

Mental Health Services in Alameda County for Women and Families -- Medi-Cal, Low Cost, Sliding Scale Fees

Prepared by the 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 the Family Health Line 1-888-604-4636.

How to Use this Guide:

- Call ACCESS first. The caller will be assessed by the Clinical Review Specialist to determine caller's level of acuity (mild, moderate, severe), as well as location of services requested/needed.
- If the client is not eligible through ACCESS, the Specialist will give alternative information and referral sources however, additional services may be available through the agencies below.
- Sites listed here are wheelchair accessible unless otherwise noted. Home visitation services available where noted.

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
OUTPATIENT COUNSELING							
*ACCESS (Acute Crisis Care and Evaluation for System wide Services) www.acbhcs.org	Phone referrals only	1-800-491-9099 8:30am – 5pm Mon. – Fri. Calls after hours are transferred to Crisis and Support Services line.	Alameda County children, adolescents, adults with moderate – severe impairments (Medi-Cal recipients with mild – moderate impairments may be referred to their Managed Care Plans)	Telephone screening and referrals for mental health and alcohol and other drug treatment services for Alameda County residents.	N/A	Medi-Cal, HealthPAC, Medi-Cal managed care plans	English, Spanish, Mandarin, Cantonese, Vietnamese, Cambodian; other Asian languages are routed to Asian Community Mental Health Services. Other languages: Language Line. TTY for hearing impaired needs.

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
Alameda Family Services Counseling (formerly Xanthos) www.alamedafs.org	2325 Clement Ave, Suite A Alameda, CA 94501	510-629-6300	Children birth – 5 (w/parent or caregiver), adolescents, adults	Counseling for families, individual adults, couples, and groups and psychological assessments. Childhood/Infant Mental Health trained therapists available. Home visitation via School-based programs (please inquire).	Near AC Transit	Medi-Cal , Sliding scale \$20-80	English, Spanish, Cantonese, Mandarin, Hebrew, Swiss, German, French.
Asian Community Mental Health Services www.acmhs.org	310 - 8 th St, Suite 201 Oakland, CA 94607	510-869-6000	Asian and Pacific Islander children birth – 5 (w/parent or caregiver), adolescents, adults	Individual, family, couple, child therapy, case management, medication, crisis intervention. Services in Early Childhood/Infant Mental Health, Dual Diagnosis and for Developmentally Disabled available.	AC Transit, BART (12 th Street and Lake Merritt stations)	Medi-Cal , short-term free counseling for those without insurance	English, Cambodian, Cantonese, Japanese, Korean, Mandarin, Tagalog, Vietnamese, Mien, Burmese, Thai, Lao
	Children & Youth Services 13847 East 14 th Street, Suite 116, San Leandro, CA 94578	510-869-6000			On East 14 th in San Leandro along AC transit line		

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Berkeley Therapy Institute www.bti.org	1749 Martin Luther King Jr. Way Berkeley, CA 94709	510-841-8484	Children 5 and older, adolescents, adults	Individual, couple, family, and group psychotherapy; psychological testing & assessment, consultation, medication. Screening for Attention Deficit Disorder. All services on site only.	North Berkeley BART Station (3 long blocks) and AC Transit lines 25 and 52	Medi-Cal , sliding scale \$35-295, private pay, some insurance accepted	English
Brighter Beginnings www.brighter-beginnings.org	2648 International Blvd. Oakland, CA 94601	(510) 903-7513 Leave a detailed message for a call back	Children and adolescents birth – 21 years old, adults (with CalWorks only)	Infant/early child mental health therapy, play therapy, therapy for adolescents, adults. Home Visiting services available	Near AC transit, near Fruitvale BART	Medi-Cal for children and adolescents birth – 21 years old, adults (CalWorks only)	English and Spanish
California State University East Bay, Community Counseling Center www.csueastbay.edu/cc-clinic	Art & Education Bldg., Room 260 Hayward, CA 94542	510-885-3007 9am - 8pm Tue., Wed., Thurs. during the academic year only. Closed during breaks and holidays.	Children birth – 5 (w/caretaker, parent), adolescents, adults. No CSU students or court ordered clients. Low acuity 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), parent and step-parent groups.	Take #60 AC Transit bus from Hayward BART	No fee	English (call to confirm languages; may change annually with intern pool)

