

# Mental Health Services in Alameda County for Women and Families - Low Cost, Sliding Scale Fees November 2012

Prepared by Community Forum for Perinatal Health– A collaboration of organizations in Alameda County

**This is not meant as a complete list of all mental health resources.**

For more information or to make changes, call: (510) 875-2430

**How to use this guide:**

1. Call ACCESS first.
2. If the client is not eligible through ACCESS, services may be available through the following agencies.

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
<b>OUTPATIENT COUNSELING</b>							
<b>*ACCESS (Acute Crisis Care and Evaluation for System wide Services)</b>	N/A Phone referrals only	Clinical Review Specialist Mon. - Fri. 8:30 – 5 After hours, automatically transferred to Crisis and Support Services line <b>1 (800) 491-9099</b>	Alameda County children, adolescents, adults	Telephone screening and referrals for mental health and alcohol and other drug treatment services for Alameda County residents	N/A	<b>Medi-Cal , HealthPAC</b> (uninsured residents call <b>1 (887) 879-9633</b> for eligibility), other select insurance plans	English, Spanish, Asian languages, uses Language Line Services for other languages. TTY for those w/ hearing difficulties
Alameda Family Services Counseling  (formerly Xanthos)	2325 Clement Ave Alameda, CA 94501	Leave message (510) 629-6210	Children birth – 5 (w/parent or caregiver), adolescents, adults	Individual, couple, and family psychotherapy. Early Childhood/Infant Mental Health trained therapists available.	Near AC Transit	<b>Medi-Cal</b> , Sliding scale \$20-80	English, Spanish
Asian Community Mental Health Services	310 8 <sup>th</sup> St, #201 Oakland, CA 94607	For Intake: (510) 869-7200  For Administration and to speak to a specific therapist: (510) 451-6729	Primarily Asian and Asian/Pacific Islanders; children birth – 5 (w/parent or caregiver), adolescents, adults	Individual, family, couple, child therapy, case management, crisis intervention, Dual Diagnosis and Developmental Disabled services, medication, psychiatric testing, Early Childhood/Infant Mental Health services available	Direct access to AC Transit and BART (12 <sup>th</sup> Street and Lake Merritt stations)	<b>Medi-Cal</b> ; short-term free counseling for those without insurance	English, Cambodian, Cantonese, Japanese, Korean, Mandarin, Tagalog, Vietnamese, Mien, Burmese, Thai, Lao

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Berkeley Therapy Institute	1749 Martin Luther King Jr. Way Berkeley, CA 94709	Receptionist (510) 841-8484	Children 5 – adolescence, adolescents, Adults	Individual, couple, family, and group psychotherapy; psychological testing & assessment, consultation, medication. Screening for Attention Deficit Disorder	North Berkeley BART Station (3 long blocks) and AC Transit lines 25 and 52	<b>Medi-Cal</b> , sliding scale \$35-205, private pay, some insurance accepted	English
Blue Oak Therapy Center	3101 Telegraph Ave. Berkeley, CA 94705	Intake (510) 649-9818	Children, adolescents adults	Individual, couple, family, adolescent, and child counseling, trauma counseling	Near Ashby BART and AC Transit	Sliding Scale \$35 - \$90	English, Spanish, French (call to confirm languages; may change annually with intern pool)
Brighter Beginnings	2648 International Blvd. Oakland, CA 94601	(510) 903-7513	Children and adolescents birth – 21 yrs. old, Adults (with CalWorks only)	Infant/Early Child Mental Health therapy, play therapy, therapy for teens/adolescents, adults	AC transit, near Fruitvale BART	<b>Full scope Medi-Cal</b> for children and adolescents birth – 21 years old, Adults (CalWorks only)	English and Spanish
California State University East Bay, Community Counseling Center	Art & Education Bldg., Room 260 Hayward, CA 94542	Intake Worker (510) 885-3007 Hrs: 9am-8pm T/W/Th  Open academic year <u>ONLY</u> ; closed Summer, Spring, Winter breaks	Children birth – 5 (w/caretaker, parent), adolescents, adults. No CSU students or court ordered clients. <b>Low acuity</b> only. Student counselors under licensed supervision	Individual, play therapy, couple, family counseling. Early Childhood/Infant Mental Health trained therapists available for families with very young children (birth to 5).	Take #92 AC Transit bus from Hayward BART	<b>No Medi-Cal</b> ; Sliding scale \$5-15 only	English  (call to confirm languages; may change annually with intern pool)

