
(909) 623-8568

### San Jose

224 Airport Parkway  
Suite 600  
San Jose, CA 95110-3718  
(408) 277-1292

### Goleta

120 Cremona Drive,  
Suite 270  
Goleta, CA 93117-3167  
(805) 770-6161

### Redding

250 Hemsted Dr.  
2nd Floor, Suite B  
Redding, CA 96002- 9040  
(530) 225-2047

### San Luis Obispo

4740 Allene Way  
Suite 100  
San Luis Obispo, CA  
93401-8736  
(805) 596-4159

### Lodi

3021 Reynolds Ranch Pkwy,  
Suite 130  
Lodi, CA 95240-6936  
209-948-7759

### Riverside

3737 Main St.  
Room 300  
Riverside, CA 92501-3337  
(951) 782-4347

### Santa Ana

2 MacArthur Place  
Suite 600  
Santa Ana, CA 92707-  
7704  
(714) 942-7576

### Long Beach

1500 Hughes Way  
Suite C203  
Long Beach, CA 90810  
(424) 450-2565

### Sacramento

160 Promenade Circle  
Suite 300  
Sacramento, CA 95834-2962  
(916) 928-3158

### Santa Rosa

50 "D" St.  
Room 420  
Santa Rosa, CA 95404-  
4771  
(707) 576-2452

### Los Angeles

320 W 4th St.  
9th Floor  
Los Angeles, CA 90013-1954  
(213) 576-7389

### Salinas

1880 N Main St.  
Suite 100  
Salinas, CA 93906-2037  
(831) 443-3058

### Van Nuys

6150 Van Nuys Blvd.  
Room 105  
Van Nuys, CA 91401-3370  
(818) 901-5367

### Marina del Rey

4720 Lincoln Blvd.  
2nd Floor  
Marina del Rey, CA 90292-6902  
(310) 482-3820

### San Bernardino

464 W 4th St.  
Suite 239  
San Bernardino, CA 92401-1411  
(909) 383-4522

*Updated: January 2026*