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Community Health for Asian Americans (CHAA) (formerly Asian Pacific Psychological Services) www.chaaweb.org	268 Grand Ave, Oakland, CA 94610	510-835-2777	Asian, Pacific Islander, immigrants and refugees, children 5 and older, adolescents, adults	Individual, family, couple, group counseling; alcohol and other drug prevention for youth ages 12-20; medication treatment; crisis intervention; clinical case management. Home visiting available.	Near AC Transit Lake Merritt BART station	Medi-Cal only	English, Cantonese, Mandarin, Cambodian, Vietnamese, Tagalog, Burmese
East Bay Counseling Choices www.counselingchoices.org	Phone referrals only	510-525-6678 Leave a detailed message for a call back	Children, adolescents, adults	Individual, couple, family, child play, group therapy	Access to public transportation dependent on therapist referral	Medi-Cal private insurance. Wheelchair accessibility depends on therapist and office;; sliding scale \$45-125	English
Family Paths, Inc. www.familypaths.org	1727 Martin Luther King Jr. Way, Oakland 94612 22455 Maple Ct., Suite 402, Hayward 94541 39155 Liberty St, Suite F600, Fremont 94536	1-800-829-3777 Family Support 24-hr Hotline	Children birth – 5 years old, adolescents, adults	Individual, couple and family therapy, support groups. Early childhood/infant mental health trained therapists available. 24-hour parent support, foster parent advice, and resource line.	Near AC Transit and 19 th St. BART	CalWorks, Full scope Medi-Cal, Sliding scale \$15 - \$70	English, Spanish, Language line for additional languages

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Family Resource Center – Youth & Family Services www.fremont.gov/yfs	39155 Liberty Street, Ste. E500 Fremont, CA 94536	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 Must be referred by ACCESS if over 18 years old	Infant/Toddler family therapy; parenting groups, workshops, youth (6 – 18 yrs.) counseling, crisis intervention services.	Near AC Transit and Fremont BART	Medi-Cal , Sliding scale \$10-135.	English, Spanish, Mandarin, Vietnamese, Dari
Family Service Counseling Center www.fscc.gov	2208 San Leandro Blvd. San Leandro, CA 94577	510-483-6715	Children 5 and older, adolescents, adults	Individual, couple, family, child play, group therapy	4 blocks from San Leandro BART, and near AC Transit	CalWorks Medi-Cal , Sliding scale \$25-100, private insurance	English, Spanish
City of Fremont Youth and Family Services www.fremont.gov	Police Department Counseling Dept. 2000 Stevenson Blvd. Fremont, CA 94538	510-790-6938 Leave a detailed message for a call back	Must be a Fremont or Newark resident. First time offenders must be arrested in Fremont.	Diversion counseling for 1 st time juvenile offenders; trauma/crisis counseling; crisis intervention; family and parenting intervention following a child abuse investigation	Near AC Transit	Medi-Cal , no charge for 1 st session of crisis services; sliding scale \$10-135 for ongoing appointments	English, Mandarin
Help Me Grow – Alameda County First 5 www.first5alameda.org/help-me-grow	Phone referrals only	1-888-510-1211 9am – 5pm Mon.- Fri.	Children birth -5 years old and their families residing in Alameda County	Child development assistance, care coordination, family navigation, developmental screening, child development resources and information.	N/A	N/A	English, Spanish & Cantonese. Interpretation for other languages

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Hume Center www.humecenter.org	39465 Paseo Padre, Suite 2100 Fremont, CA 94538	510-745-9151	Children birth – 21 years old	Individual, couple, family, child play therapy; psychological assessment.	Near AC transit and Fremont BART	Medi-Cal , Calworks, Sliding scale \$40-165, separate fee for evaluations	English, Farsi, Hindi, Punjabi, Malayalam, Vietnamese, Cantonese, Mandarin, French, German
Jewish Family and Community Services of the East Bay www.jfcs-eastbay.org	2484 Shattuck Ave. Berkeley, CA 94704	510-704-7475	Child, adolescent and adult residents of Alameda County	Clinic or home visiting therapy services for mothers and their babies/children, including through the “Fussy Baby” program	On AC transit line, ~ 6 blocks from Downtown Berkeley BART	Medi-Cal , private insurance, sliding scale (\$45 and up for short-term therapy, 6-8 wks.)	English, Spanish, Hebrew, French, Portuguese
La Clínica de la Raza Mental Health Services (Casa del Sol) www.laclinica.org/casadelSol	1501 Fruitvale Ave. Oakland, CA 94601	510-535-6200	Alameda County children, adolescents, adults. Do not need to be a 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 for depression, trauma, grief	Near Fruitvale BART station and AC transit	Medi-Cal , Alameda Alliance for Health	English, Spanish

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La Familia Counseling Service www.lafamiliacounseling.org	26081 Mocine Ave. Hayward, CA 94544	510-881-5921	Children 3 years and older, adolescents, adults	Individual and family counseling, counseling for children w/ Medi-Cal	Near Hayward BART	Full scope Medi-Cal for children and youth (up to 18 years); adults, sliding scale starts at \$0	English, Spanish
Oak Creek Relational Counseling Center www.oakcreekcenter.org	2901 Shattuck Ave., Berkeley, CA 94705	1-888-637-7404	Children birth and older, 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, some flexibility for homeless population (please inquire)	English only
Pathways Counseling Center www.girlsinc-alameda.org/programs/pathways	13666 E. 14 th St. San Leandro, CA 94578	510-357-5515 9am-5pm Mon. – Fri.	Children 3 and older, adolescents, adults	Individual, couple, family therapy	Near AC Transit	Medi-Cal , sliding scale, private insurance, Victims of Crime funding accepted	English, Spanish
	510 – 16 th St. Oakland, CA 94612				Near 12 or 19 th Street BART, AC transit		
The Psychotherapy Institute www.tpi-berkeley.org	2232 Carleton St. Berkeley, CA 94704	510-548-2250 Leave a detailed message for a call back	Adults	Individual & couple therapy	Near AC Transit	Sliding scale \$30-95, limited low fee slots (inquire)	English and Spanish