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CARE Program - Children's Hospital – Early Childhood Mental Health Department	747 52 <sup>nd</sup> St., Oakland, CA 94609	Intake: (510) 428-3885 x7229	Children birth to 3, children exposed to violence/abuse, or at-risk of social/emotional/behavioral concerns	Parent-child mental health therapy, home visitation	Near AC Transit and 12 <sup>th</sup> St. BART	<b>Full scope Medi-Cal only</b>	English, Spanish, Tagalog, Farsi
Catholic Charities of the East Bay Counseling	433 Jefferson St. Oakland, CA 94607	Receptionist (510) 768-3112	Limited services for children (inquire), adolescents, adults. Clients do NOT have to be Catholic to be service-eligible.	Focus: Trauma-informed treatment focus for Victims of Crime (child abuse, community or domestic violence). Crisis response unit available countywide. Home visit capability.	Near 12 <sup>th</sup> St. BART and AC Transit	<b>Medi-Cal;</b> Sliding scale \$10-90, negotiable. Will bill Victims Of Crime if eligible	English, Spanish
City of Fremont Youth and Family Services	Family Resource Center 39155 Liberty Street, Ste. E500 Fremont, CA 94536	Receptionist (510) 574-2100	Infant/Toddler program: must be resident of Fremont, Newark or Union City w/Medi-Cal; Youth 6-18 must be Fremont or Newark resident	Infant/Toddler family therapy; parenting groups, workshops, youth (6 – 18 yrs.) counseling, crisis intervention services.	Near AC Transit and Fremont BART	<b>Medi-Cal,</b> Sliding scale \$10-135.	English, Spanish, Taiwanese, Cantonese, Mandarin, Vietnamese
	Police Department Counseling Dept. 2000 Stevenson Blvd. Fremont, CA 94538	Receptionist (510) 790-6938	Must be a Fremont or Newark resident. First time offenders must be arrested in Fremont.	Diversion counseling for 1 <sup>st</sup> time juvenile offenders; trauma/crisis counseling; crisis intervention; family and parenting intervention following a child abuse investigation	Near AC Transit	<b>Medi-Cal,</b> No charge for 1 <sup>st</sup> session of crisis services; sliding scale \$10-135 for ongoing appointments	English, Mandarin

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Community Health for Asian Americans (CHAA)  (formerly Asian Pacific Psychological Services)	255 International Blvd., Oakland, CA 94606	Receptionist (510) 835-2777	Asian, Pacific Islander, immigrants and refugees; Children (5 and older) , youth 12-20, adults	Individual, family, couple, group counseling; alcohol and other drug prevention for youth ages 12-20; medication treatment; crisis intervention; clinical case management	Near AC Transit Lake Merritt BART station	<b>Medi-Cal</b> , sliding scale \$10-40 negotiable	English, Cantonese, Mandarin, Cambodian, Vietnamese, Tagalog, Burmese
Earth Circles Counseling Center	560 Oakland Ave. Suite C Oakland, CA 94611	Leave message (510) 601-1929	Children (5 and older), adolescents, families, groups	Individual, couple, family, child play therapy, groups	Near 12 <sup>th</sup> St. and MacArthur BART, AC Transit	<b>Medi-Cal</b> , Sliding scale \$25 - up	English, Chinese (call for dialect), Spanish, French, Swedish, Japanese
East Bay Counseling Choices	Referral Line to licensed therapists with East Bay California Association of Marriage and Family Therapists	Intake (510) 525-6678 or toll free 1 (877) 525-6678	Children, adolescents, adults	Individual, couple, family, child play, group therapy	Access to public transportation dependent on therapist referral	<b>Medi-Cal</b> private insurance, depending on Therapist; sliding scale \$45-125	English
Family Paths, Inc.  (formerly Parental Stress)	3 locations:  1727 Martin Luther King Jr. Way, #109 Oakland, CA 94612  22455 Maple Ct. #402, Hayward, CA 94541  39155 Liberty St. #F600, Fremont, CA 94536	Family Support 24-hour hotline 1 (800) 829-3777  (510) 893-9230  (510) 582-0148  (510) 790-3803	Adults, adolescents, children birth –5	Individual, couple and family therapy, support groups. Early Childhood/Infant Mental Health trained therapists available. 24-hour Parent Support & Resource Line. 24-hour Foster Parent Advice Line. Emergency respite childcare and positive parenting, yoga.	Near AC Transit and 19 <sup>th</sup> St. BART	<b>CalWorks</b> , <b>Full scope Medi-Cal</b> , Sliding scale \$15 - \$70	English, Spanish Language line (for other language)

