

Resource Directory

MENTAL HEALTH ASSOCIATION OF ALAMEDA COUNTY

Affiliated with the
California & National Mental Health Associations



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NAMI

NAMI HelpLine Launches New Nationwide Texting Support Option

[NAMI HelpLine](#)

Help-seekers can now text “HELPLINE” to 62640 between 10 a.m.–10 p.m. ET, Monday–Friday, to connect with the NAMI HelpLine. The free, peer-support service provides information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.

Alameda County 988

[The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline](#)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

[The 988 Lifeline](#)

988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.) Click below to learn more about 988.

[LEARN MORE](#)

[988 in Alameda County](#)

Crisis Support Services of Alameda County (CSS) is your local 988 center!

When someone calls 988 from a 510 or 341 area code, they will be routed to our call center and their call will be answered by one of our trained volunteers or staff.

We have been preparing for this launch with the support of our partners at Alameda County Behavioral Health and have created a website to share up to date information about 988 and to provide linkage to other crisis services in our county. We encourage you to visit 988alamedacounty.org. The FAQs are [HERE](#). Please note that you can still contact various crisis resources directly and 988 is not meant to add a barrier for providers or consumers.

You can also find us on

[CSS Facebook](#)

[CSS Instagram](#)

[CSS Twitter](#)

[What to expect when you contact 988:](#)

First, you'll hear an automated greeting with additional options. Press (1) for the veterans Lifeline and (2) for the Spanish Lifeline. We'll play you a little music while we connect you to a trained crisis line counselor. The location of the counselor is based on the area code of your phone. *The crisis line counselor will provide emotional support, safety assessment, safety planning, and referrals to appropriate and available resources.* [Keep reading.](#)

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Alameda

Mental Health Support

Alameda Family Services

The Alameda Family Services Clinic & Community Behavioral Health Care division provides counseling services to families, children, adults, couples, and groups.

510-629-6300

Alameda Family Services

2325 Clement Avenue

Suite A

Alameda, CA 94501 | info@alamedafs.org

The Felton (re)MIND program

The Felton (re)MIND® early psychosis program delivers comprehensive treatment grounded in wellness, recovery and resilience to people experiencing early signs and symptoms of a psychotic disorder, as well as providing families the tools to support their loved ones in their recovery process. Call for referrals 510-318-6100 | remindac@felton.org

COVID-19 Testing

Roots Community Health Center - Free Walk-up COVID-19 Testing for the Whole Community

REGISTER FOR TESTING HERE: <https://rootsclinic.force.com/COVID19>

510- 777-1177

9925 International Blvd. Oakland, CA 94603

<https://rootsclinic.org/covid-19-testing/>

Food Pantries

Alameda Food Bank

650 W Ranger Avenue

Alameda, California 94501

510-523-5850

Please note: We are only serving those who live, work or go to school in the City of Alameda. Each family may receive food once per week in-person at our Market. For those with mobility issues you may order online for curbside pickup.

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Mental Health Association of Alameda County

MHAAC // mail@mhaac.org // (510) 835-5010 // 954 60th St # 10, Oakland, CA 94608

Berkeley

Mental Health Support

Berkeley Mental Health Crisis Services

If you or someone you know is having a mental health crisis, please call (510) 981-5900 (Police Non-Emergency), or 911 if it is a life-threatening emergency. To leave a direct message for the Mobile Crisis Team, call (510) 981-5254.

CRISIS, ASSESSMENT, AND TRIAGE (CAT)

Phone: (510) 981-5244

Monday – Friday 10am-5pm

Berkeley Accessing Mental Health Services

Learn how adults, youth, children, and their families can receive mental health services from the City of Berkeley.

Berkeley Mental Health offers mental health services to adults, youth, and children who meet eligibility criteria. Read below to see if you or your child is eligible for services, how to access services, and what services are available.