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Rainbow Psychotherapy Associates	3671 Grand Ave. Oakland, CA 94610	510-420-8083 Leave a detailed message for a call back	Adolescents, adults, families	Afro- centric therapy: individual, couple, family, educational testing, substance abuse counseling, survivors of childhood abuse. No perpetrators.	Near AC Transit NOT wheelchair accessible.	Medi-Cal , sliding scale (lowest of scale = \$60/hr.), Victims of Crime, private insurance. (payment options vary with therapist)	English
San Leandro Community Counseling <i>(of Davis Street Family Resource Center)</i> www.davisstreet.org	3081 Teagarden St., San Leandro, CA 94577	510-347-4620, ext. 140	Children 3 and older, adolescents, adults, couples, families	Individual, family, anger management limited childcare, crisis counseling, psychological assessments	Near AC Transit, 1 mile from BART, free shuttle	Medi-Cal . sliding scale \$25-105, (call for payment info)	English, Spanish (call to confirm languages; may change annually with intern pool)
Through the Looking Glass www.lookingglass.org	Services primarily through home visits.	510-848-1112, Ext.8114	Alameda County families w/infants and children, expectant parents w/disability, medical, learning, or developmental issues.	Parenting adaptations to support expectant parents and parents w/ disabilities. Developmental/ early intervention and prevention services. Groups for parents w/disabilities, youth w/disabilities, playgroup for parents w/learning difficulties & their children 0-3. Center & home-based Early Head Start program. Legal advocacy re: custody for parents w/disabilities.	Located in wheelchair accessible Ed Roberts Campus near Ashby BART, AC Transit	Early Head Start, HHS, Regional Center, or grant/contract funded; otherwise sliding-scale. Custody	English, Spanish; multiple other languages (inquire)

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UCSF Benioff Children's Hospital – Early Childhood Mental Health Department www.childrenshospitaloakland.org	747 52 nd St., Oakland, CA 94609	510-428-3407	CARE program: Children birth to 6, children exposed to various stressors (violence/abuse, at-risk of social/ emotional/behavioral concerns)	Parent-child mental health therapy, home visitation	Near AC Transit and 12 th St. BART	Full scope Medi-Cal only	English, Spanish, Tagalog, Arabic
			Fussy Baby Program: Infants 0 – 12 months	Targets infants 0 – 12 months of age; parents w/questions re: behavior, development, parenting challenges.			
University of California Psychology Clinic www.psychology.berkeley.edu/contact-us	2205 Tolman Hall Berkeley, CA 94720	510-642-2055	Children 4 and older, adolescents, adults	Individual, couple and family counseling, psychological testing	Near AC Transit, a few blocks from Downtown Berkeley BART	Sliding scale \$20-120	English (call to confirm languages; may change annually w/intern pool)
The Women's Therapy Center www.womenstherapy.org	2105 Martin Luther King Jr. Way, Berkeley, CA 94704	510-524-8288 Leave a detailed message for a call back	Adolescents 14 and older, adult women, transgender clients of all ages	Individual, couple, groups counseling	Near AC Transit, 2 blocks from Downtown Berkeley BART	Sliding scale \$25-85 for (individual counseling); \$40 - \$95 (couples); groups: \$ varies by group	English, Spanish, (call to confirm languages; may change annually with intern pool)
The Wright Institute	1950 Addison St. #109, Berkeley, CA 94704	510-548-9716 Leave a detailed message for a call back	Adolescents from age 15, adults, couples, some groups	Individual, couple counseling	Near AC Transit and Downtown Berkeley BART	Sliding scale \$25-75	English, Spanish

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CRISIS LINES/SUPPORT							
Alameda County Family Justice Center www.acfjc.org	470 - 27th Street Oakland, CA 94612	510-267-8800 8:30am – 5 pm Mon. – Fri.	Women, children, men and family member victims are welcome; No services for offenders	For DV survivors and their families: crisis intervention, survivor support, advocacy, legal assistance, counseling, housing info, computer training, law enforcement investigation and offender prosecution. Shelter space availability updated twice daily	Near 12 th , 19 th 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
Crisis and Support Services of Alameda County www.crisissupport.org/programs/crisis-line	N/A	1-800-309-2131	Anyone in need of crisis intervention services	Telephone crisis counseling and support; suicide prevention Text line (teen friendly); text “SAFE” to 839863 from 4 – 11 p.m.	N/A	Free	English, translation services for other languages.
Postpartum Support International www.postpartum.net	Hotline support only	1-800-944-4773	Women experiencing perinatal emotional distress	24-hr./day crisis support, referrals to in-person community counseling in caller’s area	N/A	Hotline calls free	English, Spanish