

# Mental Health Resources

## GENERAL SERVICES:

211

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

211 is a free, non-emergency, confidential, 3-digit phone number and service that provides easy access to critical health and human services, including referrals to mental health resources. 24 hours a day, 7 days a week with multi-lingual capabilities. Outside of area: 888-886-9660.

### **Alameda Health System. Highland Hospital Campus. Highland Wellness Center**

1411 E. 31st St. Oakland 94602

510-437-8500 <http://www.highlandwellnessahs.org>

M-F 8:30am-5pm

Outpatient psychiatric treatment service, providing daily therapeutic activities. For questions regarding eligibility for care, please contact Financial Counseling at 510-437-4961.

### **City of Berkeley. Mental Health Division**

#### **Adult Services Program**

2640 MLK Jr. Way Berkeley 94704

510-981-6585 <http://www.ci.berkeley.ca.us/mentalhealth>

Office: M-F 8am-4pm

Crisis evaluation and intervention, case management, psychotherapy (individual, family, or group), psychiatric medication evaluation and maintenance for Berkeley and Albany residents 18 and older. Sliding scale.

### **City of Berkeley. Mental Health Division Family, Youth, and Children's Services (FYC)**

3282 Adeline St. Berkeley 94703

510-981-5280 <http://www.ci.berkeley.ca.us/mentalhealth>

M-F 8am-5pm. Crisis Response: Sun-Sat 11:30am –10:00am

Outpatient psychotherapy, consultation, education, and other information for Berkeley and Albany children and their families. Sliding scale.

### **Coalition for Alternatives in Mental Health.**

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

3234 Adeline St. Berkeley 94703

510-653-3808

M-Th 9am-3pm F 9am-2pm

Client-run, multi-purpose community center for past, present or at-risk mental health clients. Serves persons undergoing significant emotional stress and their families. Free.

### **East Bay Community Recovery Project**

2579 San Pablo Ave. Oakland 94612

510-446-7100 <http://www.ebcrcp.org>

M-F 8am-5pm

Counseling, education, support groups (including 12-step groups), information and referral. Adults, youth, family and veterans.

### **Mental Health Association of Alameda County**

954 60th St. Suite 10 Oakland 94608 <http://www.mhaac.org>

510-835-5010 Information & Referrals

510-835-0188 Family Caregiver Advocate

M-F 9am-5pm

Central source of information, referrals, advice and support for people with mental illness, their families and friends throughout Alameda County.

### **West Oakland Health Council Mental Health Services**

700 Adeline St. Oakland 94607

510-835-9610 <http://www.wohc.org>

M-F 8:30am-5pm

Individual and group counseling, case management and crisis intervention for adults, children under 18 and their families.

## REFERRALS:

### **Alameda County Behavioral Health Care Services**

#### **Access Mental Health**

800-491-9099

M-F 8:30am-5pm

Telephone screening and referrals for people needing psychotherapists and psychiatrists accepting sliding scale or Medi-Cal; also for people with chronic mental illness needing admittance to an Alameda County community mental health center.

### **Feminist Therapy Connection**

510-841-1261 <http://www.feministtherapy.org>

Referrals for individuals, couples, families, and groups.

### **Northern California Group Psychotherapy Society**

<http://www.ncgps.org> Search for therapy groups and specific group therapists in Northern California.

## CRISIS INTERVENTION:

### **Alameda Health System. John George Psychiatric Hospital**

2060 Fairmont Dr. San Leandro 94578

510-346-1300 <http://www.johngeorgeahs.org>

Intake 24 hours, 7 days a week

Emergency assessments; emergency medications; emergency hospitalization.

### **City of Berkeley. Mental Health Division. Mobile Crisis Team**

2640 MLK Jr. Way Berkeley 94704

510-981-5254 <http://www.ci.berkeley.ca.us/mentalhealth>

510-981-5900 Police nonemergency phone (police are often able to contact the Mobile Crisis Team directly)

7 days a week 10:30am-11pm

Crisis intervention services include psychological outreach, assessment and/or counseling intervention for mental health crises, including suicide, drug abuse, evaluations for psychiatric treatment. For residents in Berkeley and Albany. Free.

## CRISIS INTERVENTION, continued

### **Crisis Support Services of Alameda County**

PO Box 3120 Oakland 94609

800-309-2131 7 days a week 24 hour Crisis Line (also TTY line)

800-260-0094 Grief counseling

510-420-2475 Stress counseling, senior outreach, support groups

510-420-2460 Office <http://www.crisissupport.org>

Telephone crisis, counseling and referral services; community education program, disaster counseling, grief counseling, suicide attempters support group, senior outreach.



