

# Mental Health Resources

## GENERAL SERVICES:

### **Alameda County Medical Center. Highland Hospital Campus. Psychiatric Outpatient Services**

1411 E. 31<sup>st</sup> St. Oakland 94602

510-535-7476

M-F 8:30am-5pm

Outpatient psychiatric treatment service, providing daily therapeutic activities. Must have Medicare and Medi-Cal.

### **Berkeley Mental Health Division**

#### **Adult Services Program**

2640 MLK Jr. Way Berkeley 94704

510-981-5290

<http://www.ci.berkeley.ca.us/mentalhealth>

Office: M-F 8am-5pm

Drop-in: M-F 8:30am-2:30pm

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

### **Berkeley Mental Health Division**

#### **Family, Youth, and Children's Services**

3282 Adeline Berkeley 94703

510-981-5280

<http://www.ci.berkeley.ca.us/mentalhealth>

M-F 9am-5pm (evenings by arrangement)

Outpatient psychotherapy, consultation, education, and other information to 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-4pm F 9am-2pm

Client-run, multi-purpose community center for past and present mental health clients and persons undergoing significant emotional stress. Free.

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

2579 San Pablo Ave. Oakland 94612

510-446-7100

<http://www.ebcprp.org>

M-F 8am-5pm

Counseling, education, support groups (including 12-step groups), information and referral.

### **Mandana Community Recovery Center**

3989 Howe St. Oakland 94611

510-595-9690

M-F 1pm-9pm

Drop-in center for people (and their families) in recovery. Self-help and peer support groups, including 36 12-step groups. Group fees differ, call for information. No one turned away for lack of funds.

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

954 60<sup>th</sup> St. Suite 10 Oakland 94608

510-835-5010 Information & Referrals: M-F 9am-5pm

510-835-0188 Family Caregiver Advocate:

M-Th 11:30am-4pm, 5pm-7:30pm F 9am-5pm

<http://www.mhaac.org>

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

### **Psychological Services Center**

1730 Franklin St. Suite 212 Oakland

510-628-9065

M-Th 9am-8:30pm F 9am-4:30pm No drop-in services

Individual, couples, and family therapy for children, teenagers, and adults. Training clinic for the California School of Professional Psychology.

## REFERRALS:

### **Alameda County Mental 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 Referral Project**

510-843-2949 <http://www.feministtherapy.org>

Referrals for individuals, couples, families, and groups.

### **Low-Fee Referral Network**

510-433-9499

Lower fee counseling and psychotherapy referral service.

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

415-442-1976 <http://www.ncgps.org>

Referrals to group therapy in the Bay Area.

### **United Way. HELPLINK**

221 Main St. Suite 300 San Francisco 94105

800-273-6222 <http://www.helpink-sf.org>

M-F 8:30-5:30pm

Information and referral service to anyone needing nonprofit health and human services in the Bay Area.

## CRISIS INTERVENTION:

### **Alameda County Medical Center**

#### **John George Psychiatric Pavilion Campus**

2060 Fairmont Drive San Leandro 94578

510-346-7500

<http://www.acmedctr.org>

7 days 24 hours

Emergency assessments; emergency medications; emergency hospitalization; also outpatient crisis unit for crisis intervention (M-F 9am-midnight; Sat-Sun 9am-6pm).

### **Berkeley Mental Health Division**

#### **Crisis Intervention Services. Mobile Crisis Team**

2640 MLK Jr. Way Berkeley 94704

510-981-5254

<http://www.ci.berkeley.ca.us/mentalhealth>

7 days 11am-11pm

Crisis intervention services (psychological outreach, assessment and/or counseling intervention for mental health crises, including suicide) for Berkeley and Albany residents. Free.

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

PO Box 3120 Oakland 94609

800-309-2131 7 days 24-hours Crisis Line (also TTY line)

800-260-0094 Grief counseling, stress counseling, and senior outreach

<http://www.crisissupport.org>

Telephone crisis, counseling and referral services; community education program, disaster counseling.

### **Suicide Hotline**

800-784-2433 (800-SUICIDE)

7 days 24 hours

Connects callers to the closest crisis center in Alameda county.

## **SPECIAL FOCUS:**

### **Ann Martin Center**

3664 Grand Ave. Oakland 94610

510-655-7880 <http://www.annmartin.org>

M-F 9am-5pm

**Child and family** psychotherapy, academic tutoring and remediation, educational and psychological diagnostic testing.

### **Asian Community Mental Health Services**

310 8th St. Oakland 94607

510-451-6729 <http://www.acmhs.org>

M-F 9am-noon, 1pm-5pm

Human services to **Asian Pacific** special-needs populations: mental health clients, developmentally disabled clients, and at-risk children, youth, and families.

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

PO Box 3604 Oakland 94609

510-594-4030 <http://www.geocities.com/berkbipolar>

Support, education, and crisis guidance for people with **unipolar** depression or **bipolar** affective disorder. Free.

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

2339 Durant Ave. Berkeley 94704

510-548-2570 Ext. 2250 <http://www.berkeleyfreeclinic.org>

Free **peer counseling** to individuals in the community; both drop-in and long-term peer counseling.

### **East Bay Agency for Children (EBAC)**

303 Van Buren Ave. Oakland 94610

510-268-3770 <http://www.ebac.org>

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).

### **Howie Harper Multiservice Center**

580 18th St. Oakland 94612

510-834-8771

Center: M-F 9am-1pm

Intakes: M-F 9am (required for services)

Drop-in day program for men and women with **dual diagnosis** (mental illness and substance abuse).

### **La Clinica de la Raza**

#### **Casa del Sol**

1501 Fruitvale Ave. Oakland 94601

510-535-6200 Casa del Sol

Drop-in or telephone intakes: M-F 1pm-2pm

<http://www.laclinica.org>

Individual, family, and group therapy for **Spanish speaking uninsured** residents of Northern Alameda County.

### **Institute on Aging. Center for Elderly Suicide Prevention and Grief Related Services.**

3330 Geary Blvd. San Francisco 94118

800-971-0016 Friendship Line 7 days, 24 hours (always answered by a person) <http://www.ioaging.org>

Educational, emotional support, and crisis intervention for **older adults** at risk of suicide or who are lonely, depressed, or isolated.

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

954 60<sup>th</sup> St. Suite 10 Oakland 94608

510-835-2505 or 800-734-2504 <http://www.mhaac.org>

M-F 9am-5pm

Investigates complaints about denial of **patients'** rights in psychiatric facilities.

### **Narika**

PO Box 14014 Berkeley 94712

800-215-7308 Helpline <http://www.narika.org>

Office M-F 9am-5pm

Provides advocacy, support, information, and referrals for emotionally or physically abused **South Asian women** (India, Pakistan, Bangladesh, Bhutan, Sri Lanka, Nepal, and all women who trace their origins to these countries). Free.

### **Pacific Center for Human Growth**

2712 Telegraph Ave. Berkeley 94705

510-548-8283 <http://www.pacificcenter.org>

M-F 4pm-10pm Sat 11am-5pm

Mental health counseling serving the **gay, lesbian, bisexual, transgender, and questioning** community.

To find more Mental Health organizations, go to the Berkeley Information Network (an online database of community organizations, services, and agencies) located in the Library's website:  
<http://www.berkeleypubliclibrary.org>  
∞Click on 'Berkeley Information Network' or 'Community Organizations'  
∞Search: Subject "Mental Health"

**Berkeley Information Network (THE BIN) 510-981-6166**

**<http://www.berkeleypubliclibrary.org> TTY 510-548-1240**

*A free service of the Berkeley Public Library for 25 years!! Available by phone or on the Web.*