

# MENTAL HEALTH

## CRISIS SUPPORT NUMBERS

**Call** National Suicide Hotline (800) 784-2433

**Text** HOME to 741741 (to text with a crisis counselor)

**Call** Pleasanton Police Dept (925) 931-5100

**Call or Text** Anonymous Student Support Tip-Line (925) 417-5199

Click [here](#) to review some FAQs regarding mental health counseling!

## OUTPATIENT COUNSELING

Many people find that support groups are a helpful resource for them. To find out more info about support groups available to you, click [here](#) or go to [bit.ly/1HNmHLL](http://bit.ly/1HNmHLL)

### ADHD Assessment

Axis Community Health

(925) 462-1755

Cost: Medi-Cal or Out-Of-Pocket (\$125)

*One hour assessment appointment, followed by a conclusive diagnosis shared with family.*

*Follow-up appointments can be scheduled to further discuss findings or if assessments need to be shared with teachers.*

### A Home Within

(888) 898-2249

Cost: Free

*Organization that matches youth in foster care with a therapist who will agree to see them for free for as long as they need treatment, in order to avoid the student having to bounce from therapist to therapist. To make a referral, [click here](#).*

### Alameda County Behavioral Health Care Services- ACCESS Program

(800) 491-9099

Cost: Free

*Call this line to refer people from Alameda County that have Medi-Cal or HealthPAC to appropriate services. If someone doesn't have insurance, this line can give instructions on how to obtain benefits. Can also provide low-fee counseling option names and numbers. Must now call Access first before making any adult referrals. Need to be able to provide the following for the identified patient: SSN, DOB, address, clinical info, functional impairment.*

### Anthropos Counseling Center

326 South L. Street, Livermore CA 94550

(925) 449-7925

Cost: \$90/hour, also offers sliding scale fees.

*Provides marriage, family, child, individual and group counseling for both children and adults. Includes counseling for substance abuse and codependency. Mix of both licensed therapists and trainees/interns.*

### **Asian Access Mental Health Services**

310 8<sup>th</sup> Street, Suite 201  
Oakland, CA 94607  
(510) 869-7200

Cost: Self-pay on a sliding scale (does not accept Medi-Cal)

*Provides adolescent services, including psychotherapy, working with families jointly if necessary, case management for linkage to resources, and medication support if needed. Languages available include: Cantonese, Mandarin, Spanish, Vietnamese, Korean, Japanese, Khmer, and a few others.*

### **Asian Pacific Psychological Services**

431 30<sup>th</sup> St. Suite A, Oakland, CA 94609  
(510) 835-2777

Cost: Only take Medi-Cal insurance, but sometimes accept clients pro-bono if there is room.

*Services are provided to bi-lingual and mono-lingual clients in Asian languages and dialects. Language availability varies between the case managers and therapists on staff. Treatment services are for youth 12-18 years of age and include assessment, treatment planning, individual/group/family counseling, as well as social and recreational activities. Medication support is provided, including prescribing, administering, dispensing and monitoring for individuals with symptoms of mental health impairment.*

### **Axis Community Health Center**

6666 Owens Drive, Pleasanton CA 94588  
(925) 462-1755 (select #2 for mental health)

Cost: Covered through insurance (except Blue Shield or Covered CA) or pay out of pocket on sliding scale (\$30-125)

*Provides counseling services, anger management, domestic violence, adolescent and adult drug and alcohol programs, and DUI program.*

### **Bay Area Women Against Rape (BAWAR)**

24-Hour Hotline, English and Spanish: (510) 845-7273

Office: (510) 430-1298

470 27th Street, Oakland, CA 94612

*For persons in Alameda County who are dealing with the trauma of a recent sexual assault, and the countless others who are only now beginning to deal with the aftermath of a past assault, we offer the services they need the most, experienced counseling and advocacy 24-hours per day. Individuals, families and/or couples can receive up to fifteen, no-fee sessions with a mental-health clinician, registered within the state of California or engage in the peer-counseling program.*

### **Bay Area American Indian Counseling**

1436 Clarke Street, San Leandro

Nancy Whitney (510) 282-6088 [incfa@sbcglobal.net]

Cost: Free with paperwork verifying part of American Indian tribe

*Provides individual and family counseling to any student with American Indian heritage.*

**Bay Area Children's Association (BACA)**

111 Myrtle Street Suite 102, Oakland  
(510) 922-9757 [info@baca.org]

Cost: Contracted with Anthem BC, Aetna, Cigna, MHN, Valley Health Plan, and Beacon Health (formerly known as Value Options). BACA will also call insurance companies who they are not contracted with directly, to create a single case agreement for IOP treatment. If paying out of pocket, IOP is \$600/day, but they do offer financial assistance.

*Provides evidence-based treatments for youth with mental illness. Services for teenagers and young adults, as well as their whole family system available in both English and Spanish. Comprised of a multi-disciplinary team so that clients can receive support from psychiatrists, psychologists, social workers and marriage/family therapists in one outpatient setting. Services include psychotherapy (individual, family and group), parenting support, academic/work support, and evaluation and management of medication. Offer both outpatient and intensive outpatient treatment programs. Groups include: Parenting Skills, Multifamily Group, Coping Skills, Cognitive Behavioral Therapy, Life Skills, Social Media Group, Expressive Arts, Nutrition Group, Physical Activity, Relationship Skills, and Academic Support. IOP program is 8 weeks long, Monday-Thursday 3-6pm.*

**Bay Area Muslim Therapists**

Bayareamuslimtherapists.org

*This website is home to a professional network of Muslim mental health practitioners based throughout San Francisco Bay Area, CA that provide a range of services that aim to support the psychological needs of the Muslim community. Go to the website to search for therapists near you that meets your language needs.*

