

RESOURCES: MENTAL HEALTH PROVIDERS

This resource list has been updated from the list provided by the Berkeley Public Library (Community Resources). This list is provided as a resource and does not represent an official PSR or GTU medical endorsement.

CRISIS INTERVENTION

988 Suicide & Crisis Lifeline

Call 988; Text 988; Hours: 24/7

https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Alameda Health System. John George Psychiatric Hospital

2060 Fairmont Dr., San Leandro, CA 94578

510-346-1300,

<https://www.alamedahealthsystem.org/locations/john-george-psychiatric-hospital/>

Psychiatric Emergency Services provides psychiatric evaluation, intervention and referral for voluntary and involuntary patients around the clock every day of the week. You can go to John George for walk-in, in-person support if you are in immediate crisis.

City of Berkeley. Mental Health Division. Mobile Crisis Team

510-948-0075 Hours: SU-W 24 hours; TH-SA 6AM-4PM

<https://berkeleyca.gov/safety-health/mental-health/crisis-services>

If you or someone you know is experiencing a crisis, please call (510) 948-0075 for crisis services without law enforcement. If it is a life-threatening emergency, call 911. When you call 911 for a life-threatening emergency, you can ask the public safety dispatcher for mental health support, which may come in the form of our Mental Health Division's Mobile Crisis Unit.

Crisis Support Services of Alameda County

800-309-2131, 24 Hour Crisis Line

Text the keyword SAFE to 20121 between 4p-11p DAILY.

<https://www.crisissupport.org/get-help-now/>

Life saving mission is support to people of all ages and backgrounds during times of crisis, to work to prevent the suicide of those who are actively suicidal, and to offer hope and caring during times of hopelessness.

Disaster Distress Helpline

800-985-5990

24/7 crisis counseling for emotional distress related to a disaster.

Highland Hospital ER – Walk-In In-Person Support

1411 E. 31st., Oakland, CA 94602

510-437-4800

You can go to Highland Hospital ER for walk-in, in-person support.

GENERAL SERVICES

Alameda County. PeerWellness Collective. Community Support Services

3234 Adeline Avenue, Berkeley, CA 94703

510-653-3808

<https://peerwellnesscollective.org/community-services/community-support>

The Berkeley Drop-In Centre is a multi-purpose community center run by and for past and present mental health clients and persons undergoing significant emotional distress. The Centre offers a wide variety of helpful peer-led support groups for mental health that focus on spirituality, mindfulness, peer support, yoga, tai chi, music appreciation, and more. They also offer numerous housing support resources, including programs like the Berkeley Drop-In Center, Reaching Across, Reach Out, and the Tenant Support Program (TSP).

Alameda Health System. Highland Hospital Campus. Highland Wellness Center

1411 E. 31st St. Oakland 94602 510-437-5039

Hours: M, TH, F 8:30AM-5PM; TU, W 8:30AM-8PM

<https://www.alamedahealthsystem.org/locations/highland-wellness/>

Outpatient behavioral services helping patients learn coping skills and self-care. For questions regarding eligibility for care, please contact Financial Counselors at 510-437-6419.

City of Berkeley. Mental Health Division. Adult Mental Health Clinic

2640 Martin Luther King Jr. Way, Berkeley, CA 94704

510-981-5290 Hours: M-F 9AM-4PM

<https://berkeleyca.gov/safety-health/mental-health/adult-mental-health-clinic>

Adults living in Berkeley with severe mental illnesses can access voluntary treatment services at the Adult Mental Health Clinic.

The Adult Mental Health Clinic provides mental health services for Berkeley residents (including those experiencing homelessness) who are over 18 years old, have a severe mental illness, and have a functional impairment.

