

GENERAL MENTAL HEALTH COUNSELING

8/20/2009

Berkeley Free Clinic Referral List

This sheet covers resources and services for general counseling in the Bay Area. The main referral set outlines specific entry points into community mental health system for the East Bay. The main referral set also includes statewide and national resources. For general mental health counseling referrals in San Francisco, please refer to www.freeprintshop.org/download/mental_english.pdf for the most comprehensive listing of general mental health referrals.

CLINICS

--- **Alameda County Access** mental health/ drug help

800-491-9099

www.alamedasocialservices.org/public/services/medical_care/

referrals to Alameda County community mental health centers for adults and children with and without insurance. Referrals to clinics that take other non-English speakers. will evaluate your needs relating to substance abuse and make an appointment within the county as well

--- **Alameda County Psychological Assoc. Referral**

www.alamedapsych.org

web based referral service, internet

--- **East Bay Counseling Choices**

525-6678

www.counselingchoices.org

an answering machine asking for good times to call you back. refers to therapists (individual, couple, group) accepting sliding scale and medical and other insurance

--- **GLBT National Help Center** GLBT National Hotline

888-843-4564 888-THE-GLNH

telephone and email peer counseling, as well as a large resource database..

--- **Low Fee Referral Network**

510-433-9499 voicemail

an answering machine asking for good times to call you back. refers to therapists (individual, couple, group) accepting sliding scale and medical and other insurance

ALAMEDA COUNTY

BERKELEY

--- **Bay Area Psychotherapy Services**

2901 Shattuck Ave

510-649-9320

psychotherapy for adults, couples, children or families for depression, grief, trauma, physical or sexual abuse, divorce or step family issues. Sliding scale is \$35-\$95. NO medicare

--- **Berkeley Drop-in Center**

3234 Adeline St.

510-653-3808

Walk in intake all day. Drop-in center, referrals, shuttle, help with applications, advocacy, job counseling, education, programs, substance abuse help, shelter referral. Psychologists on Mon help clients fill out SSI, help with bus pass. Primarily FOR MENTAL HEALTH CLIENTS. Client run hospital visitation program 510-654-7813.

--- **Berkeley Free Clinic** Peer Counseling Collective

2339 Durant Ave

548-2570 ex.2250
800-625-4642

www.berkeleyfreeclinic.org

Peer Counseling Collective is a non-profit collective of community volunteers interested in providing free peer counseling to individuals in the community.

Have questions? Call the IRC at the Berkeley Free Clinic (510) 548-2570

--- **Family Services of Albany**

822 Delaware St.

510-525-9110

offers wide range of counseling and psychological services.
sliding scale starts at \$60

--- **Kathy Labriola**

1307 University ave

510-464-4652

Low fee counseling for individuals couples and groups. Focuses on non-traditional relationships, health problems and disabilities, HIV/AIDS, sexual orientation crises, political activism, and class struggle. sliding scale starts at \$30 per hour and a half.

--- **Pacific Center**

2712 Telegraph Ave.

510-548-8283

<http://www.pacificcenter.org/>

Multiservice agency including counseling, comprehensive library, support groups, HIV-positive advocacy and counseling, support for LGBT and other sexual minorities.

Groups are \$5-10, no one turned away for lack of funds.

Counseling sliding scale, no one turned away for lack of funds.

Transgender-specific groups and mental health services.

UC Berkeley The psychology clinic

2205 Tolman Hall #1650

510-642-2055

psychology.berkeley.edu/resources/clinic.html

psychotherapy by supervised interns for adults, children, families, couples, psychological assessment, preventative interventions. consultation \$20. sliding scale is \$15-\$80. Provides low fee cognitive behavioral therapy. only open during school year. closed for summer.

they regularly see transgender clients. capacity fills quickly; best to call in august (beginning of school year) to enroll.