**Birthright**

1010 Murrieta Blvd, Suite B, Livermore CA 94550  
(925) 449-5887 OR (800) 550-4900 (free 24-hour hotline)

Cost: Free

*Provides information and referrals for pregnancy support services. Also provides infant clothing and supplies, pregnancy counseling, emergency casework and transportation services. Livermore office is run by volunteers, so it is hit or miss when someone will pick up the phone on the Livermore line.*

**Bodin Group**

5050 El Camino Real, Los Altos, CA 94022  
(650) 937-1111

Ages: Kids-Adults

Cost: \$350/hr for consultations or full packages at \$6,000, but will

*Whether you are searching for a solution to a critical family crisis, or not sure how serious a problem may be, Bodin is here to help. As an education consulting and psychological testing group, their services are designed to give you a better understanding of the areas of concern and determine the best course of action for your unique situation. Support includes crisis intervention, placement services, early detection and prevention, testing, transition services, and help with legal situations. Working collaboratively with parents, Bodin helps you create and execute a plan for appropriate educational programs and treatment interventions using their first-hand knowledge of thousands of professionals, resources, schools and treatment programs.*

**CAPE Head Start**

3095 Independence Dr, Bldg B, Suite A, Livermore CA 94551  
(925) 443-3434 ext. 121

Cost: Full-scope Medi-Cal clients only

*CAPE Mental Health Services provides early childhood mental health services to the birth to six population and their families with full scope Medi-Cal Serving Both CAPE Enrolled and Non-enrolled Families. Services provided: Psychosocial assessment, developmental screening, crisis intervention referrals to community resources (school district, speech and physical therapy assessments), classroom therapeutic intervention, play therapy, parent/child relationship therapy, family therapy. Therapists can work with children in both the clinical office setting, as well as in the home or a natural environment up until age 8.*

### **Cancer Care Support Group**

Standford Health Care Valley Medical Oncology Center (5725 W. Las Positas Blvd, Pleasanton) (510) 701-4845 or [natburbach@comcast.net](mailto:natburbach@comcast.net)

*Faith based support group for patients, family and friends.*

### **Christian Counseling Center**

111 Deerwood Rd. Suite 360, San Ramon, CA 94538

(925) 621-0719

Cost: \$100-190/hr for licensed therapists, \$50-90/hr for interns, \$20-50/hr for trainees.

Insurance can be accepted if you are seeing a licensed therapist, and they are either (1) in the network of providers your plan allows you to see, or (2) you are allowed to see someone out of network.

*Services are provided to all people, regardless of faith background. For those who do not follow the Christian faith, the explicitly Christian approach to counseling would not be included in the course of treatment, however it is available to those that are interested in receiving this form of counseling. Individual, couple, and family therapy is available for adults, adolescents and children, as well as psychodiagnostic testing and disability evaluations.*

### **Community Presbyterian Counseling Center (CPCC)**

3180 Crow Canyon Place, Suite 140, San Ramon 94583

(925) 820-1467

Cost: Does not take any type of insurance, and ranges from \$65-130 depending on whether therapist is trainee, intern or licensed.

*Covers a wide range of issues, including grief, substance abuse, sex addiction, eating disorders, major life transitions, cutting and self-harm, sexuality, divorce, parenting, stress, anger management, anxiety, depression, marital communication and conflict resolution. Specializes in sexual addiction treatment groups.*

### **Community Psychiatry**

5776 Stoneridge Dr. Suite 300, Pleasanton, CA 94588

(925) 556-6274

Cost: Works with most insurance companies and if they don't work with your insurance, they will help connect you with someone that is a provider for your insurance. They accept: Aetna, Anthem Blue Cross Medi-Cal, Anthem Blue Cross Commercial, APS, Beacon Health Strategies, Blue Cross, HAI, HMC, Humana Medicare, Humana Commercial, Lifesynch, Magellan, PacificCare, UMR, United Behavioral Health, United Health Care, U.S. Behavioral Health, Value Options, Western Health Advantage.

*Specialize in long-term psychotropic medication management, but do not provide therapy.*

### **Discovery Counseling Center**

115 Town and Country Drive, Danville, CA 94526

(925) 837-0505

Cost: \$90-120/hour, but sliding scale available with the lowest being \$25/hr. Take very little insurance, but some therapists will accept Medi-Cal and won't turn anyone away. *Provides counseling for adolescent issues, divorce, family disharmony, parenting issues, codependency, drug recovery and many other areas. Staffed with interns, MFTs, and psychologists.*

### **Deaf Community Counseling Services**

14895 East 14th Street, Suite 280, San Leandro  
Alameda County Intake Coordinator (Mal May): (510) 957-5465  
Main Line: (415) 474-7310  
Video Line: (510) 343-7277  
Text Line: (510) 345-9892  
[dccs@felton.org](mailto:dccs@felton.org)

Ages: 5-18 or younger by referral, adults and seniors

Cost: Accepts Medi-Cal, Medicare, ERMHS, Certain private insurance with prior authorization *DCCS is committed to serving the deaf and hard of hearing in the Bay Area with staff fluent in American Sign Language (ASL). Mental health and substance abuse assessment and therapy, as well as psychiatric and medication management, as well as drop-in case management. To schedule an appointment, clients can call the main line, video line, text line or email [mmay@felton.org](mailto:mmay@felton.org). Both the Fremont and San Leandro offices are walking distance from BART stations.*

### **Evergreen Counseling Center**

2820 Adeline Street, Berkeley  
Call or Text (510) 373-2723

Cost: Out of Network provider, so does not bill insurance companies directly. However, your counseling services may be eligible for reimbursement through your insurance plan's out-of-network mental health benefits, medical spending, or health care savings accounts. Fees vary from \$140-225/hr based on which therapist you are working with.

