

# Mental Health Resources

## Legend

University Affiliated + UHS (Tang) Berkeley City Affiliated UCB Student Group  
Miscellaneous

**NOTE:** Hours and information below are subject to change. When in doubt, personally confirming information is advised. Last updated 4/3/18.

 Accommodations available	 Appointment required	 24/7 Hotline	 Other languages available	 Free/Low Cost
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Resource	Address and Hours	Phone and Website	Cost	Eligibility
<b>Let's Talk</b> 	Cesar E. Chavez Student Center, Room 150 UC Berkeley Campus  (More locations and hours below; hours change every semester)	<a href="https://uhs.berkeley.edu/counseling/lets-talk">https://uhs.berkeley.edu/counseling/lets-talk</a>	+ Individual counseling free for the first 5 sessions, \$15 per visit after the 5th - up to 8 sessions + No charge for (CPS/CAPS) groups and workshops	+ UC Berkeley Students
<p>+ This is a resource offered by University Health Services</p> <p>+ Provides access to informal, brief, drop-in consultations with counselors from UC Berkeley's Counseling and Psychological Services (CPS/CAPS)</p> <p>+ Let's Talk is a free, confidential program available to any student at various locations across campus; No appointment necessary (first come, first serve), no paperwork to complete</p> <p>+ Designed for students who are wanting to talk to a counselor casually; who will provide support, perspective, and suggestions for resources (not appropriate for students needing urgent help)</p> <p>+ Counselors will only share information if a situation is considered an emergency: when there is an immediate threat of harm to self or others; Counselors are required by law to report when a minor, elderly person, or someone otherwise incapacitated and unable to act on his/her own behalf is being abused</p> <p>+ Let's Talk counselors keep brief written notes of their contacts with students, and in the event that there is an emergency or a student is referred to CPS/CAPS</p> <p>+ <u>Cesar E. Chavez Student Center</u> 150 Cesar Chavez, UCB Campus <b>Drop-in Hours: Mon 3pm-6pm; Tues 11am-12pm, 1pm-2pm, 4 pm-6pm; Wed 10am-12pm, 2pm-4pm; Thurs 10:30am-12pm, 2pm-5pm; Fri 10:30am-12pm, 3pm-5pm</b>   <u>Q-Talk (for LGBTQIA Community)</u> 150 Chavez, UCB Campus <b>Drop-In Hours: Tues 4-6pm; Thurs 10:30 am-12pm</b>   <u>Foothill Residence Hall</u> Unit 711U, Unit 4, UCB Campus Counselor: Aaron Cohen, PhD <b>Tues 4pm-5pm</b>   <u>Wurster Hall</u> Wurster Hall, Room 220 Counselor: Amy Honigman, PhD <b>Mon 2-3pm</b></p>				
<b>Psychology Clinic, Dept of Psychology</b> 	2205 Tolman Hall Berkeley, CA 94720-1650 <b>Mon-Fri 9am-5pm</b> <b>Tues-Thurs 9am-7pm</b>	(510) 642-2055	+ Does not accept any form of insurance + Sliding scale fees for assessment services	+ Everyone
<p>+ Uses evidence-based psychotherapy to help improve mental health difficulties and can be individually-tailored to meet the unique needs of each person. Site is NOT an intensive outpatient mental health center, substance abuse treatment center, or crisis center</p> <p>+ Services include therapy for depression, anxiety, grief &amp; bereavement, trauma, sleep and other health concerns, relationship and family issues, school problems, parenting difficulties, and significant life transitions</p> <p>+ Clinic is open only during September to May. Walk-ins are not accepted, call to make an appointment</p> <p>+ Clinicians are Ph.D. students in the UC Berkeley Clinical Science program</p> <p>+ There are limitations to the types of assessments, evaluations and interventions provided, which depend on the availability and expertise of the clinicians</p> <p>+ Sessions may be recorded to ensure clinicians are providing the best care possible. These recordings are confidential, used for training purposes only, and deleted immediately after their use.</p>				
<b>Tang Satellite Counseling</b> 	<u>Boalt Law School</u> 362 Boalt Hall <b>Mon, Wed, Fri 8am-5pm</b>  (More locations and hours below; hours change every semester)	<a href="https://uhs.berkeley.edu/counseling/satellite">https://uhs.berkeley.edu/counseling/satellite</a>	+ Free for the first 5 sessions + \$15 per visit after the 5th - up to 8th sessions	+ All registered UC Berkeley undergraduate and graduate students

+ This is a resource offered by University Health Services  
 + Schedule initial consultation by phone (510) 643-5447  
 + Professional CPS/CAPS counseling at satellite locations, in the event that it is difficult to access counseling at the Tang Center  
 + Bowditch Annex 2311 Bowditch St. **Mon-Fri 8am-5pm (visits by appointment only)** (510) 642-9494 | Cesar E. Chavez Student Center 150 Cesar Chavez **Drop-in Hours: Mon 3pm-6pm; Tues 11am-12pm, 1pm-2pm, 4 pm-6pm; Wed 10am-12pm, 2pm-4pm; Thurs 10:30am-12pm, 2pm-5pm; Fri 10:30am-12pm, 3pm-5pm** (510) 643-5738 | College of Chemistry B52 Hildebrand Hall **Tues 2pm-4pm; Fri 10am-12pm** (510) 664-7723 | College of Engineering 241 Bechtel Engineering Center Non-emergency walk-in for engineering students on **Tues 2pm-4pm; Wed 10am- 12pm** (510) 643-7850 | College of Environmental Design 220 Wurster Hall Hours: Mon 1pm-4pm, **Drop-in Hours: Tues 9am-11:30am** Schedule initial consultation by phone (510) 642-6633 | Haas School of Business Room F408, 2220 Piedmont Ave **Tues-Thurs 8am-5pm** Schedule initial consultation by phone (510) 642-4853 | International House Room 315, 2299 Piedmont Ave. **Wed 12pm-1pm; Thurs 1pm-3pm** (510) 642-9494 | Residential Life Room 367, RSSP Building, 2610 Channing Way **Hours: Mon through Thurs, by appointment only** (510) 642-9494 | Undocumented Student Program 112 Cesar Chavez **Hours: by appointment only** Contact Info: Diana Peña, PhD: (510) 664-7483 Germán Cadenas, PhD: (510) 643-7590

