



Quick Resource Guide: Personal Injury

How to:

California Courts Self Help Center:

Personal Injury Cases

<https://selfhelp.courts.ca.gov/civil-lawsuit/personal-injury>

Sacramento County Law Library:

Calculating Personal Injury Damages

https://saclaw.org/resource_library/calculating-personal-injury-damages/

Forms

California Courts Self-Help Center, forms for starting a personal injury case: <https://selfhelp.courts.ca.gov/civil-lawsuit/personal-injury#forms>

Library Books/Books available online

How to win your personal injury claim.

KF1257 .M38 2021, shelved at the Reference Desk. Also available as an eBook via Nolo

Win Your Lawsuit.

KFC968 .D86 2010, shelved at the Reference Desk.

Chapter 5, Preparing the complaint, Chapter 8, responding to the complaint.

California practice guide : personal injury.

KFC311 .P4 H3, shelf 111A. Also available electronically via Westlaw

California causes of action.

KFC1010 .C32 2020, shelved at the reference desk. Also available electronically via BloombergLaw

California elements of an action.

KFC1010 .S74 2024, shelved at the reference desk. Also available electronically via Westlaw.

California personal injury proof.

Available online via OnLaw on research computers 1-8

California Tort Damages

Available online via OnLaw on research computers 1-8

Video

From the LA Law Library, ON DEMAND: How Long After an Injury Can You Sue?:

<https://www.lalawlibrary.org/hidden-classes/1762-live-zoom-how-long-after-an-injury-can-you-sue>

Free Legal Help

Alameda County Court Self-Help Center

You can contact the Self-Help Center for help in the following ways:

LiveChat

- Monday-Thursday, 9AM-12PM
- They may stop taking chats before the stated hours once they reach capacity.

Phones

- Call: (510) 272-1393, Mon-Thurs, 2PM-4PM
- Voicemails can only be left during phone hours; Messages are returned within 5 business days.

The Self-Help Center does not take walk-in patrons, but you may make an appointment to talk to someone in person. Contact the SHC via phone or chat to make an appointment.

Self-Help Center Information

- <https://www.alameda.courts.ca.gov/self-help>
- [English flyer: bit.ly/42NAxRj](https://www.alameda.courts.ca.gov/self-help) | [Folleto Español: bit.ly/3WLUjsz](https://www.alameda.courts.ca.gov/self-help)

Community Legal Assistance Saturday Program (CLASP)

[CLASP offers a monthly, free clinic open to the public.](https://www.alameda.courts.ca.gov/self-help) This phone clinic occurs on the first Saturday of the month. Volunteer attorneys meet with individuals for 15–20-minute phone consultations.

<https://lawlibrary.alamedacountyca.gov/wp-content/uploads/2020/08/Virtual-CLASP-Flyer.pdf>

Hire an Attorney

BALI: Bay Area Legal Incubator

125 12th St. Oakland, CA Mezzanine Level

Affordable legal services. Some attorneys offer sliding scale fees. In-take form available on website, and you can also read the profiles and get contact information for the BALI attorneys.

<https://www.bayarealegalincubator.org/>

Alameda County Bar Association Attorney Referral Service

<https://www.acbanet.org/need-a-lawyer/>

Receive a match with a carefully pre-screened local lawyer qualified to help you with your legal needs. There is a \$40 administrative fee, but the initial consultation with the attorney is free. If you want to hire the attorney, you will need to discuss that separately.

California State Bar

The California State Bar lists basic information about all attorneys registered to practice law in the state of California. In addition, the site also provides an attorney referral service for the public to find qualified attorneys in their county. <https://www.calbar.ca.gov/Public>