*Evergreen offers an online booking and scheduling system, as well as therapists who work early morning, late evening, and weekend hours, in addition to online therapy and phone session options. Evergreen serves individuals, couples, families, and adolescents and the therapists have a diverse range of specialties including extensive experience working with adolescents and adults struggling with anxiety (including social anxiety), depression, disordered eating, ADHD and autism spectrum disorder, school and work behavioral issues, and relationship impairments (including with family, friends, colleagues, and significant others). Our therapists are also well-versed in trauma-informed care and work well with clients who may have complex PTSD or attendant trauma symptoms that may be impeding their quality of life.*

### **Family Education and Resource Center (FERC)**

(925) 583-3772

Direct Contact: Nicole Harrison (Family Advocate) [Nicole@MHAA.org](mailto:Nicole@MHAA.org) (510) 435-0535  
2470 First Street, Suite 200B, Livermore

Cost: Free

*Seeks to provide support to friends, family, partners and other caregivers who care for or care about one of any age with a serious emotional disturbance or mental health issue. A family advocate can provide referrals for things like housing, employment, varying levels of care, access to benefits, medications, the criminal and juvenile justice systems, safety, dual diagnosis or co-occurring disorders options, support groups and crisis stabilization. Besides referrals, can help provide information, education, resources, offer validation and discussion for "what do now". Family advocate can also serve as an advocate for IEP meetings.*

[Children in Crisis resource guides in English, Spanish, Chinese, Vietnamese and Farsi](#)

**Family Violence Law Center**

470 27th Street, Oakland, CA 94612  
(510) 208-0220

*Offers free parent/child psychotherapy to help children ages 5 and under who have been exposed to or are victims of domestic violence in Alameda County.*

**Fremont Family Resource Center**

39155 Liberty St, Suite E500, Fremont, CA 94538  
(510) 574-2100

Cost: Currently only taking Medi-Cal

*The City of Fremont Human Services Department offers counseling, crisis intervention, infant toddler program (under age 5) and alcohol and drug early intervention services (ages 12-18). Services are available in Spanish, Farsi, Mandarin, Urdu, Marathi, and Hebrew for minors 18 years and younger. Clinicians can do home visits based on the situation.*

**Hively (Formerly Child Care Links)**

6601 Owens Drive, Suite 100, Pleasanton

(925)417-8733

hello@behively.com

Hively's mission is to provide resources and support to ensure that everyone in the community can thrive. Formerly Child Care Links and Family Service Counseling and Community Resource Center, Hively provides children and families throughout Alameda County access to high-quality social services. Additional services include:

- **EDUCATION:** Workshops are offered to parents, family members, child care providers and the community. Click [here](#) to see the upcoming schedule that includes coaching, interactive STEM workshops, health and safety training, and trauma informed care.
- **CHILD CARE:** Our family support specialists can help parents find and pay for child care through our child care alternative payment programs throughout Alameda County. Contact us to find out if you're eligible to receive financial assistance for child care.
- **MENTAL HEALTH:** With more than 20 dedicated therapists on staff, Hively provides affordable (sliding scale), high quality, professional counseling services for a variety of challenges affecting the emotional health and wellbeing of individuals, young and old, and their families. Hively clinicians are experienced Clinical Social Workers (CSW) and Marriage and Family Therapists (MFT). Individual, group, family and couples therapy is available. Accept most major insurances, and Medi-cal.
- **DIAPERS:** The Hively Diaper Pantry provides low-income families with a one-month supply of diapers and diaper wipes. In addition, each family goes home with a children's book and educational materials to support not only healthy bee-hinds, but healthy minds, too. Join us at our Pleasanton location on Tuesdays and Thursdays between 9am–5pm. Please bring a valid I.D. with you!
- **HOUSEHOLD ITEMS:** Hively provides new and gently-used clothing, shoes, books, home goods, and furniture—free of charge—to families in need. Families are welcome to shop at the Hively Community Closet in Pleasanton on Tuesdays and Thursdays during normal business hours, and every other Wednesday from 5:00pm–7:00pm

- **DAD & ME PROGRAM:** Starting this fall, Hively will be offering a recreational program to strengthen the bonds between kids and their dads. If you're interested, send us an email at [dadandme@behively.org](mailto:dadandme@behively.org).
- **CHILD WATCH:** Hively offers contracts with business and organizations to offer child watch services when parents are in workshops, trainings, or meetings.
- **CAR SEAT SAFETY CHECKS:** Hively provides car seat installation instruction by Certified Car Seat Safety Technicians. Guided instruction will offer parents hands-on experience on the proper installation of child safety seats.
- **PLAY GROUPS:** Hively offers regular play groups for babies and toddlers ages 0-3 years old. Parents and caregivers have the opportunity to meet other parents while children can engage and explore with hands-on learning experiences and social interaction. The cost is \$29 per 4-week session and financial assistance is available. [Click here to register for a play group!](#) Join us every Monday at our Pleasanton location:
  - Fireflies (0–18 months): 9am–9:45am
  - Bumble Bees (18 months–3 years): 10am–10:45am

### **Honor Your Emotions**

6904 Village Pkwy, Dublin, CA 94568  
(925) 577-4732

Cost: Accepts Medi-Care or Alameda Alliance Medi-Cal, can provide a superbill or medical receipt or accepts out-of-pocket pay at a rate of \$150/hr for individual and \$200/hr for couples  
*Local counseling agency with a culturally diverse staff that specializes in treating individuals of all ages, couples, and families and can provide services in English and Spanish. Therapists have a range of specialties, which include treating anxiety and bipolar disorder.*

### **Hope Hospice**

6500 Dublin Blvd #100, Dublin CA 94568  
(925) 829-8770

Cost: Free

*Clinicians offer workshops throughout the year (November & December getting through the holidays), children's group (6-12 yo) and teen group (13+ yo), and adult closed groups that run 6 weeks long with parent groups happening at the same time. Also offers a drop-in pet loss support group on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month. Willing to start groups whenever there is a need. Not offering individual sessions at this time.*

### **Horizons Family Counseling**

1110 South Livermore Ave, Livermore, CA 94550  
Lynn Gardner (925) 371-4747 [[lgardner@cityoflivermore.net](mailto:lgardner@cityoflivermore.net)]

Cost: First 5 sessions are free, and then based on sliding scale of \$2-30.