City of Berkeley. Mental Health Division. Family, Youth, and Children's Mental Health Services

1521 University Avenue, Berkeley, CA 04703

510-981-7642 Hours: M-TH 8:30AM-4:30PM

<https://berkeleyca.gov/safety-health/mental-health/accessing-mental-health-services>

Eligible youth, children, and their families can receive mental health care after an initial intake appointment. Your child/family

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may be connected with one of our mental health professionals for treatment, or referred to a community-based resource. For questions or inquiries about Mental Health Services, please email MentalHealth@berkeleyca.gov.

GENERAL SERVICES, Continued

LifeLong Medical Care. East Bay Community Recovery Project

East Bay Community Recovery Project – Oakland
2577 San Pablo Avenue, Oakland, CA 94612
510-446-7180

<https://lifelongmedical.org/ebrcp/>

LifeLong East Bay Community Recovery Project (EBCRP) supports the self-sufficiency and wellness of individuals and families by providing comprehensive and integrated services for mental health, substance use and related health conditions while addressing housing and employment.

Mental Health Association of Alameda County

954 60th St #10 Oakland, CA 94608
510-835-5010 mail@mhaac.org Hours: M-F 9AM-5PM

<https://mhaac.org/contact>

MHAAC believes that individuals with mental health conditions deserve to live their best lives. That's why we offer free education, peer support, and patient advocacy programs for individuals and the caregivers of those struggling with mental illness.

Telecare. Sausal Creek Outpatient Clinic

2620 26th Avenue Oakland, CA 94601
510-437-2363, Hours M, TU, TH, F, 9AM-5:30PM, W 9AM-7PM

Walk in M 9-11AM, TU & TH 12:30-2PM, W 10AM-12PM

<https://www.telecarecorp.com/sausal>

Sausal Creek Outpatient Clinic is a medication and mental health outpatient clinic, where we provide resources that can help you achieve your goals.

West Oakland Health

700 Adeline Street, Oakland, CA 94607
510-835-9610 Hours: M-F 8:30AM-5:00PM

<https://westoaklandhealth.org/contact-us/>

The services provided include high quality comprehensive adult and family medicine, pediatric health care, dental care, optometry, podiatry, behavioral health services, and pharmacies.

REFERRALS

211

Voice: 211 or 1-888-886-9660; Text: 898211; Hours: 24/7

[2-1-1 Alameda County Home - 2-1-1 Alameda County \(211alamedacounty.org\)](https://www.211alameda.org/)

211 Alameda County is your one-stop for 24/7 access to housing, healthcare, disaster relief, and more. The free and simple three-digit telephone number connects callers in Alameda County with a live Community Resource Specialist (CRS) to resources including affordable housing, job training, childcare, legal assistance, emergency shelter, food, transportation, etc. Dial 2-1-1 to speak with a CRS. Confidential help is available in over 300 languages. Text 898211. Outside of area, call 1-888-8

Alameda County Health. Behavioral health Department. ACCESS Program: Acute Crisis Care and Evaluation for Systemwide Services

1-800-491-9099, Hours: M-F 8:30AM-5:00PM

<https://bhcsproviders.acgov.org/providers/Access/access.htm>

ACCESS Program is the system wide point of contact for information, screening and referrals for mental health and substance use services and treatment for Alameda County residents.

City of Berkeley. Mental Health Division. Mental Health Crisis, Assessment, And Triage (Cat)

Email: MentalHealth@berkeleyca.gov

Phone: (510) 981-5244

Feminist Therapy Connection

510-841-1261, FeministTherapy@mail2Woman.com

Confidential psychotherapy services for women, men, couples, LGBTQIA+, non-binary people and all kinds of families.

National Helpline

800-662-Help (4357), <https://www.samhsa.gov>

Free Confidential, 24/7, 265-day-a-year treatment referral and information service.

Northern California Group Psychotherapy Society

<https://www.ncgps.org/about/contact>

<https://www.ncgps.org/groups>

A dynamic interdisciplinary collective of clinicians who study and practice group therapy in Northern California.

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Substance Abuse and Mental Health Administration

800-662-HELP (4357), <https://www.samhsa.gov>

Offers a treatment location finder and informational downloads, videos, and publications on substance use and mental health disorders.