<b>University Health Services (UHS) After Hours Counseling Line</b>  	<b>24/7 over the phone services</b>	(855) 817-5667	+ Free for registered UC Berkeley students	+ All registered UC Berkeley undergraduate and graduate students
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+ Support for urgent medical or mental health problems that cannot wait until the Tang Center is open  
 + A counselor will provide in-the-moment coping skills, help students create an appropriate course of action; students may be directed to other resources if deemed appropriate  
 + Counselors are all from a service called Protocol, who are paid mental health clinicians based in Oregon; all trained mental health clinicians are supervised by licensed mental health clinicians  
 + Typically, 60-70% of calls are answered within 30 sec.; avg. speed of answer: all less than a minute; most between 30-40 sec  
 + Length of call depends on situation; no limit; anywhere from 5 min or shorter or for an hour; completely dependent on the issue that the student is facing  
 + In severe crisis, clinician may suggest the person go to the emergency room; if caller is really in distress, clinician might call Berkeley Police Department or Berkeley Mobile Crisis  
 + Clinician might call student back to follow up and to keep student safe; sometimes a clinician will suggest that students come to see a counselor the next day at Tang Center

<b>API Counseling Services</b> 	Cesar E. Chavez Student Center, Room 249 UC Berkeley Campus <b>Tues 3:30pm-5:30pm</b>	<a href="https://uhs.berkeley.edu/apiconnect/">https://uhs.berkeley.edu/apiconnect/</a>	+ Free	+ Especially for API students at UC Berkeley
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+ Walk-in counseling and consultation for Asian American Pacific Islander (API) students  
 + No appointment needed

<b>University Health Services (UHS) Counseling</b>  	2222 Bancroft Way, Berkeley, CA 94720	(510) 642-2000 Individual: <a href="https://uhs.berkeley.edu/counseling/individual">https://uhs.berkeley.edu/counseling/individual</a> Group: <a href="https://uhs.berkeley.edu/counseling/group">https://uhs.berkeley.edu/counseling/group</a>	+Individual counseling free for the first 5 sessions +\$15 per visit after the 5th - up to 8 sessions +No charge for CPS/CAPS groups and workshops	+All registered UC Berkeley undergraduate and graduate students +All groups require a referral from a CPS/CAPS Clinician
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+ Professional counselors can meet with students to talk about personal, academic and career concerns  
 + Group counseling to address a variety of personal, social, and academic concerns  
 + Start with a brief telephone triage appointment with a CPS/CAPS staff member to assess your needs and they will direct you to the most appropriate counselor

<b>University Health Services (UHS) Psychiatric Services</b> 	2222 Bancroft Way Berkeley, CA 94720-4300	(510) 642-9494 <a href="https://uhs.berkeley.edu/node/127/">https://uhs.berkeley.edu/node/127/</a>	+ Initial medication evaluation \$225/session (\$15 with SHIP) + Follow-up visits \$124-\$242.50/session (\$15 with SHIP)	+ UC Berkeley students referred to psychiatrists by counselors at CPS/CAPS or Social Services
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+ Psychiatric clinicians can meet with students to determine which medications might be helpful and to recommend a course of treatment; if medication is appropriate, psychiatrist can provide follow-up care and help adjust medication and dose when needed  
 + A psychiatrists can also discuss how to combine medications with therapy and self-care techniques  
 + Students seen in UHS Psychiatry Services will be expected to be concurrently enrolled in counseling with either a University Health Services (UHS) or community psychotherapist.