FREMONT

--- **Community Counseling and Education Center**

3775 Beacon ave, 2nd floor

510-792-4964

counseling, psychotherapy, gang violence prevention, alcohol or drug abuse, sexual abuse, therapy for children and adolescents. Youth programs and free laser tattoo removal (13-25). Licensed doctor (\$110). Interns (\$25-\$55). Youth programs free.

OAKLAND

--- **Berkeley Bi-Polar Support Group**

PO Box 3604

510-594-4030

Support, education, and crisis guidance for people diagnosed with unipolar depression and bipolar affective disorder.

--- **Center for Holistic Counseling**

2501 Harrison St

510-444-3344

www.jfku.edu

holistic counseling (including somatics)

\$5-\$70, groups \$10

--- **Mandana Community Recovery Center**

3989 Howe St

510-595-9690

<http://www.horizonservices.org/HomePage/Mandana.html>

offers evening workshops and groups, on topics including relationships, self esteem, body image, boundaries, and recovery. offers many 12-step recovery groups.

--- **Mental Health Association of Alameda County**

954 60th St. #10

510-835-5010

510-835-0188 family I&R

patients' rights advocacy, benefit application help, educational meetings, family support groups, Hep C support

--- **Psychological Service Center**

519 17th st, suite 210

628-9065

individual, couple, family, and child counseling. psychodiagnostic evaluation for children and adults. sliding scale is \$25-\$90 (first session: \$35-\$140). NO medicare

--- **Sexual Minority Alliance of Alameda County**

1608 Webster ST

510-834-9578

Counseling and mentoring for queer youth. Support groups: 6pm Wed all genders; 6pm thurs females; 8pm Thurs TG females; 7pm Fri males;

Native American Health Center **Oakland Family and Child Guidance Clinic**

3124 International Blvd

510-434-5420

www.nativehealth.org

Individual Therapy, Family Therapy, Couples Therapy, Community Outreach, Group Therapy, Talking Circles, Traditional Healing Activities, Confidential HIV/AIDS Services (HIV testing for women in Native Women's Health Circle only), Substance Abuse Treatment, Youth Services & Case Management, Weekly Men's & Women's Group

PLEASANTON

--- **Axis Community Health Center** **Mental Health**

6666 Owens Drive

925-201-6240

www.axishealth.org

out patient treatment for adults, couples, families, and children. evening appts available. Services are available for counseling, domestic violence, and anger management.

SAN LEANDRO

--- **Girls Inc. of Alameda County** **Pathways Counseling Center**

13666 East 14th St.

510-357-5515

www.girlsinc-alameda.org

Pathways Counseling Center operates as a general outpatient mental health clinic. Although many of the programs at Girls Incorporated of Alameda County are primarily for girls, Pathways Counseling Center provides services for men and boys as well as for girls and women. Pathways Counseling Center therapists offer therapy to individual children, adolescents, and adults, as well as couples and families. Both short-term and long-term treatment are available, depending on the needs of the client. Treatment is offered in both Spanish and English for a full-range problems and disorders. In addition, a full-time case manager is available to help families with children locate and access resources.

CONTRA COSTA COUNTY

RICHMOND

--- **Stand Against Violence**

3615 Bissell Ave

510-236-8972

Domestic Violence treatment, group, individual and children's counseling, crisis intervention, emergency shelter, community education and DV prevention, advocacy, legal support.

SAN FRANCISCO COUNTY

SAN FRANCISCO

--- **Harm Reduction Therapy Center**

423 Gough St,

415-863-4282

510-251-1139 admin

Counseling/psychotherapy for clients struggling with addiction/drug use but interested in harm reduction, non-abstinence based model.

--- **Stonewall Project**

3180 18th St, Suite 202 @Folsom

415-502-1999

harm reduction agency that works with men who sleep with men and use crystal meth. counseling, groups, and mental health referrals.

staff from the stonewall project are also available at Magnet (4122 18th St in the Castro) on Wed 5:30-7 and Sat 2-4:30.