Accessing services

To access adult mental health services, call or walk in to our clinic during open hours:

- Call (510) 981-5244
 - Monday–Friday, 10:00 am–5:00 pm
- Visit the Adult Services Clinic
 - Monday–Thursday, 10:00 am–1:00 pm
 - 2640 Martin Luther King Jr Way, Berkeley, CA 94704

Wahkan Substance Use Prevention Program End the Stigma

Looking for a Substance use counselor?

Berkeley Youth Alternatives offers counseling services for youth and adults seeking help with substance use.

- No insurance needed
- Available to all ages
- Initial Assessment
- Individual, Group, & Family counseling
- Resources

For questions, contact Alanna Javier, MS 510-845-9010 Ext. 255 Ajavier@byaonline.org

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[Bonita House Creative Wellness Center](#)

1909 University Ave., Berkeley, CA 94704

(510) 809-3004

Monday to Friday, 9am to 5pm

Bonita House, Inc. (BHI) is a private non-profit mental health agency offering a range of services for adults diagnosed with co-occurring psychiatric disabilities and substance use disorders. Services include intensive residential treatment, supported independent living, housing and supported employment, outpatient case management, wellness centers, and healthcare clinic services.

Coalition for Alternatives in Mental Health

3234 Adeline St, Berkeley, CA 94703

(510) 653-3808

Monday to Thursday, 9am to 4pm

Friday, 9am to 2pm

Client run, multi-purpose community center for past and present mental health clients and people undergoing significant emotional distress (free)

[Berkeley Free Clinic](#)

2339 Durant Ave, Berkeley, CA 94704

(510) 548-2570 | info@berkeleyfreeclinic.org

Peer counseling, dental services, screenings, health insurance and food benefits, and more

Covid-19 Test

[Instant Urgent Care](#)

3095 Telegraph Ave, Berkeley, CA 94705

(510) 495-0772

Monday to Friday, 10am to 1pm, 1:30 to 7pm

Saturday, 9am to 5pm

Sunday Closed

Rapid RT -PCR COVID-19 Tests now available for travel clearance and employee COVID-19 Rapid Testing

[City of Berkeley – Get Tested for COVID-19](#)

West Berkeley Service Center 1900 6th St. (888) 634-1123

Optum Mobile Testing Pop-ups: 7 a.m. to 7 p.m. on designated days (888) 634-1123

- Standard PCR (walk-up only) and Rapid Antigen testing option available
- Curative Test Kiosk 1701 San Pablo, Berkeley Adult School parking lot, Everyday 9am-4pm
- Other PCR Testing Options
- COVID-19 At Home Test Kits (Antigen)
- COVID-19 Advice Line for Uninsured

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Food Pantries

Help Berkley

Free meals for food-insecure neighbors at risk of COVID-19 - Six meals per week prepared and delivered by volunteers for free. Stay home. Stay safe.

Visit website <https://www.helpberkeley.org/>

Or call 510-288-3080

Berkeley Food Pantry

510-525-2280 <https://www.berkeleyfoodpantry.org/>

1600 Sacramento Street

Berkeley, California 94702

Mondays, Wednesdays, Fridays, 2-4pm

Need Proof of Residency and Identification (Berkeley & Albany). Please obtain an appointment slip between 11am-3pm and return during your appointment time to receive food. For monthly home delivery call

510-525-2280 and request to be sent an application or For details and to sign up, see our [online application](#).

Meals & Groceries for Seniors

Access nutritious meals and groceries through TriCity Cafés at Berkeley Senior Centers, Mercy Brown Bag grocery pick-ups, or Meals on Wheels deliveries.