<b>University Health Services (UHS) Self-Help Resources</b>	<b>24/7 via web access</b>	<a href="https://uhs.berkeley.edu/counseling/self-help">https://uhs.berkeley.edu/counseling/self-help</a>	+ Free	+All registered UC Berkeley undergraduate and graduate students
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<p>+ This self treatment websites provides various resources such as: handouts, articles, videos, online trainings, anonymous screenings, and advice on getting help for a student of concern  + This website is entirely self-served, and updated on a yearly basis</p>				
<p><b>University Health Services (UHS) Social Services</b></p> 	<p>2222 Bancroft Way #2280  2nd floor, Room 2280  Berkeley, CA 94720  <b>Mon-Fri 8am-5pm</b></p>	<p>(510) 642-6074</p>	<p>+No charge to get started</p>	<p>+All registered UCB students can access services regardless of their insurance plan</p>
<p>+ Provides individual counseling, group counseling, and consultation. Staff will assess a student's immediate needs and develop a plan to resolve their needs  + Provides support for: alcohol and other drugs, problems related to one's own or a family member's use chronic medical condition or new diagnosis, eating and body image disorder, medical withdrawal administration nutrition, pregnancy resources and referrals, relationship violence, stalking or other violence, sexual health, sexual violence, and victims of crime  + Staff may work closely with other medical, mental health or administrative staff at Tang. Counselors may also, with student consent, help facilitate arrangements with academic departments and assist with referrals to campus offices and the community.  + Social Services is comprised of a team of multidisciplinary and multicultural counselors, a dietitian and support staff  +Also offers guidance with academic adjustments and medical withdrawals</p>				
<p><b>Alameda County Behavioral Health Care ACCESS Program</b></p> 	<p>2000 Embarcadero Cove,  Suite 400  Oakland, CA 94606  <b>Calling Hours: Mon-Fri 8:30am-5pm</b></p>	<p>Office: (510) 567-8100; Crisis Line: (800) 491-9099   <a href="http://www.acbhcs.org/providers/Access/access.htm">http://www.acbhcs.org/providers/Access/access.htm</a></p>	<p>+Specific cost depends on treatment, can be found out during assessment call</p>	<p>+ Alameda County residents of any age  + Must meet Medi-Cal medical necessity criteria  +Must have an ACBHCS insurance plan (includes Alameda County Medi-Cal, Children and Family Services, HealthPAC, CalWorks, MIC, and Medicare/Medi-Cal)</p>
<p>+Systemwide point of contact for information, screening, and referrals for mental health and substance use services and treatment  +Telephone service staffed by licensed mental health clinicians, but <b>not</b> a suicide hotline  +Offers administrative support for both general behavioral health questions and determining eligibility for a range of outpatient services.  +General services include: general information about services, eligibility screening for Specialty Mental Health Services, Substance Use Disorder screening and referrals, crisis screening and referrals, verification of Behavioral Health Plan eligibility  +After hours calls are answered by Crisis Support Services of Alameda County  +Medi-Cal managed care plans in Alameda County: Alameda Alliance (contracted with Beacon Health Options to manage all of Alameda Alliance's mental health services), Anthem Blue Cross, and Kaiser.</p>				
<p><b>Alameda County Medical Center John George Psychiatric Pavilion Campus</b></p>	<p>2060 Fairmont Drive  San Leandro, CA 94578  <b>Mon-Fri 9am-12am; Sat-Sun 9am-6pm; Intakes are done 24/7</b></p>	<p>(510)346-7500  <a href="http://www.alamedahealthsystem.org/locations/">http://www.alamedahealthsystem.org/locations/</a></p>	<p>+Fees depend on which services you receive  +Accepts a variety of insurance plans</p>	<p>+ Everyone</p>
<p>+ Provides psychiatric care for patients with severe mental illness  + Services are designed to help patients stabilize, achieve goals, and develop skills and resources for wellness and recovery.  + Offers emergency assessments, emergency medications, emergency hospitalization and an outpatient crisis unit for less severe conditions  + Accepted insurance plans: Beacon Medi-Cal Managed Care plan; BHCS Medi-Cal Managed Care plan; Brown and Toland Medicare Advantage – excludes Alta Bates SCAN/HealthNet; Care1st HMO, Medicare Advantage; Center for Elders Independence Medicare Advantage; Easy Choice Medicare Advantage, Health Net PPO; HealthPAC; Kaiser Permanente HMO (for Emergency Psychiatric Inpatient/Outpatient Services); Managed Health Network Psychiatric and Chemical Dependency Health Net Company Medicare Advantage Inpatient Services; U.S. Behavioral Health HMO (for Outpatient Partial Hospital Program, Intensive Outpatient)</p>				
<p><b>Bay Area Psychotherapy Services Oak Creek Counseling Center</b></p> 	<p>Locations in Berkeley, Oakland, El Cerrito, San Francisco  Therapy Session Hours:  <b>Mon-Sat 8am-9pm</b></p>	<p>(510) 649-9320  <a href="http://www.b-a-p-s.org">http://www.b-a-p-s.org</a></p>	<p>+ \$25 - \$90 per individual session (based on ability to pay)  + \$15 - \$25 per group session  +Accepts Medi-Cal for Alameda and Contra Costa Counties  + Accepts Victims of Crime payments and third-party payments</p>	<p>+ Everyone</p>
<p>+ A San Francisco Bay Area non-profit organization dedicated to providing affordable psychotherapy to individuals, couples, families, children, and adolescents  + Offers individual psychotherapy and group sessions</p>				