*Provides family counseling for Tri-Valley area and individual counseling for clients who are on probation or victims of a crime. To get services as a victim of a crime, you must have a crime authorization number. If you don't have this authorization number, they can assist you in obtaining one. There is typically a long waiting list, but if the student was referred by the SARB board, they have priority.*

### **The Hume Center**

5776 Stoneridge Mall Rd, Suite 340, Pleasanton CA 94588  
(925) 223-8047

Cost: Medi-Cal, or pay out of pocket with sliding scale from \$40-175/hr.

*Provides neurobiological evaluations to assess for things such as ADHD, learning disabilities, cognitive deficits, dementia, etc. Hume also provides therapy for relationship issues, adjustment, grief, trauma, anxiety, mood disorders, attention and behavioral problems,*

emotional disturbances, psychotic disorder. If a student is receiving Medi-Cal, Hume can come see them at school, in the home, or a public place.

### **The Hume Center- South Asian Community Program**

39465 Paseo Padre Pkwy #2100, Fremont, CA 94538  
(510) 745-9151

Cost: Free

*Persons from Afghanistan, Bangladesh, Bhutan, Burma, India, Iran, Nepal, Pakistan, and Sri Lanka qualify for this program. Services are available in English, Dari, Farsi, Hindi, Punjabi, Tamil and Urdu upon availability of therapists.*

### **In the Potter's Hands**

4725 1st St, Pleasanton  
(925) 462-4325

Cost: \$165/session or pre-pay for 4 sessions at a rate of \$125/session

*In the Potter's Hands is a Christian, Biblically based counseling agency that is dedicated to providing a safe place where people may find healing for a variety of emotional, relational and spiritual difficulties. They exist to serve individuals, couples, children, and families who are seeking help for the difficult issues we can face throughout life. Individual and family sessions, as well as groups and classes are offered through this agency.*

### **IWAY (Improving the Wellness of Asian Youth)**

510-978-1648

1333 Broadway, Suite 110, Oakland, CA 94612

*IWAY provides free emotional support programs for Asian Youth (ages 12-18) in Alameda County and their parents. Programs are Youth Wellness Advocate, Self-Care Mondays, and Wellness Counseling. Counseling is provided in English and Vietnamese. [IWAY Program Flyers](#)*

### **La Familia Counseling Services**

1401 Almond Avenue, Livermore CA 94550

Cost: Free for 6 sessions & Medi-Cal for ongoing services

Mayte Cruz (510) 963.8192

[mcruz@lafamiliacounseling.org](mailto:mcruz@lafamiliacounseling.org)

*Provides bilingual, bi-cultural mental health counseling to students, parents and families without insurance. Mental Health counselor can come to PUSD schools to meet with students for 6 sessions (combination of individual and family work). Underlying causes will be evaluated and treatment plan developed, meeting every 2-3 weeks. After 6 sessions, the student will be referred out to something that can be more long-term and fits their financial situation. Can continue for up to 2 years if family can go to the Hayward office for services. To make a referral for counseling services on campus, reach out to Mayte Cruz.*

### **Livermore Pregnancy Resource Center**

4200 East Ave, Livermore, CA 94550

Tina Harrell (925) 447-1111

[hiscenter@yahoo.com](mailto:hiscenter@yahoo.com)

Cost: Free

*Offers pregnancy testing, information on pregnancy and alternatives, pre and post abortion counseling, court-approved parenting classes, abstinence and STD education, assistance in obtaining medical care, referrals to community resources*

### **Mind to Mindful**

Network of therapists throughout Pleasanton



855-500-6463

Cost: Contracted with Anthem Blue Cross, Blue Cross Blue Shield, and Cigna Commercial plans, as well as Blue Cross Medi-Cal and Beacon Medi-Cal.

*Individual and group therapy with an emphasis on mindfulness.*

### **NAMI Tri-Valley**

Services Occur at Different Locations Throughout Tri-Valley

Marsha McInnis (925) 980-5331 [marsha@nami-trivalley.org](mailto:marsha@nami-trivalley.org)

Cost: Free

*Resources for families who care for someone with mental health issues. Collaboration with other community agencies to improve the quality of life of all those whose lives are affected by mental illness by providing support, resource information, education programs and advocacy. Free trainings, classes and support groups. Most services are provided by peers. You do not need a formal diagnosis to receive services.*

*Support Group Schedule:*

- **FAMILY/CAREGIVER SUPPORT GROUP (TEEN MENTAL HEALTH- under 17 years)**  
*Every 3rd Tuesday of the Month  
12:00-2:00pm  
5674 Stoneridge Drive Rd, Pleasanton, Suite 114  
Contact: Marsha McInnis,  
Phone: (925) 980-5331  
e-mail: [marsha@nami-trivalley.org](mailto:marsha@nami-trivalley.org)*
- **FAMILY/CAREGIVER SUPPORT GROUP- Livermore (ADULT MENTAL HEALTH)**  
*Second Monday of the month  
7:00 p.m. to 8:30 p.m.  
Livermore Public Library, 1188 So. Livermore Ave., Livermore  
Co-Facilitators: Marsha McInnis, Mark Rahman, & Art Solomon, Ph.D.  
Contact: Marsha McInnis,  
Phone: (925) 980-5331  
e-mail: [marsha@nami-trivalley.org](mailto:marsha@nami-trivalley.org)*
- **NAMI Tri-Valley Family/Caregiver Support Group–Pleasanton (ADULT Mental Health)**  
*Fourth Monday of the month  
7:15 p.m. to 9:00 p.m.  
5674 Stoneridge Dr., Suite #114, Pleasanton  
Co-Facilitators: Marsha McInnis, Tina Glueck, PhD  
Contact: Marsha McInnis,  
Phone: (925) 980-5331  
e-mail: [marsha@nami-trivalley.org](mailto:marsha@nami-trivalley.org)*
- **NAMI CONNECTIONS RECOVERY SUPPORT GROUP (PEER)**  
*Every Wednesday evening.  
7:15 p.m. to 8:45 p.m.  
NAMI Connections is a support group for adults over 18 years old living with a mental illness that is led by trained peers.  
St. Clare's Episcopal Church  
3350 Hopyard Road, Pleasanton  
Contact: Kelley Thorpe Baker  
Phone: (714) 296-3444  
E-mail: [me@kelleythorpebaker.com](mailto:me@kelleythorpebaker.com)*