Senior Center 510-981-5170

Meals on Wheels Program 510-981-5250

Hayward

Mental Health Support

Sally's Place

Respite care

1525 B Street, Hayward, CA 94541

(510) 963-9849

Open 24/7

Accepting referrals only by phone (no walk-ins)

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Covid-19 Testing

La Familia

For additional support or questions regarding registration, results, or to make changes to your profile after submitted, please call 650-275-5419 or email support@primary.health

La Familia Link to COVID-19 vaccine [registration](#)

Food Pantries

South Hayward Parish Emergency Food Program

27287 Patrick Ave., Hayward, CA 94544

(510) 785-3663 (FOOD)

Monday, Tuesday, Thursday, Friday, 2pm to 4pm

Closed Wednesdays

Open 4 days per week, the food pantry serves thousands of pounds of food per month to our neighbors in Cherryland, Ashland, San Lorenzo, Hayward, Castro Valley, and Union City

Eden United Church of Christ

21455 Birch St., Hayward, CA 94541

(la esquina de Birch y Grove | at the corner of Birch and Grove)

(510) 582-9533

Providing food to the community bimonthly, bring your own bag, call for details

Fremont

Mental Health Support

Fremont Youth and Family Services - Youth Mental Health Counseling

510-574-2100

yfs@Fremont.gov for information about counseling or family support services.

More information on [our website](#).

COVID-19 Testing

Bay Area Community Health

39500 Liberty St.

Fremont, CA 94538

Appointment Line

510-770-8040

Monday – Thursday, 8am - 7pm

Friday – Saturdays, pm 8am – 5pm

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Food Pantries

[City of Fremont - Food Assistance](#)

510-574-2000

-In partnership with [TCV Mobile Food Pantry](#), the FRC provides a food distribution twice a month. Every 1st and 3rd Wednesday, 10:30am – 11:30am.

-SEVA Food Truck - Free hot vegetarian meals are available on the same days as our Mobile Food Pantry

- Sunday Breakfast - All are welcome to this Sunday breakfast provided by the Buddhist Tzu Chi Charity Foundation, known as **Tzu Chi Foundation**. Every Sunday morning, 8am – 9am.

[Tri-City Volunteers Food Bank](#)

37350 Joseph St.

Fremont, CA 94536

510-598-4068 Services

510-793-4583

TCV Food Bank is a non-profit organization that provides food assistance and low-cost clothing and household items to the residents of Alameda County.

CityServe Soup Talk

11:30am-12:30

CityServe's Thursday Soup Talk for unhoused community members is available behind FRC Building ABCD, facing the new Downtown Event Center. Download and print [flyer](#) to share.

[Joyful Bounty from Compassion Network](#)

510-796-7378

Joyful Bounty Our Annual Food Distribution for low-income families who reside in Fremont, Newark, or Union City.

Outpatient Services

[HealthRight 360's Asian American Recovery Services](#)

33440 Alvarado Niles Rd. Union City, CA 94587

(located in the Central Plaza)

510-474-7414

Open Monday, Wednesday, and Friday, 9am-6pm, Tuesday and Thursday, 11am-8pm

Offering adult outpatient, intensive outpatient and recovery support services (OS/IOS/RSS) to Alameda County residents who are eligible for Alameda County Medi-Cal or uninsured. Specialty in serving Asian American communities and Transitional Age Youth (ages 18-24).

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Housing and Shelter

[Housing Resource Center at FRC - For anyone experiencing homelessness](#)

Drop-in Thursdays from 12-2pm AND 1-3pm

FRC Millennium Room, 39155 Liberty St, Fremont

Our Homeless Care and Response Division is now hosting drop-in hours as a South County Housing Resource Center (HRC) at the FRC. This is an opportunity for people seeking housing problem-solving support, shelter assessments and referrals, or housing assessments. For more information, call the FRC at 510-574-2000. For additional resources, visit [Fremont's Homeless Care & Response](#) webpage.

Rental Assistance Funds Are Still Available - Need Help Paying Rent or Utilities?

Keep Fremont Housed, the City of Fremont's rental assistance program, is accepting applications from Fremont households financially impacted by COVID-19.

Qualified applicants can receive assistance to catch up on back rent and utilities.

Visit www.fremont.gov/keepfremonthoused to see if you qualify and to review what documents you'll need to apply. Call the Fremont Family Resource Center at 510-574-2028 if you have any questions or to apply by phone.