+ Call to make an appointment, and indicate city of interest				
<b>Bay Area Woman Against Rape</b> 	470 27th Street Oakland, CA 94612 <b>Mon-Fri 9am-5pm</b>	24/7 Hotline: (510) 845-7273; Office: (510) 430-1298 bawar@bawar.org	+Free	+ Everyone
+ Establish a place where rape and incest survivors can receive the quality counseling and advocacy they need, and to provide community education regarding sexual assault issues + Services include: Get Help for Yourself, Help for a Loved One, In-Person Counseling, Sexual Exploitation/Trafficking, Latino Program, Campus Advocacy Community Education, SART Services, LGBTQ Program, and International Resources				
<b>Berkeley Bipolar Support Group</b> 	2001 Dwight Way Berkeley, CA 94704 <b>Group meeting times: Thurs 7pm-9pm</b> <b>Sat 11am-1pm</b> at Herrick Hospital, Level A	(510) 653-2959 <a href="http://www.dbsalliance.org">http://www.dbsalliance.org</a>	+Free	+ Persons with depression and/or bipolar disorder
+ Support led by peers living with depression and bipolar disorder + Available online 24/7, in local support groups, in audio and video casts, or in printed materials + Coordinator is Janna Wertz, who is happy to answer any inquiries about the program sent to berk bipolar@yahoo.com				
<b>Berkeley Mental Health Division</b> 	<b>Family, Youth, and Children's Services</b> 3282 Adeline Street Berkeley, CA 94704 <b>Office Hours: Mon- Fri 9am-5pm</b> <b>Crisis Response Hours: Sun-Sat 11:30am-10pm</b>  <u>Adult Services (temporary location)</u> 1890 Alcatraz Avenue Berkeley, CA 94703 <b>Mon- Fri 8am-4pm</b>	+ <u>Family, Youth, and Children's Services:</u> (510) 981-5280 <a href="https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/Family_Youth_and_Children%E2%80%99s_Services_(FYC).aspx">https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/Family_Youth_and_Children%E2%80%99s_Services_(FYC).aspx</a> + <u>Adult Services:</u> (510) 981-5290; <a href="https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/Adult_Services.aspx">https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/Adult_Services.aspx</a>	+ <u>Family, Youth, and Children's Services:</u> fees on a sliding scale + <u>Adult Services:</u> fees on a sliding scale based ; free services depending on income; accepts Medi-Cal	+ <u>Family, Youth, and Children's Services:</u> ages 0-18, and their families who reside in Berkeley/Albany or who attend Berkeley/Albany schools + <u>Adult Services:</u> Residents or homeless of Berkeley and Albany, who are 18 years or older
+ Offers case management and comprehensive support services for people with serious, complex, and persistent mental disabilities who would benefit from frequent follow-up + Can provide initial assessment and referrals to appropriate community resources as well as working with clients in clinics, in schools, in their homes, on the street or in shelters, etc. + Staff includes licensed mental health professionals, case managers, psychiatrists, nurses, and peer counselors + Family, Youth and Children's services are offered in Spanish, and TDD can be reached by calling (510) 981-6903; limited wheelchair accessibility (Adult Services are wheelchair accessible)				
<b>CBT Clinic of the Wright Institute</b> 	1918 University Ave #2b Berkeley, CA 94704 Mon-Fri 8am-8pm	(510) 923-2241 <a href="http://www.wi.edu/cbi-clinic">www.wi.edu/cbi-clinic</a>	+ Fees are \$10 and up	+ Everyone
+ Offers group and individual therapy sessions that help address depression, stress, anxiety, phobias, OCD, eating disorders, bipolar disorder, PTSD, trauma, hoarding, and more + Focuses on Cognitive and Behavior Therapy (CBT) methods that have been shown to be effective for a variety of challenges. + Staffed by student clinicians pursuing their Doctorate of Clinical Psychology degree, who receive training and supervision from licensed psychologists + Includes assessment services and a recovery clinic + The first floor of the building is accessible by wheelchair				
<b>The Center for Creative Growth</b> 	1221 Marin Avenue Berkeley, CA 94706 <b>Mon-Fri 11am-9pm;</b> <b>Sat-Sun 9am-7pm</b>	(510)527-2100 <a href="http://creativegrowth.com">creativegrowth.com</a> <a href="mailto:info@creativegrowth.com">info@creativegrowth.com</a>	+ Fees set prior to first appointment. + May accept insurance plans depending on form of therapy, which therapists, and the length of the session. Center will check if insurance is accepted + Sliding-scale fee	+ Individuals, couples, children, teens, and families + People with a variety of sexual orientations, from all age groups and ethnic backgrounds

<ul style="list-style-type: none"> <li>+ Offers individual therapy, couples therapy, family therapy, a 20-Week Group Intensive Program, Healing Your Past, Women's Therapy Group, Men's Therapy Group, Therapy Group for Men and Women</li> <li>+ Does not accept drop-ins, by appointment only</li> <li>+ A 50-minute individual or couples therapy session is \$175. Family therapy sessions are usually scheduled for 75 minutes (if a session is scheduled for more than 50 minutes, the fee is pro-rated to cover the additional time).</li> </ul>				
<b>Coalition for Alternatives in Mental Health</b> 	3234 Adeline St Berkeley, CA 94703 <b>Mon-Thurs 9am-4pm</b> <b>Fri 9am-2pm</b>	(510) 653-3808 <a href="http://www.wellness.com/dir/4022930/counselor/ca/berkeley/coalition-for-alternatives-in-mental-health-berkeley-drop-in-cen#referrer">http://www.wellness.com/dir/4022930/counselor/ca/berkeley/coalition-for-alternatives-in-mental-health-berkeley-drop-in-cen#referrer</a>	+Free	+ Everyone
<ul style="list-style-type: none"> <li>+ Client-run, multi-purpose community center for past and present mental health clients and persons undergoing significant emotional stress.</li> <li>+ Refers and recommends persons to local resources most suitable for their mental health needs</li> <li>+ Offers support for a variety of mental illnesses, regardless of their magnitude</li> <li>+ Do not directly provide mental health treatment, but do have counselors that provide alcohol and drug counseling</li> </ul>				
<b>Crisis Support Services of Alameda County</b> 	PO Box 3120 Oakland 94609	Office: (510) 420-2460 Alameda 24-hr Crisis Line: 1-800-309-2131 National Suicide Prevention Line: 1-800-273-8255 <a href="http://www.crisissupport.org">http://www.crisissupport.org</a>	+ Free +Does not accept insurance of any kind	+ Everyone
<ul style="list-style-type: none"> <li>+ Telephone-based crisis, counseling and referral services; disaster counseling available</li> <li>+ Offers grief counseling, stress counseling, and senior outreach</li> <li>+Information about Support Groups can be found at <a href="https://www.crisissupport.org/programs/grief-counseling/">https://www.crisissupport.org/programs/grief-counseling/</a></li> <li>+ 24-Hour Crisis Line offers confidentiality, teletype (TDD) services for deaf and hearing-impaired callers, and translation in 140 languages</li> </ul>				
<b>East Bay Community Recovery Project</b> 	2579 San Pablo Avenue Oakland, CA 94612 <b>Mon-Fri 8am-5pm</b>	(510) 446-7100 <a href="http://www.ebcrcp.org">http://www.ebcrcp.org</a>	+ Accepts Medicare + \$87 a day, for 5 days a week	+ Everyone
<ul style="list-style-type: none"> <li>+ Offers counseling, education, support groups (including 12-step groups), resource information and referrals</li> <li>+ For incarcerated, under probation or parole, and under Pretrial supervision individuals: pre-release planning, drug education &amp; testing, co-occurring disorder counseling, case management</li> <li>+ For Veterans: co-occurring disorder counseling, case management</li> <li>+ For youth and families: residential substance use treatment, counseling, case management</li> <li>+ For HIV/Hepatitis affected individuals: testing, prevention, and outreach programs, medical care provided by Lifelong, case management</li> <li>+ Location is wheelchair accessible</li> <li>+ Offers HIV and Hepatitis C testing</li> <li>+ Free street parking is available. Location is served by the 72 AC Transit bus. It is approximately a 1 mile walk from 19th St. BART.</li> </ul>				
<b>Feminist Therapy Referral Project</b>	Locations in Berkeley, Oakland and San Francisco; call for specific address	(510) 843-2949 <a href="http://www.feministtherapy.org">http://www.feministtherapy.org</a>	+ \$160 for each hour-long session +Cannot accept Medi-Cal or Medicare	+ Everyone
<ul style="list-style-type: none"> <li>+ Helps make referrals to therapists and psychotherapy services</li> <li>+California-licensed psychotherapists provide psychotherapy and counseling consultation services for women, men, trans people, couples, parents, teens, children and all kinds of families.</li> <li>+Help individuals explore personal concerns, sexuality, couple and family problems, present or past trauma, and workplace difficulties</li> <li>+ Offers individual and group therapy sessions</li> </ul>				
<b>Jewish Family and Children's Services</b> 	2484 Shattuck Ave Berkeley, CA 94704 <b>Mon-Fri 9am-5pm</b>	(510)-704-7475 <a href="http://www.jfcs-eastbay.org">www.jfcs-eastbay.org</a>	+Accepts Medi-Cal, Medicare, and private insurance	+ Everyone
<ul style="list-style-type: none"> <li>+ Variety of services for all ages and groups in crisis or facing challenges including: disability services, old age, consulting, homeless services, hunger and poverty services</li> <li>+ Can volunteer or partake in events that happen periodically</li> </ul>				