Center for Elderly Suicide Prevention and Grief Counseling

3575 Geary Boulevard | San Francisco, CA 94118

415-750-4111 or 650-424-1411 Hours: 24/7/365

Our Center for Elderly Suicide Prevention (CESP) provides counseling, referrals, grief support programs, and even well-being checks for tens of thousands of older and disabled adults in California and beyond.

SPECIAL FOCUS

Asian Community Mental Health Services

310 8th Street, Suite 201, Oakland, CA 94607

510-735-3900 Hours: M-F 9AM–12PM & 1PM – 5PM

Asian Health Services Specialty Mental Health Program provides: prevention, early intervention, and treatment services for people with mental health conditions. They serve children, youth, adults and older adults of Alameda County. The staff are bilingual and bicultural in Cantonese, Japanese, Khmer, Korean, Mandarin, Mien, Vietnamese, and English.

Berkeley Free Clinic. Peer Counseling Collective

2339 Durant Avenue, Berkeley, CA 94704

510-548-2570, info@berkeleyfreeclinic.org

<https://www.berkeleyfreeclinic.org/all-services>

The Peer Counseling Collective provides free, confidential peer counseling for individuals. In our 60- or 30-minute sessions, we use active listening style peer counseling to hear and understand clients' thoughts and concerns. We do not give advice, provide treatment, or make diagnoses.

La Clinica De La Raza (Casa Del Sol)

1501 Fruitvale Avenue, Oakland, CA 94601-2322

510-535-6200, Hours: M-F 9AM-6PM

Serving the Spanish speaking community Casa Del Sol provides bilingual (Spanish/English) therapists who provide programs in a culturally focused manner centered on Individual, family and community strengths.

East Bay Agency for Children (EBAC)

2828 Ford Street, Oakland, CA. 94601

510-268-3770, info@ebac.org

<https://www.ebac.org/services/services.asp>

East Bay Agency for Children serves children and communities disproportionately impacted by poverty, violence, marginalization, loss of loved ones, and other forms of trauma by providing a comprehensive continuum of services designed to reduce the incidence and impact of childhood trauma and adverse experiences resulting in immediate and long-term life improvement for children and their families.

Institute on Aging

SPECIAL FOCUS, Continued

Mental Health Association of Alameda County Patients' Rights Advocacy

510-835-2505 or 800-734-2504

alameda_ptadvocate@mhaac.org

Mental Health Association of Alameda County empowers adults and youth with mental health conditions and their families to live their best lives. They do this through education, support, advocacy, and shared experience. They advocate for their clients to receive the same legal rights and responsibilities guaranteed to all other persons by the federal and California constitutions and laws.

Narika

PO Box 1708, Fremont, CA 94538

Crisis Line: 1-800-215-7308; Office: (510) 444-6068

narika@narika.org

Narika's confidential, toll-free Helpline 1-800-215-7308 enables any individual who has been a victim of domestic violence to call in and speak to sensitive and knowledgeable advocates. The helpline is a forum for people, particularly immigrants from the South Asian communities, to confidentially connect with advocates who speak their language and provide immediate assistance in a culturally sensitive and non-judgmental manner. Narika's advocates help with legal, housing, counseling, benefits and job referrals and also provide interpretation and accompaniments for our clients.

Pacific Center for Human Growth

2130 Center St Suite 200, Berkeley, CA 94704

510-548-8283 Business Hours: M-F 10AM-7PM

Counseling Hours: M-F 9AM-6PM

info@pacificcenter.org

Pacific Center for Human Growth operates the only sliding scale mental health clinic for LGBTQIA+ and QTBIPOC people and their families in Alameda County.

Vet Centers (Readjustment Counseling)

7200 Bancroft Ave, Suite 273, Oakland, CA 94605

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510-587-3489

Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible Veterans, service members, including National Guard and Reserve components, and their families.