Language assistance is available.

Home Match from Covia

Nonprofit home-sharing service that City of Fremont Human Services partnered with to help our community. Home Match connects roommates based on compatibility. They screen both parties, offer on-going support, even after move-in and it's free. Open to those who currently live, work, or study in Tri-City and earn no more than \$100K gross income (single-person household).

Browse their [current room list](#) and if something interests you, contact Home Match at 510-574-2173, cfuchshuber@covia.org, or the [Covia Home Match website](#). If you have a room in your home to share, contact Home Match.

Rent Review

For all rent increase questions and services

510-733-4945

rentreview@fremont.gov

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Oakland

Mental Health Support

Family Paths 24 hr. Hotline for parents

800-829-3777

<https://familypaths.org/>

Hotline, Advice line, Respite Childcare, Positive Parenting Classes
Preschool Mental Health consultation, CalWORKs Case Management
and Therapeutic services, Early Childhood Mental Health Services,
Families in transition, Treatment, Intervention & Prevention,
Victims of Crime Therapeutic Services, Finding Peace Within. Eng., Span.

Carl B. Metoyer Center for Family Counseling – UMOJA Virtual Healing Circles

The [Carl B. Metoyer Center for Family Counseling](#) is offering free Virtual Healing Circles for family members impacted by incarceration. There are healing circles for parents, caregivers and children and they all start the week of March 15. Click [here](#) for their flyer or visit its [website](#) for additional information.

C.A.R.E.S. “Deflect, Defer, Divert”

Services for people who have committed low-level offenses.

CARES stands for “Community Assessment, Referral and Engagement Services.” This program diverts individuals away from jail and the criminal justice system and into supportive services.

Support is provided by a peer specialist and a clinician.

Services Provided:

Respite

Peer Counseling

Employment Services

Mental Health referrals

Substance use treatment referrals

Partnering for a stronger, healthier and safer community

Learn more:

Alameda County District Attorney's Office

Attn: Mental Health Unit

1225 Fallon Street

Oakland, CA 94612

510-272-6222

D.A.MentalHealthUnit@acgov.org

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Mental Health Association of Alameda County

MHAAC // mail@mhaac.org // (510) 835-5010 // 954 60th St # 10, Oakland, CA 94608

The Schreiber Center

Comprehensive mental health services for individuals over the age of 21 with an intellectual disability and developmental disabilities.

Eligibility:

- Live in Alameda County
- Be at least 18 years of age (used to be 21 yrs. of age)
- Be a Regional Center of the East Bay client
- Have a covered behavioral health insurance plan
- No mental health diagnosis required

Services:

- Assessment for specialty mental health services
- Support clients with complex behavioral, emotional, or psychiatric needs
- Case consultation
- Psychotherapy
- Medication Support

How to access services:

May be referred by their Regional Center Case Manager, someone who knows them like a family member, or the client may call themselves directly.

Contact:

510-891-5650 and 510-383-5020
Eastmont Town Center
7200 Bancroft Avenue
Oakland CA 94605

COVID-19 Testing

[Roots Community Health Center – COVID-19 Testing](#)

9925 International Blvd. Oakland 94603 (parking lot)
510-777-1177

Free Walk-up COVID-19 Testing for the Whole Community
REGISTER FOR TESTING [HERE](#)

[Asian health Services](#)

510-735-3222

Madison Park - Test Site Tuesday: 7:30AM-12:30PM, 1:30PM-4PM

Wednesday: 1PM-4PM

Thursday: 7:30AM-12:30PM, 1:30PM-4PM

Friday: 7:30AM-12:30PM, 1:30PM-4PM ***Note: Closed on 2/1 for Chinese New Year**

810 Jackson St. Oakland CA 94607

Fremont American High School - Test Site *Saturday: 9AM-10:30AM, 11AM-1PM*

36062 Fremont Blvd. Fremont, CA 94536

Clinton Park - Test Site *Monday: 1PM-4PM*, 655 international Blvd. Oakland CA 94606

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Food Pantries

[Alameda County Community Food Bank](#)

7900 Edgewater Drive
Oakland, CA 94621
(510) 635-3663

[Telegraph Community Ministry Center – Food Pantry](#)

5316 Telegraph Ave.
Oakland, CA 94609
510-961-4385

City Team Ministries - Family Services

722 Washington Street
Oakland, CA 94607
510-452-3758.

Call for center hours.