<b>JFK Transpersonal &amp; Holistic Counseling Center</b>	2501 Harrison Street Oakland, CA 94612 <b>Hours vary by appointment</b>	(510) 444-3344	+Sliding scale fees	+ Everyone
+ Advanced MA Counseling Psychology graduate students working under the supervision of licensed, professional psychotherapists. + Supports patients through: life transitions, family conflicts and parenting, relationship problems, trauma, grief and loneliness, spiritual crises, anxiety, stress and depression, incest and sexual abuse, chronic pain and illness, and sexuality (all sexual orientations welcome) + Low-fee therapy groups offered, focusing on women's and men's issues, intimacy, depression and creativity.				
<b>La Clinica de la Raza Casa del Sol</b> 	1501 Fruitvale Ave Oakland, CA 94601 <b>Mon-Fri 1pm-2pm</b>	(510) 535-6200 Drop-in or telephone intakes <a href="http://www.laclinica.org">http://www.laclinica.org</a>	+Free	+ Spanish-speaking uninsured residents of Northern Alameda County
+ Offers individual, family, and group therapy + Be sure to call ahead of time to schedule an intake appointment				
<b>Mental Health Low-Fee Referral Network</b>		(510)-433-9499	+Will make referrals to therapists that accept sliding scale fees and other insurance plans	+ Everyone
+ Since this is not a crisis hotline, refer to other resources for immediate attention + Offers affordable counseling and psychotherapy (individual, couple, group) referral services + When the number is dialed, an answering machine will ask for good times to call back				
<b>Mobile Crisis Team</b>	2640 Martin Luther King Jr. Way Berkeley, CA 94704 <b>Mon-Sun 11:30am-10pm</b>	(510)981-5900 <a href="https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/Mobile_Crisis_Team_(MCT).aspx">https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/Mobile_Crisis_Team_(MCT).aspx</a>	+ Fees based on income +Accepts Medi-Cal	+ Residents or homeless citizens 18 years or older of Berkeley/Albany + Must be experiencing moderate to severe psychiatric crisis affecting major areas of life functioning OR have clear need for thorough mental health evaluation + Primarily serve those referred by the Berkeley Police and Fire Departments, hospital emergency rooms, other Berkeley and Albany agencies, and residents
+ Reduce impact of mental health emergencies through immediate response to crisis situations at the street-level and through coordination and consultation with local public safety organizations, hospitals and other community groups + Deliver crisis intervention services at locations throughout the community for suicide, homicide, threats, drug abuse, evaluation for psychiatric hospitalization, disaster and trauma-related mental health services and determines best possible intervention and referrals				
<b>Narika</b> 	PO Box 14014 Berkeley, CA 94712 <b>Mon-Fri 9am-5pm</b>	Helpline: (800) 215-7308 <a href="http://www.narika.org">http://www.narika.org</a>	+Free	+Women from South Asian communities (India, Pakistan, Bangladesh, Bhutan, Sri Lanka, Nepal, diasporic communities such as Fiji and the Caribbean)
+ Helps domestic violence survivors with advocacy, support, and education + Confidential, toll-free helpline that enables any individual who has been a victim of domestic violence to call in and speak to advocates + Offers help with legal, housing, counseling, benefits and job referrals + Can call in not only if they are experiencing physical or verbal abuse, but also if they are experiencing other forms of suppression such as isolation, financial abuse, mental abuse, familial pressures and anxiety. + Self-Empowerment & Economic Development (SEED) program is designed to foster economic independence and self-reliance among survivors of domestic violence, human trafficking and those that are vulnerable to abuse and exploitation; offers instruction on 4 core topics: ESL, financial literacy, basic computer literacy and career development training + Health, Enrichment and Access to Life Skills (HEAL) offers support groups for crisis survivors and health and wellness workshops that foster holistic self-care and well-rounded growth + Translation services and accompaniment are available upon request + SEED offers free childcare if needed				
<b>Northern California Group Psychotherapy Society</b>	Various locations depending on type of therapy sought for	<a href="http://www.ncgps.org/info@ncgps.org">http://www.ncgps.org/info@ncgps.org</a>	+Group therapy: \$60-\$85 per 90 minute session	+ Everyone
+ Group therapy for a collaborative effort towards healing. Members learn how to express problems, feelings, ideas and reactions freely and honestly; Typical sessions last about 75-90 minutes + A therapist assumes clinical responsibility for the group and all of its members				

