

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, call 888-886-9660.

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

1411 E. 31st St. Oakland 94602

510-535-7476 <http://www.acmedctr.org>

M-F 8:30am-5pm

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

City of 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

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

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

3282 Adeline St. Berkeley 94703

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

M/F 1pm-5pm. T-Th 8:30am-5pm

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-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

2551 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.

Mental Health Association of Alameda County

954 60th St. Suite 10 Oakland 94608

510-835-5010 Information & Referrals <http://www.mhaac.org>

510-835-0188 Family Caregiver Advocate

M-F 9am-5pm

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

Psychological Services Center

1440 Broadway, Suite 610 Oakland 94612

510-628-9065

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

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

West Oakland Health Council

Mental Health Services

700 Adeline St. Oakland 94607

510-465-1800 <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 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 Connection

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

Referrals for individuals, couples, families, and groups.

Northern California Group Psychotherapy Society

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

Referrals to group therapy in the Bay Area.

CRISIS INTERVENTION:

Alameda County Medical Center

John George Psychiatric Pavilion Campus

2060 Fairmont Dr. San Leandro 94578

510-346-7500 <http://www.acmedctr.org>

7 days 24 hours

Emergency assessments; emergency medications; emergency hospitalization.

City of 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>

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

7 days 10:30am-11pm

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



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

<http://www.berkeleypubliclibrary.org>

510-981-6100 TTY 510-548-1240

updated 2/20/14 modified 04/01/14

Mental Health Resources

CRISIS INTERVENTION, continued

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
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.

Sausal Creek Outpatient Stabilization Clinic

2620 26th Ave. Oakland, California 94601
510-437-2363 <http://www.telecarecorp.com/programs/38>
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

800-784-2433 (800-SUICIDE), 7 days 24 hours
Connects callers to the closest crisis center in Alameda county.

SPECIAL FOCUS:

Ann Martin Center

1250 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. Suite 201 Oakland 94607
510-451-6729 <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>
Drop-in counseling M-F 6:30pm-9pm open to all
Sat 11am-1pm Drop-in counseling for women and transgender 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-F 9am-5pm
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
3575 Geary Blvd. San Francisco 94118
415-750-4111 <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 to suicide or sudden death.

Mental Health Association of Alameda County Patients' Rights Advocacy

954 60th 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 24-hour helpline
510-444-6068 Office
<http://www.narika.org>
Email: helpline@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-F 4pm-10pm 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

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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