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Family Services Counseling and Community Resource Center	2208 San Leandro Blvd. San Leandro, CA 94577	Intake (510) 483-6715	Children 5 to adolescence, adolescents, adults	Individual, couple, family, child play, group therapy	4 blocks from San Leandro BART, and near AC Transit	<b>CalWorks Medi-Cal</b> , Sliding scale \$25-100, private insurance	English, Spanish
G.O.A.L.S. (Greater Options & Assistance for Lifelong Success) for Women	3356 Adeline St., Berkeley, CA 94703	Receptionist (510) 985-0500	Adolescent girls and their families, women	Afro-centric individual therapy, support groups, peer counseling, mentoring	Near Ashby BART and AC Transit	<b>CalWorks Medi-Cal</b> , no fee for others	English
Hume Center	39420 Liberty St. Ste. 140, Fremont, CA 94538	Intake (510) 745-9151	All ages	Individual, couple, family, child play therapy; psychological assessment.	Near AC transit and Fremont BART	<b>Medi-Cal</b> , Sliding scale \$40-150	English, Farsi, Spanish, Hindi, Punjabi, Vietnamese, Cantonese, Mandarin
JFK University's Center for Holistic Counseling	2501 Harrison St. Oakland, CA 94612	Leave message (510) 444-3344	Children, adolescents, adults	Individual, couple, and family therapy. Group topics include: Women, stress/anxiety, depression, relationships, intimacy, and expressive arts	Near 19 <sup>th</sup> St BART station; Near AC Transit	Sliding scale: \$5 - \$70; Group therapy fees, \$15	English, Swahili, Spanish, Portuguese (call to confirm language capabilities)
La Clínica de la Raza Mental Health Services (Casa del Sol)	1501 Fruitvale Ave. Oakland, CA 94601	Call for an intake appointment (510) 535-6200	Spanish speaking Alameda County children, adolescents, adults. (one does <u>not</u> have to be client of La Clinica de la Raza)	Crisis intervention, mental health w/substance abuse problems; youth w/severe emotional or behavioral problems, domestic violence. Parent groups (Span), child abuse intervention (Span), HIV/AIDS, groups re: depression, trauma, grief	Near Fruitvale BART station and AC Transit	<b>Medi-Cal</b> , Alameda Alliance for Health	English, Spanish

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La Familia Counseling Service	26081 Mocine Ave. Hayward, CA 94544	Ask for Intake Worker (510) 881-5921	Children 3 years to adolescence, adolescents, Adults	Individual and family counseling, counseling for children w/ Medi-Cal	Near Hayward BART station	<b>Full scope Medi-Cal</b> for children and youth (up to 18 years); adults, sliding scale starts at \$0	English, Spanish
Oak Creek Counseling Center	2901 Shattuck Ave., Berkeley, CA 94705	Intake 1 (888) 637-7404	Children birth to adolescence, adolescents, Adults	Individual, couple, family, child play therapy, and group counseling. Early Childhood/Infant Mental Health trained therapists available.	Near Ashby BART and AC Transit	Sliding scale \$35-95, private insurance accepted	English, Spanish
Pathways Counseling Center	13666 E. 14 <sup>th</sup> St. San Leandro, CA 94578	Ask for Intake Worker (510) 357-5515  M-F 9:00 AM - 5:00 PM	Children ages 3 to adolescence, adolescents, adults	Individual, couple, family therapy	Near AC Transit	<b>Medi-Cal</b> , sliding scale, private insurance, Victims of Crime funding accepted	English, Spanish
Psychological Services Center	1440 Broadway, Ste. 610 Oakland, CA 94612	Intake (510) 628-9065, Ext. 211	Children 3 and older (w/caretaker), adolescents adults	Mostly individual counseling but some couple & family counseling, psychological testing	Near AC Transit 1 block from 19 <sup>th</sup> Street BART	<b>Medi-Cal</b> , sliding scale \$25-90 (1 <sup>st</sup> assessment session is \$35 - \$100)	English, Spanish  (call to confirm language capabilities; may change each year with intern pool)
The Psychotherapy Institute	2232 Carleton St. Berkeley, CA 94704	Leave message on intake line (510) 548-2250	Adults	Individual & couple therapy	Near AC Transit	Sliding scale \$25-90, limited low fee slots, some insurance accepted	English/Spanish