<p>+ Typically addressed topics:: Difficulties with interpersonal relationships, problems for students and adolescents (such as the impact of a divorce, peer issues, learning or behavioral problems), medical illnesses, dealing with loss, gay, lesbian and bisexual identity, personality disorders, addictive disorders</p> <p>+ Always worth calling the clinician who offers the type of group you would like to participate in; may take your insurance or provide bill for partial reimbursement</p> <p>+ In some cases clinicians can offer fees on a sliding scale</p> <p>+ To find a suitable therapy group, visit <a href="http://www.ncgps.org">http://www.ncgps.org</a>, and select the "Find a Group Therapist" tab for a directory of all NCGPS group therapists to choose from</p> <p>+ Website provides all contact info for each specific therapy group; serves as database of all group therapy therapists and groups in Northern California</p>				
<p><b>Pacific Center for Human Growth</b></p> 	<p>2712 Telegraph Avenue (@ Derby) Berkeley, CA 94705 <b>Mon-Fri 10am-9pm</b> <b>Sat 10am-4pm</b> <b>Closed Sun</b></p>	<p>(510) 548-8283 <a href="http://pacificcenter.org">http://pacificcenter.org</a></p>	<p>+ Low fees + Accepts Medi-Cal</p>	<p>+ Services catered towards lesbian, gay, bisexual, transgender, and queer individuals</p>
<p>+ Fosters and enhances the well-being and self-respect of Lesbian, Gay, Bisexual, Transgender, and Queer youth, seniors, and adults through the delivery of LGBTQ competent mental health and wellness services, and through the cultivation of a strong community of LGBTQ-proficient mental health care professionals</p> <p>+ Can help with relationship problems, family difficulties, depression, anxiety, grief, self-esteem issues, HIV lifestyle changes, trauma, sexual identity, and gender transition</p> <p>+ Pacific Center is volunteer-driven with eight part-time staff members</p> <p>+ Community Drop-in &amp; Library are available during office hours</p>				
<p><b>Peer Counseling offered by the Berkeley Free Clinic</b></p> 	<p>2339 Durant Ave Berkeley, CA 94704 <b>-Mon-Fri drop-in 6:30pm-8:30pm for everyone</b> <b>-Sat drop-in 12pm-2:30pm for women and trans-inclusive persons only</b></p>	<p>(510) 48-2570, Ext. 2250 <a href="http://www.berkeleyfreeclinic.org/peer-counseling/">http://www.berkeleyfreeclinic.org/peer-counseling/</a></p>	<p>+Free</p>	<p>+ Everyone 18 or older</p>
<p>+ Offers drop-in peer counseling (short term or long term)</p> <p>+ Sessions run for about 60 min</p> <p>+ Services are provided by volunteers trained in active listening. Clients are given the space to explore whatever it is they would like to talk about. The volunteers do not give advice, provide treatment, or make diagnoses/make prescriptions.</p> <p>+ On Saturday: no appointments are taken after 2pm, please arrive earlier than 2pm to ensure being seen</p> <p>+ Offer referrals to other low-cost Bay Area mental health resources</p> <p>+ After coming to a drop-in session, it is possible to set up regular sessions outside of drop-in hours. Feel free to ask about ongoing peer counseling</p>				
<p><b>Psychological Services Center</b></p> 	<p>1440 Broadway, Suite 610 Oakland, CA 94612 <b>Mon-Thurs 9am-8:30pm</b> <b>Fri 9am-4:30pm</b></p>	<p>(510) 628-9065</p>	<p>+Offer fees on a sliding fee scale +Accepts Medi-Cal</p>	<p>+ Everyone</p>
<p>+ Offers individual, couples, and family therapy and assessments for children, teenagers, and adults</p> <p>+ No drop-in services, by appointment only</p> <p>+ Location doubles as a training clinic for the California School of Professional Psychology</p>				
<p><b>The Psychotherapy Institute</b></p> 	<p>2232 Carleton Street Berkeley, CA 94704 <b>Hours vary by the therapist</b></p>	<p>24-hour line to make an appointment: (510) 548-2250 <a href="http://www.tpi-berkeley.org">http://www.tpi-berkeley.org</a></p>	<p>+Fees on a sliding scale +May accept insurance plans, if therapy is eligible under the plan + Free parking is available in the lot beneath the building</p>	<p>+ San Francisco Bay Area residents</p>
<p>+ Offers affordable individual and couples psychotherapy, on a short-term or long-term basis</p> <p>+ Does not offer drop-in services. Call to make an appointment, and services will get back within one business day to discuss how to start therapy</p> <p>+ Individual psychotherapy sessions are provided by post-graduate therapists training under the supervision of licensed, senior clinicians. Sessions typically last 50 minutes and are held 1-3 times per week, depending on the need</p> <p>+ Couples psychotherapy is offered to couples of all kinds: Weekly sessions last 50 minutes and address a wide range of issues</p> <p>+ The clinic is wheelchair accessible</p>				
<p><b>Sausal Creek Outpatient Stabilization Clinic</b></p>	<p>2620 26th Avenue Oakland, CA 94601 <b>24/7</b></p>	<p>(510)437-2362 <a href="http://www.telecarecorp.com/sausal-creek-outpatient-stabilization-clinic/">http://www.telecarecorp.com/sausal-creek-outpatient-stabilization-clinic/</a></p>	<p>+ Fees depend on the service + Accepts Medi-Cal + Accepts Medicare</p>	<p>+ Any adult in Alameda County who feels that they cannot wait for routine mental health outpatient care + In acute distress or discomfort as a result of mental illness, difficulty with medications, or personal/family crisis</p>
<p>+ Services include assessments, medication management, counseling, help with obtaining other services, referrals to Villa Fairmont Short-Stay hospital, and general support</p>				