### **Our Space**

22245 Main Street, Suite 200, Hayward, CA 94541

(510) 727-9401

*Part of Bay Area Youth Center (BAYC) that offers a variety of clinical services to support youth with behavioral and emotional difficulties as they navigate the many challenges of transitioning into adulthood. Services are provided wherever youth are most comfortable: in the community (schools, job sites, homes, etc) or at the office in downtown Hayward.*

*Counseling is free for youth 14-21 with Medi-Cal, and referrals are available for those that don't have Medi-Cal. Family advocates will meet with families one-on-one or in groups if there is a need. Case management is available for youth ages 11-18 who want an adult in their life who gets it. This can include phone check-ins, meeting for coffee, or talking to parents that have questions*

### **Pathways to Wellness**

5674 Stoneridge Drive, Suite 207

Pleasanton Clinic: (925) 460-0500

Cost: Downstairs clinic: takes almost all insurances (United Behavior Healthcare, Aetna, MHN, Magellan), except Cigna and Kaiser. Also takes out of pocket private pay for an adult \$330/hr for adult and \$400/hr for child to see an MD and \$202/hr for adult and child for nurse practitioner. Upstairs clinic: only takes Medi-Cal. Must go through Access to get Medi-Cal services.

*Provides psychiatric evaluation and assessment, medication management and support services, individual, group and family therapy, as well as intensive case management services. Individual counseling not available at Pleasanton office.*

*Referral Process:*

*HMO or PPO insurance: Call directly 925-460-0500 and talk to Nadia (manager)*

*Medi-Cal insurance: Need to call Access at 1-800-491-9099. Referral will be faxed to Pleasanton Pathways office and then they will call the family to let them know they can schedule an appointment.*

*Alameda County Medi-Cal: they can go to their family practitioner or pediatrician. They can also do a phone assessment for a referral for Pathways to Wellness. Typically a licensed therapist is able to provide some kind of diagnosis and then pediatrician can provide psychotropic medication.*

### **Planned Parenthood**

130 Ryan Industrial Court #115, San Ramon CA 94583

(925) 838-2108

Cost: Free

*Family Planning Services, birth control, pregnancy testing and referrals, as well as complete GYN exams, STI treatment and screening for all, as well as mid-life services and HIV testing.*

### **Pleasanton Community Counseling Center**

4444 Black Ave, Pleasanton CA 94588

(925) 600-9762

Cost: Sliding scale \$15-90/hr but won't turn anyone away. Some therapists accept insurance.

*Provide a full range of counseling services, including addressing marital problems, addictions, depression, parenting, grief, abuse, stress and more.*

### **Quest Therapeutic Camps**

907 San Ramon Valley Blvd. Suite 202, Danville CA

(925) 743-2900

Cost: While Quest cannot guarantee insurance coverage, Quest's therapeutic program may be covered as reimbursed care through medical insurance or The Regional Center. Quest's services can be purchased through medical savings accounts, and/or FLEX spending accounts.

*After school, small groups and camp programs specifically for students ages 5-19 years old that struggle with ADHD, high functioning autism, anxiety, depression and poor self esteem.*

### **Rainbow Community Center**

2118 Willow Pass Road, Suite 500, Concord, CA 94520

Intake: (925) 692-2056

Clinical Director Jennifer: jennifer@rainbowcc.org

Cost: Sliding scale based on ability to pay. Most families pay between \$20-50/hour.

Ages: Serves high-school age through older adults, as well as elementary and middle school students on a case-by-case basis.

*Organization offers therapy and case management. Currently have a group specifically designed for transgender/gender non-conforming youth ages 12-18. Also have specific hours they are open to youth during the week. Email the Center Youth Director, Daphnee [daphnee@rainbowcc.org], for current schedule.*

### **REACH Wellness Center**

16335 E 14<sup>th</sup> Street, San Leandro CA 94578

Referrals: Shawna Hernandez (510) 481-4591 or wellness.referral@acgov.org

Fax: (510) 481-4527

*Serves 11-24 year-olds county-wide. In order to receive services, they need to complete an application and attend the youth orientation. Counseling provided is free, and Medi-Cal covered counseling services are available through the Fuente Wellness Center. Complete REACH Wellness referral form and you will hear back within 7-10 days.*

### **PREP**

22971 Sutro Street, Hayward

(888) 535-7737

Cost: Accepts Medi-Cal or No Insurance (Does NOT accept private insurances or out-of-pocket pay since it is through Alameda County)

*PREP assists youth and young adults in Alameda County who have experienced a recent-onset of psychosis by offering direct and accessible clinical services. Eligibility criteria are: between the ages of 16 and 24, fit criteria for schizophrenia, schizophreniform, or schizoaffective disorder, onset of psychosis within the last two years, Alameda County Resident. There is a rigorous 1 month intake process to see if a potential client is an appropriate match for the program. Services include individual CBT, family & peer support, medication management, and education & vocational support.*

### **San Francisco Stress & Anxiety Center**

1811 Santa Rita Rd., Suite 205

Pleasanton, CA 94566

(510)674-0376

Cost: \$195/hr for licensed associates, \$250/hr for most senior associates. Reduced rates are offered for clients whose financial or insurance situation present a hardship. Also offer reduced rates for those wishing to work with a trainee. Although they don't accept insurance directly, most insurance companies do offer reimbursements.