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Rainbow Psychotherapy Associates	3671 Grand Ave. Oakland, CA 94610	Leave message (510) 420-8083	Children 5 to adolescence, adolescents, adults, families	Afro centric therapy: individual, couple, family, child play therapy, educational testing, substance abuse counseling, survivors of childhood abuse. No perpetrators.	Near AC Transit	<b>Medi-Cal</b> , sliding scale, Victims of Crime, private insurance. (payment options vary with therapist)	English
San Leandro Community Counseling at Davis Street Resource Center	3081 Teagarden St., San Leandro, CA 94577	Receptionist (510) 347-4620	Adults, adolescents, children 3 and up, families	Individual, family, group counseling, limited childcare, crisis counseling, psychological assessments	Near AC Transit, 1 mile from BART	<b>Medi-Cal</b> , sliding scale \$25-105, (call for payment info)	English/Spanish  (call to confirm languages; may change annually with intern pool)
University of California Psychology Clinic	2205 Tolman Hall Berkeley, CA 94720	Receptionist (510) 642-2055	Adults, adolescents, children 4 and up	Individual, couple and family counseling, psychological testing	Near AC Transit, a few blocks from Downtown Berkeley BART	Sliding scale \$20-125	English  (call to confirm languages; may change annually with intern pool)
The Women's Therapy Center	2105 Martin Luther King Jr. Way, Berkeley, CA 94704	Appointments: (510) 524-8288 (leave message, counselor will call back)  Office: (510) 524-4822, ext. 102	Adolescents age 14 and older, adult women of all ages	Individual, couple, groups counseling	Near AC Transit, 2 blocks from Downtown Berkeley BART	Sliding scale \$25-85 for (individual counseling); \$40 - \$85 (couples); groups: \$ varies by group	English, Spanish, French  (call to confirm languages; may change annually with intern pool)
The Wright Institute	1950 Addison St. #109, Berkeley, CA 94704	Leave message (510) 548-9716	Adolescents from age 15, adults, couples, some groups (call)	Individual, couple counseling	Near AC Transit and Downtown Berkeley BART	Sliding scale \$25-75	English, Spanish

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<b>CRISIS LINES/SUPPORT</b>							
Alameda County Family Justice Center	470 - 27th Street Oakland, CA 94612	(510) 267-8800 Monday – Friday, 8:30 a.m. – 5:00 p.m.  After hours, information and referrals provided by Eden Information & Referral	Women, children, men and family member victims are welcome; No services for offenders	Services for domestic violence victims and their families including: crisis intervention, survivor support, advocacy, legal assistance, counseling for victims and their children, housing info, computer training, law enforcement investigation and offender prosecution. Shelter space availability updated twice daily	Near 12 <sup>th</sup> , 19 <sup>th</sup> or MacArthur BART stations, accessible to AC transit on Broadway and Telegraph Avenues, free onsite client parking	All services are free	Multiple language capabilities (call main line); services for deaf or hearing impaired
Covenant House Nineline Teen Hotline	N/A	24 hours/day  1 (800) 999-9999	Teenagers, children, and parents	Free, confidential, immediate crisis intervention services	N/A	Free	English, Spanish, AT&T language translation services for other languages
Crisis and Support Services of Contra Costa and Alameda	N/A	Anywhere in Alameda County: 1 (800) 309-2131	Anyone in need of crisis intervention services	Telephone crisis counseling and support; suicide prevention	N/A	Free	English, and uses AT&T language translation services for other languages
Family Paths (formerly Parental Stress)	N/A	Family Support 24-hr Hotline  1 (800) 829-3777	Children birth – 5 w/caregiver, family	24-hour Parent Support & Resource Line. 24-hour Foster Parent Advice Line. Emergency respite childcare and positive parenting education classes, Early Childhood Mental Health parent/child treatment	Oakland location near AC Transit and 19 <sup>th</sup> St. BART. Hayward and Fremont locations are near AC Transit.	<b>Medi-Cal</b> , sliding scale, private insurance and Victims of Crime funding, Calworks accepted	English, Spanish



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National Perinatal Hotline (“Hope line”)	Hotline support only	24-hours/day 1 (800) 773-6667 or 1 (800) PPD-MOMS	Women experiencing perinatal emotional distress	Telephone hotline providing crisis, 24-hr./day phone support, referrals to in-person community counseling in caller’s area	N/A	Hotline calls free	English, Spanish
<b>PARENTING SUPPORT</b>							
Alameda County Public Health Clearinghouse	Information and Referral line <b>only</b>	Toll-Free: 1 (888) 604-INFO or 1 (888) 604-4636	Alameda County residents seeking referrals to health-related services	Provides information and referrals to health-related services of Alameda County.	N/A	N/A	English, Spanish, 100+ additional languages through translation line.
La Clinica de la Raza Mental Health Services (Casa del Sol)	1501 Fruitvale Ave. , Oakland, CA 94601	Call for an intake appointment (510) 535-6200	Spanish speaking Alameda County adults, children and adolescents  (you do <u>not</u> have to be client of La Clinica de la Raza)	12- session parent education and support groups begin every January, April, July and September; childcare provided	Near AC Transit and Fruitvale BART station	Open to all Spanish-speaking parents/care-takers. Annual sliding fee (\$37 – \$500) paid in installments over the year; reassessed annually	English, Spanish