<p>+ Provides: Access to psychiatrists, nurses, and licensed clinical staff; intensive assessment and medication evaluation; Problem-resolution assistance; Supportive counseling; Appropriate linkage with community supports and services; Follow-up visits and/or contacts</p> <p>+ Open to referrals and walk-ins and functions as an alternative to psychiatric emergency services</p> <p>+ Clinic has the capacity to keep a person for up to 23 hours, 59 minutes on a voluntary basis</p>				
<p><b>Specialty Mental Health</b></p>	<p>310 8th Street, Suite 200A Oakland, CA 94607 <b>Mon-Fri 9am-12pm, 1pm-5pm; CLOSED the 4th Wednesday of every month, from 9:00am-1:30pm</b></p>	<p>(510)735-3900 <a href="https://asianhealthservices.org/">https://asianhealthservices.org/</a></p>	<p>+Fees depend on type of insurance plan +Accepts Medi-Cal</p>	<p>+ Alameda County resident +The medically underserved, including the immigrant and refugee Asian and Pacific Islander community</p>
<p>+ Staff works with medical providers and behavioral specialists to provide specialized services to children, youth and adults experiencing moderate to severe mental health illness</p> <p>+ Services include: assessment &amp; diagnosis, individual &amp; family therapy, medication, case management, crisis intervention, hotline response, case management, prevention and education, psychiatric medication support, advocacy, support and referral services</p> <p>+ To schedule an appointment, please call during office hours</p> <p>+ Staff is bilingual and bicultural in Burmese, Cantonese, Japanese, Karen, Khmer, Korean, Mandarin, Mien, Tagalog, Vietnamese, English</p>				
<p><b>United Way HELPLINK</b></p>	<p>221 Main St, Suite 300 San Francisco, CA 94105 <b>Mon-Fri 8:30-5:30pm</b></p>	<p>(800) 273-6222 (toll free, 24/7) <a href="http://www.helplink-sf.org">http://www.helplink-sf.org</a></p>	<p>+Free</p>	<p>+Everyone</p>
<p>+ Provides the 211 region information and referral service to anyone needing nonprofit health and human services in the Bay Area (Marin, Napa, San Francisco San Mateo, Santa Cruz and Solano counties)</p> <p>+ Covers physical and mental health help, crisis intervention, counseling, children's health insurance, etc</p> <p>+ Following an assessment, referrals are given and follow-up calls are made to determine if difficulties were satisfactorily resolved</p> <p>+ The Immigrant Assistance Line assists immigrants with basic immigration/naturalization questions and links them to direct service providers</p> <p>+ No wait time, ensured confidentiality</p> <p>+ Services are available in more than 150 languages</p>				
<p><b>Women's Therapy Center &amp; Couples Clinic</b></p>	<p>2105 Martin Luther King Jr Wy Berkeley, CA 94704 <b>Varies by the therapist</b></p>	<p>Counseling Request Line: (510) 524-8288; Administration: (510) 524-4822 <a href="http://www.womenstherapy.org">http://www.womenstherapy.org</a></p>	<p>+Fees offered on a sliding scale +Scale ranges from \$25-\$110 for individuals, and \$40-\$125 for couples +Does not accept Medi-Cal or other forms of insurance</p>	<p>+Women, transgender/gender non-conforming people, and couples</p>
<p>+ Therapy for self-esteem issues, relationship difficulties, feelings of alienation/loneliness, trauma, grief, chronic anxiety, and depression</p> <p>+ To set, cancel, or otherwise change an appointment, please go to the directory and call your assigned therapist directly</p> <p>+ Services are offered in Spanish</p>				
<p><b>Body Peace</b></p>	<p>+General meetings are Wed 7:30 pm</p>	<p>5 Evans Hall UC Berkeley Campus <a href="https://bodypeace.berkeley.edu/">https://bodypeace.berkeley.edu/</a> Facebook group: <a href="https://www.facebook.com/groups/537726986327655/">https://www.facebook.com/groups/537726986327655/</a></p>	<p>+Free</p>	<p>+ All UC Berkeley Students</p>
<p>+ UC Berkeley student organization that is dedicated to: Promoting positive body image, mental health, and self-acceptance; challenging the diet culture and societal norms of beauty of all genders; addressing body image issues in the media; raising awareness for eating disorders; providing a safe, supportive space for the student body</p> <p>+ Resources tab on club website provides links to other resources that promote body positivity and provide support for people struggling with body image issues</p> <p>+ The Facebook group provides updates about meetings, events, activities, and weekly Body Positive Resolutions</p> <p>+ Other ways to get involved with the club: Core internship are available for those who want to have a role in shaping the direction of Body Peace and planning events; Outreach, Marketing, Social Media, Fundraising, and Social Planning are other available internship roles</p>				
<p><b>Muslim Mental Health Initiative</b></p>	<p><b>Drop-in Hours: Mon 12-5 pm; Wed 12-5 pm; Thursday 12-4 pm</b></p>	<p>Multicultural Community Center, Room 220B, UC Berkeley Berkeley, California 94720</p>	<p>+Free, without any maximum caps on visits</p>	<p>+Intended to focus on Muslim students, but does not discriminate in the provision of services and agrees to abide by UC's anti-discrimination policies</p>

