

Community Resources for Mental Health and Illness (free and low fee)

Telephone support:

Alzheimer's Association Helpline 1-800-272-3900

Alzheimer's Services of the East Bay, Berkeley 510-644-8292

Bay Area Women Against Rape (24 hour support) 510-845-7273

Alameda County Crisis Line (24 hour hot-line) 1-800-309-2131

Family Paths (24 hour parent support) 800-829-3777 www.familypaths.org

Institute on Aging, 24hour Friendship line 800-971-0016 www.ioaging.org

Shalom Bayit (Bay Area Jewish Women working to End Domestic Violence)
helpline: 1-866-742-5667

Women Inc. (San Francisco) 24 hour support for victims of domestic violence
1-877-DVHELPU

Low Fee clinics for adult psychotherapy:

Low Fee Referral Network 510-433-9499

Berkeley Mental Health (residents of Berkeley and Albany) 510-981-5290

Jewish Family and Children's Services (Berkeley) 510-704-7475

Women's Therapy Center (Berkeley) 510-524-8288

Wright Institute Clinic (Berkeley) 510-548-9716

Psychotherapy Institute Clinic (Berkeley) 510-548-2250 www.tpi-berkeley.org

JFK Oakland Center for Holistic Health (individual and groups) 510-444-3344

Pacific Center for Human Growth 510-548-8283 (LGBT support)

www.pacificcenter.org Psychological Services Center (Oakland) 510- 628-9065

Low fee counseling and groups for Families and Children:

Ann Martin Center (Oakland) 510-655-7880 www.annmartin.org

Berkeley Mental Health Division, Family, Youth and Children's Services 510-981-5280

East Bay Agency for Children (EBAC) 510-268-3770 www.ebac.org

Family Caregiver Alliance 1-800-434-3388 www.caregiver.org

Families Empowered and Supporting Treatment for Eating Disorders www.feast-ed.org

Family Education and Resource Center 1-888-896-3372; 510-746-1700

www.askferc.org

Family Paths 510-208-6630 www.familypaths.org

NAMI East Bay 510-524-1250 www.nami.org/sites/NAMIEastBay

Women Inc. 877-384-3578 (San Francisco) free counseling for D.V. victims

Education and Self Help:

Mental Health Matters (archive of public television series on mental health issues)

<http://www.mpuuc.org/mentalhealth/mentalTVshow.html>

Peer Support:

Coalition for Alternatives in Mental Health, Berkeley Drop in Center 510-653-3808
Emotions Anonymous, Overeaters Anonymous (check internet for local meetings)

Advocacy:

Mental Health Association of Alameda County:

Family Caregiver support 510-835-0188

Mental Health Advocates (benefits advocacy) 510-835-5532

Patients' Rights Advocates 510-835-2505

Groups:

Berkeley Bi-Polar Support group 510-594-4030 www.geocities.com/berkbipolar

East Bay Center for Attitudinal Healing 510-893-5683

Jewish Family and Children's Services (Berkeley) 510-704-7475

Kaiser Hospital (Oakland) 510- 595-6390

Namaste (Berkeley) for those living with catastrophic illness or grief 510-457-7702

P'tach Libenu (Temple Isaiah, Lafayette) 924-988-9767 Diana@openourhearts.net

Resolve (for those dealing with infertility) www.resolve.org

VNA hospice, (Emeryville) grief groups 510-450-8596

Jewish Healing Center (San Francisco) 415-750-4197 www.jewishhealingcenter.org

Crisis support:

Alameda County Crisis Line (24 hour hot-line) 1-800-309-2131

Berkeley Mental Health Mobile Crisis team (11am to 11 pm 7 days) 510-981-5254

Contra Costa County psychiatric emergency 925-646-2800 www.5150Crisis.com

Project Ezra (JFCS) www.jfcs-eastbay.org/financialassist/project-ezra

Adult Protective Services 1-866-225-5277

Child Protective Services 510-259-1800

Information and Referral:

Area Agency on Aging 1-800-510-2020

Alameda County Behavioral Health ACCESS 800-491-9099

Contra Costa County Mental Health ACCESS 888-678-7277

Center for Independent Living 510-649-1100; 510-841-4776

Eden Information and Referral (for information about health and social services in Alameda County) **211** or 888-866-9660

Senior Information and Referral, Jewish Family and Children's Services 510-704-7475

Please contact susansugarmanlcsw@gmail.com with corrections or additions compiled on behalf of Beth El's Mental Health Task Force. Revised September 2013