

Mental Health Resources

GENERAL SERVICES:

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

1411 E. 31st 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.ebcrrp.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 <http://www.horizonservice.org>

M-F 1pm-9pm

Drop-in center for people (and their families) in recovery. Self-help and peer support groups, including 58 12-step groups. Group fees differ, call for information. No one turned away for lack of funds.

Mental Health Association of Alameda County

954 60th 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, 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-8:15pm F 9am-4:15pm 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 Therapy 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.

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.

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 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 information is provided by the
Berkeley Information Network (BIN)
 (510) 981-6166
<http://www.berkeleypubliclibrary.org>

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 and senior outreach
510-420-2460 Attemptors support group
<http://www.crisissupport.org>
Telephone crisis, counseling and referral services; community education program, disaster counseling, grief counseling, attemptors support group, senior outreach.

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. 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 Bi-Polar Support Group

PO Box 3604 Oakland 94609
510-420-0868 <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 Harp 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 9am-5pm
<http://www.laclinica.org>
Individual, family, and group therapy for **Spanish speaking un-insured** residents of Alameda County.

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
<http://www.narika.org>
Office M-F 9am-5pm 510-444-6068
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 Drop-in hours
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) at:
<http://www.berkeleypubliclibrary.org>
• Click on: '*Berkeley Information Network*' or '*Community Organizations*'
• Try subject search: "*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 over 25 years!!