*Agency provides professional help, counseling and therapy for anxiety attacks and related anxiety disorders, as well as addressing work-life performance, focus and concentration, as well as relationships and sex. One therapist also specializes in dual-diagnosis mental health & substance abuse counseling.*

### **Senior Support Program of the Tri-Valley**

5353 Sunol Blvd, Pleasanton CA 94566

(925) 931-5379

*Non-profit agency that serves seniors over 60 in Pleasanton, Livermore, Dublin and Sunol. Counseling can be provided in the home by professionals. Individual needs assessments, as well as problem solving and resources management/coordination of services are available*

to seniors. Family caregiver program provides family members with needs assessments, resources information, placement assistance, and support groups.

### **Sequoiah Counseling Center**

21168 Redwood Road, St 100A, Castro Valley 94546  
(510) 886-3300

Cost: \$90-150/hr

*Offers services for children, teens, adults, couples, families, or corporate grief and loss by 4 licensed therapists.*

### **Social Skills Groups for Children**

- [Healthy Minds Healthy Body Institute](#) (San Ramon)
- [Little Spirits Bay Area](#) (San Jose)
- [Dr. Susan Bray](#) (Danville)

### **Stars Community Services**

545 Estudillo Ave, San Leandro, CA 94577

Rachel Pepper- Program Director (510) 359-8756 [rpepper@starsinc.com]

Cost: Free

*If a student has been in foster care for at least 1 day, has Medi-Cal, and have the capacity to have a mental health diagnosis, they qualify for counseling. Therapist comes to the student at home, school, or somewhere in the community about twice a month.*

### **Summit Center**

700 Ygnacio Valley Rd., Ste. 32, Walnut Creek, CA 94596  
(925) 939-7500

Cost: \$225-\$325 for an initial consult. Educational testing ranges from \$1130-\$1800. A comprehensive eval ranges from \$2800-\$5700. Do not accept any form of insurance.

*Services for students that are gifted and twice-exceptional (individuals who are both gifted and have a learning, emotional, behavioral, or social issue). Offers assessments, psychotherapy, educational therapy, parent discussion groups, parent education, and consulting for parents. Also provide services for gifted adults.*

### **Support Group for Students Living with Persons with Mental Health Issues**

Fremont Family Resource Center (Enterprise Room Suite C320), 39155 Liberty St, Fremont  
Rashad Eady (510) 435-7239 or rashad@mhaac.org

Cost: Free

*Group for ages 16-24 years old for family member experiencing mental challenges. This is a peer group that meets every 1<sup>st</sup> Friday of the month from 4-6pm and every 4<sup>th</sup> Friday of the month from 4-6pm.*

### **Therapy2Thrive**

4460 Black Avenue, Suite G, Pleasanton, CA 94566  
(925) 426-1575

Cost: Doesn't accept insurance, but will provide therapy as an out-of-network provider.

Contact your insurance provider to see if your insurance company covers out of network providers and to verify the terms of your policy. Therapists set their own rates and some do sliding scale. One therapist said that as an example, therapist charges \$125 for individuals, \$135 for couples.

*Licensed therapists and interns see clients on days, nights and weekends. Provide services to individuals, couples, families, teens, and children. Also offer a variety of support groups.*

### **The Wise Mind Institute**

(650) 503-8179

1010 Grayson Street, Suite 3, Berkeley, CA 94710

Cost: Sliding scale pay based on impact. Though not contracted with any insurance carriers, WMI will file claims electronically on your behalf, upon request, so that you may receive reimbursement for out-of-network coverage according to your plan.

*Individual and group therapy is available for a wide range of presenting issues. We specialize in the treatment of dual diagnosis (combined substance use and mental health disorders), trauma, LGBTQ issues, issues of emotional over-control and under-control, grief and loss, and life transitions. Dialectical behavioral therapy programs are available for both adults and adolescents.*

### **Tree House Family Counseling**

8 Crow Canyon Court #207, San Ramon

(925) 820-8447

maryruth@tcservices.org

Cost: Insurance is not accepted, however services may be covered in full or in part by your health insurance or employee benefit plan. Comprehensive receipts are available for you to submit for reimbursement. Lower fee services are offered by highly trained interns.

*Agency provides individual, family and couples counseling for both adults and children.*

*Agency specializes in play therapy for children.*

### **Trevor Life Line**

866-488-7386 (Suicide call for LGBTQ Adolescents 24/7)

202-304-1200 (Suicide text for LGBTQ Adolescents Thursdays and Fridays 1-5pm)

### **Trinity Life Counseling**

4625 First Street, Suite 235, Pleasanton

(925) 262-1155

Cost: Services may be covered in full or in part by your insurance (Blue Cross, Blue Shield, Aetna, Magellan, Value Options). Interns charge \$50-75/hr and licensed therapists charge \$80-150/hr. Reduced fee services available on a limited basis.

*Counseling center with experts who specialize in adjustments, adoption, anger, anxiety, children's issues, crisis counseling, depression, EMDR, foster parenting, grief, infertility, life transitions, pre-marital, marital issues, parenting, sexual and physical abuse, step-family issues, teen issues, terminal illness and trauma.*

### **Tri-Valley Community Counseling**

739 Main Street, Suite G, Pleasanton

(925) 290-7681

Cost: \$100/session for both individuals and families

*Local agency that has therapists that specialize in a variety of issues, including grief and bereavement therapy. A free pet loss grief support group meets on the 2nd and 4th Monday of each month from 7-8:30pm. Call Michele for a short intake at (925)307-6511 before attending the group. Visit <http://www.tri-valleycommunitycounseling.com> for more information.*

### **Tri-Valley Haven**

3663 Pacific Ave, Livermore CA 94550

Counseling or Administration: 925-449-5845 ext. 2852

Shelter: 925-449-5842 or 800-884-8119

Cost: 6 free session for domestic violence or sexual assault and then sliding scale fees, but will still provide services even if can't pay