This resource list is provided by the Berkeley Public Library (Community Resources)

<http://www.berkeleypubliclibrary.org>

510-981-6148 TTY 510-548-1240

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# Mental Health Resources

## Sausal Creek Outpatient Stabilization Clinic

2620 26th Ave. Oakland, California 94601  
510-437-2363 <http://www.telecarecorp.com/sausal-creek-outpatient-stabilization-clinic/>  
M-F 8am-8pm, Sat 8am- 4:30pm, including holidays.  
Provides services to any adult who feels that they cannot wait for routine mental health outpatient care. Open to referrals and walk-ins. Services provided for people in acute distress or discomfort as a result of mental illness, difficulty with medications, or personal/family crisis.

## Suicide Hotline

800-273-8255 7 days 24 hours  
Connects callers to the closest crisis center in Alameda county.

### SPECIAL FOCUS:

## Ann Martin Center

1375 55<sup>th</sup> St. Emeryville 94608  
510- 655-7880 <http://www.annmartin.org>  
M-Sat by appointment  
Child and family psychotherapy, academic tutoring and remediation, educational and psychological diagnostic testing.  
Children's bereavement program.

## Asian Community Mental Health Services

310 8th St. Suite 201 Oakland 94607  
510-869-6000 <http://www.acmhs.org>  
M-F 9am-5pm  
Human services to Asian Pacific special-needs populations: mental health clients, developmentally disabled clients, and at-risk children, youth, and families.

## Berkeley Free Clinic/Community Health Project Peer Counseling Collective

2339 Durant Ave. Berkeley 94704  
510-548-2744 <http://www.berkeleyfreeclinic.org>  
M-F 6:30pm-8:30pm Drop-in counseling open to all.  
Sat 12pm-2:30pm Drop in counseling for women, transgender clients, and gender non-conforming individuals Free peer counseling to individuals in the community; both drop-in and long-term.

## La Clinica de la Raza Casa del Sol

1501 Fruitvale Ave. Oakland 94601  
510-535-6200 <http://www.laclinica.org>

Drop-in or telephone intakes: M, T, F 9a-6p; W, Th 9a-7p  
Individual, family, and group therapy for Spanish speaking, un-insured residents of Alameda County.

## East Bay Agency for Children (EBAC)

303 Van Buren Ave. Oakland 94610  
510-268-3770 <http://www.ebac.org>  
M-F 8am-5pm  
Intensive day treatment programs to help children suffering from severe emotional difficulties, school-based prevention programs to assist at-risk children at public school sites with Circle of Care (supporting children and families coping with loss, serious illness and trauma).

## Institute on Aging

**Center for Elderly Suicide Prevention and Grief Counseling**  
2100 Embarcadero #101  
Oakland, CA 94606 510- 506-7127 <http://www.ioaging.org>  
1-800-971-0016 24-hour crisis and support line for seniors  
Crisis and support line, group and individual grief counseling, and specialized counseling and bereavement support for people who have experienced traumatic loss, suicide or sudden death of a loved one.

## Mental Health Association of Alameda County Patients' Rights Advocacy

954 60th St. Suite 10 Oakland 94608  
800-734-2504 <http://www.mhaac.org>  
M-F 9am-5pm  
Investigates complaints about denial of patients' rights in psychiatric facilities. Family education, resource center, caregiver support and advocacy.

## Narika

PO Box 14014 Berkeley 94712  
800-215-7308 24-hour helpline  
510-444-6068 Office  
<http://www.narika.org>  
Email: [narika@narika.org](mailto:narika@narika.org)  
Provides advocacy, support, information, and referrals for emotionally or physically abused women. Serves South Asian women (including India, Pakistan, Bangladesh, Bhutan, Sri Lanka, Nepal, diasporic communities such as Fiji and the Caribbean, and all women who trace their origins to these areas). Free.

## Pacific Center for Human Growth

2712 Telegraph Ave. Berkeley 94705  
510-548-8283 <http://www.pacificcenter.org>  
M-F10a-9p business hours  
M-F 10a-4p Drop-in hours  
Mental health counseling serving the gay, lesbian, bisexual, transgender, and questioning community.

To find more Mental Health services, go to Berkeley Public Library (Community Resources), an online database of community organizations, services, and agencies): [www.berkeleypubliclibrary.org](http://www.berkeleypubliclibrary.org)  
Click on "Explore", Click on "Community Resources", then search for "Mental Health" topics.  
For assistance searching BIN, call (510) 981-6166 TTY 510-548-1240



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