CLINICS THAT WRITE PRESCRIPTIONS

Have questions? Call the IRC at the Berkeley Free Clinic (510) 548-2570

ALAMEDA COUNTY

BERKELEY

--- Berkeley Therapy institute

1749 MLK way

510-841-8484

Psychological assessment and counseling for depression, anxiety, stress and more for individuals, couples and families. Evening and weekend appointments available. No transgender-specific specialist or services, but they do have transgender clients consistently.

Fee: Sliding scale \$35-\$185 per session w/ intern or psychologist. Drugs prescribed at full cost. People with Medical can be seen for psychotherapy by interns, but not for psychiatry. Someone with both medical and medicare cannot be seen. Someone with both Medicare and Medical cannot be seen here.

Berkeley City Mental Health Division

2640 MLK Way

981-5290

www.ci.berkeley.ca.us/mentalhealth www.ci.berkeley.ca.us

General mental health services-- including drug related-- for the citizens of Berkeley and Albany.

OAKLAND

--- Sausal Creek Outpatient Stabilization

2620 26th Ave

510-437-2363

mental health crisis intervention-- houses clients for 24 hours or less. provides bed, assessment, crisis counseling, RN social worker, psychiatrist on call, EMERGENCY MEDs (tho not renewing prescriptions), referrals to other clinics that do prescriptions eligibility: must be nonviolent, an Alameda County resident, and 18 or over. No one turned away.

--- Youth Uprising Counseling

8711 Macarthur Blvd.

510-428-3556

serves youth 12-21.

offers individual, family, group therapy. psychiatric testing, medication, evaluation, and case management.

Asian Community Mental Health Services Oakland Asian ACCESS Program

310 8th St Ste 201

451-6729

www.acmhs.org

Confidential, on-site outpatient mental health care, including assessment, case management/brokerage, crisis intervention, psychotherapy for individuals, groups, and families, and medication therapy services. also serves clients with developmental disabilities, including immigrants and refugees. parenting support, school readiness, and family resource coordination.

La Clinica Casa del Sol Mental Health

1501 Fruitvale Ave.

510-535-6200

www.laclinica.org

Bilingual, Bicultural Counseling. Mental Health Services. Sliding scale depending on income. Screening, Individual Therapy, Individual Rehabilitation, Group Rehabilitation, Family Therapy. Psychiatry. Domestic Violence Safety Assessment, Treatment for Domestic Violence and safety planning. Therapy for HIV positive individuals. Crisis stabilization. Treatment and prevention of child abuse and neglect. Specific services for children, adolescents, and adults.

Limited transgender-specific services (hormone therapy, mental health) but TG Clinic night is in development.

CONTRA COSTA COUNTY

RICHMOND

Asian Community Mental Health Services Richmond

12240 San Pablo Ave

510-970-9750

www.acmhs.org

Confidential, on-site outpatient mental health care, including assessment, case management/brokerage, crisis intervention, psychotherapy for individuals, groups, and families, and medication therapy services. Also serves clients with developmental disabilities, including immigrants and refugees. Parenting support, school readiness, and family resource coordination.

SAN FRANCISCO COUNTY

SAN FRANCISCO

--- New Leaf counseling services

103 hayes st

415-626-7000

www.newleafservices.org

youth and family services, HIV, AIDS service, mental health service, substance abuse, outreach to elders, psychiatry and medication, support groups. office hours? cost: sliding scale, accept private insurance, some programs accept MediCal,

St. Anthony (SF) Free Clinic Counseling

121 Golden Gate Ave.

415-241-8320

www.stanthonysf.org/services/services-clinic.html www.stanthonysf.org

provides primary and urgent care services to children and adults who have no health insurance or limited access to health care. Mental Health Counseling, Psychiatry, and Nutritional counseling.

UC San Francisco Langley Porter Psychiatric Institute

401 Parnassus Ave

415-476-5700

<http://psych.ucsf.edu/lpphc.aspx>

Adult inpatient, partial hospitalization, outpatient, and children psychotherapy services. Low fee cognitive-behavioral therapy. Offers discounts patients who are uninsured, ineligible for state or federal aid programs, and have no mental health benefits.