		<a href="https://www.facebook.com/CalMMHI/">https://www.facebook.com/CalMMHI/</a> <a href="mailto:calmmhi@gmail.com">calmmhi@gmail.com</a>		
<ul style="list-style-type: none"> <li>+ Founded for the UC Berkeley Muslim community for accessing mental health resources</li> <li>+ Brings mental health professionals to Cal from the Bay Area branch of the Khalil Center, a spiritual wellness center pioneering the application of traditional Islamic spiritual healing methods to modern clinical psychology</li> <li>+ Prevention and promotion of Muslim mental health- provides various services such as: drop-in hours, support groups, and workshops</li> <li>+ Public transportation directions: AC Transit Bus 6, 51B, 52, 79, F. Get off at the MLK Student Union stop off Bancroft and Telegraph Avenue</li> <li>+ Drop-in consultations held in 30 minute sessions by Diba Ataia, an MFTI from the Khalil Center, on every Monday and Wednesday from 12pm-5pm and Thursdays from 12pm-4pm.</li> <li>+ Slot sign-ups: <a href="http://tinyurl.com/mmhisignup">http://tinyurl.com/mmhisignup</a>; all sessions are on a first come, first serve basis; slots open up on the Thurs. evening for the following Mon. slots, and Mon.evening for Wed. slots</li> <li>+ For first visit, recommended to sign up for 2 consecutive slots as Diba, the counselor, will take up the first 10 minutes with introductions and information</li> </ul>				
<p style="text-align: center;"><b>Student to Student Peer Counseling</b></p> 	<p><b>Hours for drop-in counseling: Mon-Fri 10am-3pm</b></p>	<p>342 Eshleman Hall, UC Berkeley campus  Telephone Counseling: (510) 642-9021  <a href="http://sspc.berkeley.edu">http://sspc.berkeley.edu</a></p>	<p>+Free</p>	<p>+ UC Berkeley students</p>
<ul style="list-style-type: none"> <li>+ Confidential, in-person and telephone services</li> <li>+ Peer counselors are fellow UCB students that provide a supportive atmosphere where students can openly talk about their feelings; peer counselors NOT give advice, but engage in active listening</li> <li>+ Offers up-to-date and comprehensive referrals for professional or specialized help</li> <li>+ Accepts walk-ins, or appointments made through their website</li> <li>+ All peer counselors are extensively trained to cover a broad spectrum of topics, ranging anywhere from stress to suicidal thoughts</li> <li>+ No time limit to sessions, but peer counselors have hour-long shifts; so if a session is longer than 1 hour, expect to see more than 1 peer counselor</li> </ul>				
<p style="text-align: center;"><b>Well-Being</b></p> 		<p>Email: <a href="mailto:deanofstudents@berkeley.edu">deanofstudents@berkeley.edu</a>  Website: <a href="http://deanofstudents.berkeley.edu/well-being">http://deanofstudents.berkeley.edu/well-being</a></p>	<p>+Free</p>	<p>+Website available to everyone</p>
<ul style="list-style-type: none"> <li>+ Offered by the Associate Vice Chancellor and Dean</li> <li>+ List of Health Topics covered: Alcohol and Other Drugs, Colds and Flu, Disease Information and Travel Health, Ergonomics and Back Health, Mental Health, Sexual Assault and Rape, Sexual Health, Skin Conditions, Smoke Inhalation Injury, Preventive Health</li> <li>+ Most of material has been compiled by University Health Services (UHS) professionals, and the topics reflect the health issues most prevalent among students, faculty and staff on this campus</li> </ul>				
<p style="text-align: center;"><b>You Mean More (YMM)</b></p> 	<p>General Meetings: <b>Tues 7pm-8pm</b> UC Berkeley campus  *Meeting location varies by semester</p>	<p>Email: <a href="mailto:youmeanmore@gmail.com">youmeanmore@gmail.com</a>  Website: <a href="https://youmeanmore.wordpress.com/">https://youmeanmore.wordpress.com/</a></p>	<p>+Free</p>	<p>+ Everyone</p>
<ul style="list-style-type: none"> <li>+ Tables on Sproul, Mon –Thurs 10:30am-1:30pm</li> <li>+ YMM is the host of the annual UC Berkeley Suicide Prevention Walk and annual Mental Health Monologues</li> </ul>				
<p style="text-align: center;"><b>Crisis Text Line</b></p> 	<p>24/7</p>	<p>Text HOME to 741741  <a href="https://www.crisistextline.org">https://www.crisistextline.org</a></p>	<p>+Free</p>	<p>+ Everyone in crisis (not limited to suicide) that requires emotional support</p>
<ul style="list-style-type: none"> <li>+ Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis.</li> <li>+ Live, trained Crisis Counselor will respond quickly (less than 5 min) and offer support</li> <li>+ The Crisis Counselor is a trained volunteer, not a professional; can provide support, but not medical advice.</li> <li>+ Usually takes less than five minutes to connect you with a Crisis Counselor. (It may take longer during high-traffic times).</li> <li>+ Included referral list on their website: <a href="https://static1.squarespace.com/static/5914d841e6f2e109b2a338f6/t/596392451e5b6c8b875c7f07/1499697734497/Crisis-Text-Line-Referrals.pdf">https://static1.squarespace.com/static/5914d841e6f2e109b2a338f6/t/596392451e5b6c8b875c7f07/1499697734497/Crisis-Text-Line-Referrals.pdf</a></li> <li>+ Invites people to take their quiz to see if their service is appropriate: <a href="https://www.crisistextline.org/helping-yourself/">https://www.crisistextline.org/helping-yourself/</a></li> </ul>				
<p style="text-align: center;"><b>Crisis/Suicide Prevention Lines</b></p>	<p>24/7</p>	<p>List of each line: <a href="https://uhs.berkeley.edu/emergency#community">https://uhs.berkeley.edu/emergency#community</a></p>	<p>+Free</p>	<p>+ Everyone</p>



- + Lines for Bay Area counties such as Santa Clara, Marin, San Mateo, San Francisco, Alameda
- + Different languages lines are available, check website
- + Lines are county specific, but any line will help, regardless of residence