*Services for sexual assault victims and battered women and children. Also provides shelter, counseling, support groups, legal services for temporary restraining orders, information and referral.*

### **Valley Pregnancy Center**

5776 Stoneridge Mall Rd #200, Pleasanton CA 94588

Main Line: (925) 425-0414

Post-Abortion Counseling: Marianne.Dellner@valleypregnancycenter.com (510)566-4020

Cost: Free

*Provides pregnancy testing, ultrasound, information on pregnancy options, support and counseling, early prenatal care, Earn While You Learn Program (baby clothes, diapers, formula, etc.), STD testing, monthly prenatal classes, as well as community assistance referrals, and post-abortion recovery groups.*

### **Valley Community Support Center**

3730 Hopyard Rd, Suite 103, Pleasanton CA 94588

(925) 560-5880 for information and (800) 491-9099 to receive a referral

Cost: Free for those with Medi-Cal

*Outpatient for adults and children, psychiatric services, medication therapy, screening for psychiatric hospitalization, case management, consultations and referrals for persons with chronic and persistent mental health services. For students with mild or severe emotional disturbance.*

## **INTENSIVE OUTPATIENT TREATMENT**

### **Bay Area Children's Association (BACA)**

111 Myrtle Street Suite 102, Oakland

(510) 922-9757 [info@baca.org]

Cost: Contracted with Anthem BC, Aetna, Cigna, MHN, Valley Health Plan, and Beacon Health (formerly known as Value Options). BACA will also call insurance companies who they are not contracted with directly, to create a single case agreement for IOP treatment. If paying out of pocket, IOP is \$600/day, but they do offer financial assistance.

*Provides evidence-based treatments for youth with mental illness. Services for teenagers and young adults, as well as their whole family system available in both English and Spanish. Comprised of a multi-disciplinary team so that clients can receive support from psychiatrists, psychologists, social workers and marriage/family therapists in one outpatient setting. Services include psychotherapy (individual, family and group), parenting support, academic/work support, and evaluation and management of medication. Offer both outpatient and intensive outpatient treatment programs. Groups include: Parenting Skills, Multifamily Group, Coping Skills, Cognitive Behavioral Therapy, Life Skills, Social Media Group, Expressive Arts, Nutrition Group, Physical Activity, Relationship Skills, and Academic Support. IOP program is 8 weeks long, Monday-Thursday 3-6pm.*

### **Center for Discovery**

(925) 233-4186

5075 Hopyard Rd. Suite 120, Pleasanton, CA 94588

Cost: In-network with all major insurance companies. Center for Discovery will do a free benefits verification to figure out what insurance coverage you can get, and will do free

assessments. They can also bill for Medi-Cal on an individual basis. Very willing to work with families to create payment plans or reduced fees. Also offer scholarships:

<http://www.discoveryscholarshipprogram.com/>

*Addresses eating disorders and mental health issues with PHP (partial hospitalization) and IOP (intensive outpatient) treatment. Therapists specialize in treating trauma.*

### **Fremont Hospital**

39001 Sundale Drive, Fremont CA 94538

(510) 796-1100

Outpatient Intake Coordinator: Sheila Downs (510) 574-4851 [sheila.downs@uhsinc.com]

Inpatient Program Manager: Ruth Doyle (510) 578-3385 [ruth.doyle@uhsinc.com]

Cost: Accepts most major insurance, but not Medi-Cal

*Children inpatient services (ages 6-11), adolescent (ages 12-17) and adult (ages 18+).*

*Outpatient services are available across the street in the following capacities: Adult Partial Hospitalization (PHP), Adult Intensive Outpatient Program (IOP), Adult Chemical Dependency Intensive Outpatient Program (Monday-Friday 6-9pm), Adolescent Partial Hospitalization Program (Monday-Friday 8:30am-3:30pm), and Adolescent Intensive Outpatient Program (any 3 hours/day). Fremont Hospital can provide transportation to and from treatment.*

### **Treatment Placement Specialist**

Bay Area Contact: Priscilla Tran (925) 667-0637

*Treatment specialists offer support in connecting you with the appropriate treatment for you or your loved one based on clinical need, insurance and geographic location. All consultation services are free of charge.*

## **RESIDENTIAL TREATMENT**

### **EVOLVE Teen Residential Treatment**

1-866-205-0864

Multiple Locations in Both Southern and Northern CA (Closest is Gilroy & Danville)

Ages: 12-17

Cost: Is able to do one-time agreements with most insurance companies, and payment plans are available for any portion the family is responsible for. Cannot accept Medi-Cal insurance.

*This program helps adolescents with mental health, addiction and behavioral health issues. Teens will receive solution-focused, data-driven, evidence-based, results-oriented therapy.*

*Everything is geared toward changing behavior and finding the right combination of treatment and support. Each residential treatment center is equipped with a state-of-the-art computing facility that allows students to connect to online learning portals, conduct research, and complete assignments provided by schools or parents. The staff facilitates all educational activities during treatment and ensures computer use for schoolwork is safe and appropriate. Typical length of stay is around 30-45 days. Students will automatically qualify for the program if they have any prior psychiatric hospitalizations or current self-harm behaviors.*

### **Newport Academy**

(855) 821-3782

Male Programs in Pleasanton & Castro Valley, Female Program in Marin

Cost: Able to make agreements with many insurance companies, or families can pay out of pocket.

*This gender-specific residential program focuses on addressing underlying causes of school refusal, mental health issues, eating disorders, substance abuse and other behavioral concerns. Upon admission to our residential teen treatment center, each adolescent is assigned an eight-person Treatment Team that develops a personalized program to ensure positive growth and sustainable healing. The Treatment Team consists of a psychiatrist, family therapist, medical doctor/pediatrician, registered nurse, registered dietician/nutritionist, recovery counselor and clinical director. Teachers work with each student, their parents and, current school teachers, and Newport Academy staff to create a customized academic plan for individual instruction that will help each unique teen grow and succeed academically.*

### **Discovery Mood & Anxiety Program**

(866) 850-4559

Cost: In network with all major insurance companies, and offers complimentary insurance benefit verification. Assessments are free. Will take Medi-Cal clients on an individual basis. Residential treatment for adolescents with primary concern being a mental health condition. Mostly stabilization and medication management. Clients most often come as a step-down from an inpatient hold to help them reintegrate into normal life.

### **Treatment Placement Specialist**

Bay Area Contact: Priscilla Tran (925) 667-0637

*Treatment specialists offer support in connecting you with the appropriate treatment for you or your loved one based on clinical need, insurance and geographic location. All consultation services are free of charge.*

## **INPATIENT**

### **Fremont Hospital**

39001 Sundale Drive, Fremont CA 94538

(510) 796-1100

Outpatient Intake Coordinator: Sheila Downs (510) 574-4851 [sheila.downs@uhsinc.com]

Inpatient Program Manager: Ruth Doyle (510) 578-3385 [ruth.doyle@uhsinc.com]

Cost: Accepts most major insurance, but not Medi-Cal

*Children inpatient services (ages 6-11), adolescent (ages 12-17) and adult (ages 18+). Outpatient services are available across the street in the following capacities: Adult Partial Hospitalization (PHP), Adult Intensive Outpatient Program (IOP), Adult Chemical Dependency Intensive Outpatient Program (Monday-Friday 6-9pm), Adolescent Partial Hospitalization Program (Monday-Friday 8:30am-3:30pm), and Adolescent Intensive Outpatient Program (any 3 hours/day). Fremont Hospital can provide transportation to and from treatment.*

### **John George Psychiatric Pavilion**

2060 Fairmont Drive, San Leandro

(510) 346-7500

Cost: Services provided for anyone that needs them regardless of economic status  
*Crisis telephone and walk-in services 24 hours a day, 7 days a week for anyone regardless of economic or social status. Serves adults only (adolescents would go to Willow Rock) and*



*services can be both voluntary and involuntary. Treatment includes: medication, psychotherapy, milieu therapy, group therapy, occupational therapy, and activity therapy. Both inpatient and outpatient services are available.*

### **Willow Rock Center**

2050 Fairmont Drive, San Leandro, CA

Crisis Services: (510) 483-3030

Inpatient Services: (510) 895-5502

Cecilia Mendoza Crisis Program Supervisor: (510) 760-6611

Cost: On crisis unit, they attempt to send a bill if the family has insurance, but won't send a bill if they are uninsured. For psychiatric inpatient unit, they only take Uninsured, Kaiser & Medi-Cal and bill separate insurances if the family has insurance (will take PPO plan). The rate is \$2,200/day and insurances typically do not cover the majority of the cost.

*Serves adolescents 12-17 years old. Includes a crisis response service through Seneca and an inpatient psychiatric health facility through Telecare. Short-term program designed to reduce and stabilize acute psychiatric symptoms with an emphasis on working the recovery process as a means of returning to the community. Crisis response is for issues that can be resolved in 23 hours or less. Average length of stay is 3-7 days for inpatient services. Services include evaluation and risk assessment, collaborative treatment planning, crisis stabilization, medical evaluation and management, counseling, neuropsychological assessment and discharge planning. Are not able to serve clients who have substance abuse or eating disorder as primary diagnosis. Most clients arrive in an ambulance, but they also take walk-ins. Center really wants to work with outside providers to create a viable discharge plan.*

### **Sausal Creek Outpatient Stabilization Clinic**

2620 26<sup>th</sup> Ave, Oakland

(510) 437-2363

Cost: No private pay clients accepted, but services are free for individuals with Medi-Cal or no insurance.

*Walk in services for adult psychiatric care Monday-Friday 8am-8pm, Saturday 8am-4:30pm, closed on Sundays. No different schedule for holidays. Services are outpatient and provided for individuals in acute distress or discomfort as a result of mental illness, difficulty with medications or personal/family crisis.*

## **ACCESSING MENTAL HEALTH BENEFITS THROUGH YOUR INSURANCE**

1. Call your medical insurance provider. The phone number is usually found on the back of your ID card.
2. Ask about Mental Health Counseling benefits available through your medical insurance policy.
3. Ask about the number of counseling sessions covered through your policy per calendar year.
4. Ask about any co-pay amounts due in connection with each counseling session you attend.
5. Ask for a referral to Mental Health providers in your area.
6. Review the list and select your top 3-5 picks.

7. Complete an internet search on each pick and narrow it down to your top 2 picks.
8. Contact your top choices to ask about current openings for new clients and schedule an appointment with them.

### **Alameda Alliance**

Call Member Services Monday-Friday from 8am-5pm at (877) 932-2738  
Contact Beacon Health Strategies at (855) 856-0577 for a referral for behavioral health services.

### **Anthem Blue Cross**

Call Confidential Health Line at 1-866-621-0043 and a behavioral health care professional will review your coverage and help you access your benefits to the fullest extent.

### **Blue Shield of California**

Call Member Services at (855) 256-9404 or search online at [www.blueshieldca.com](http://www.blueshieldca.com) under "Mental Health Caregivers" as the doctor type and then select "Search Blue Shield of California Network".

### **Cigna Healthcare**

Call Cigna Behavioral Health at (800) 926-2273 for a referral for behavioral health services or visit <https://apps.cignabehavioral.com/web/> for an online directory of providers.

### **Health Net**

Call the number on the back of your card or go to <https://www.healthnet.com> and click on Provider Search- Find a Doctor to locate a mental health provider in your area.

### **United Healthcare**

Call your HMO at (800) 624-8822 or your PPO at (866) 414-1959 or go online to <https://www.uhc.com/find-a-physician> to search for a provider list.

### **Kaiser**

Call Member Services at 1-800-464-4000 to look into your benefits. Once you have this information, you can call the Mental Health department for Tri-Valley at (925) 847-5051.