Project Open Hand - East Bay

1921 San Pablo Avenue
Oakland, CA 94612
510-622-0221

HIV / AIDS patients can apply for emergency services, including food.

East Oakland Switchboard

1909 - 73rd Avenue
Oakland, CA
510-569-6369

Clients with a referral from a local charity or Social Services Agency can get food. Referrals are also provided to housing, grant programs such as Cal-Works, and applications to SNAP or free school lunches.

St Vincent de Paul of Alameda County

2272 San Pablo Avenue, Oakland, CA 94612
510 638 7600

The Center is a safe and welcoming place to take a break from life on the street and to fulfill basic needs. Friendly and helpful staff and volunteers direct clients to showers, a hot meal, laundry facilities, the Clothing Closet, Wellness and Podiatry Clinics and provide referrals to other services. Free hot lunch served Tuesday through Saturday, 10:45am to 12:45pm.

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St. Elizabeth's Parish - Bread and Roses

1500 - 34th Avenue., Oakland, CA 94601

510-536-1266

St. Mary's Center

925 Brockhurst Street

Oakland, California 94608

If you are in need of an emergency food bag, leave a message at 510 923-9600 x 220.

West Oakland Community Collaborative

(510) 350-6249, (510) 835-8683 Food Distribution during COVID-19 Every Monday, Wednesday, Friday, and 4th Sat. of the month from 9am-2pm. Sign in sheet necessary. Pick-up at West Oakland Food Pantry 1640 10th Street (In the parking lot behind St. Patrick Church) The non-profit operates the West Oakland Food Pantry.

Shelter

City of Oakland – Housing

As of January 7, the City of Oakland's Emergency Rental Assistance program is oversubscribed. Tenants and landlords may still submit an application but will be placed on a waitlist. There is no need to upload supporting documents at this time. If additional resources are made available, waitlisted applicants will be contacted based on priority need. Thank you.

The COVID-19 crisis has impacted many Oakland families. If you are a renter or a homeowner who is at risk of losing their home visit [Keep Oakland Housed](#) to apply for assistance. If you are a landlord or renter in Oakland learn about the [City's Eviction Moratorium](#). Landlords may still contact housingassistance@oaklandca.gov or call 510.238.6182 to inquire about their tenant's emergency rental assistance application status.

BACS Housing Resource Center

510-613-0330

bacs@bayareacs.org

Building Opportunities for Self-Sufficiency (BOSS)

Rosa Parks

521 West Grand Avenue

Oakland, CA

510-843-8210, Call 2-1-1 with assistance with being referred.

Applicants must be referred by one of the following: Alameda County HomeStretch, Alameda County Behavioral Health Care Services Agency, Berkeley Mental Health or by the 211 Coordinated Entry system.

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[Operations Comfort and Safe Ground](#)

384-14th Street
Oakland, CA 94612-3208
(510) 891-8950

Operation Safer Ground is safe housing available for homeless individuals who are over the age of 65, or medically fragile, high-risk with a variety of health conditions. People eligible for Operation Safer Ground are identified by the Health Care Services Agency (HCSA) through a review of the Homeless Management Information System (HMIS) and health care data.

San Leandro, San Lorenzo

COVID-19 Testing

[Free Community Testing Sites -Community Testing Calendar](#) (Please visit the Free Community Testing Calendar for COVID-19 Testing sites in the city of San Leandro.

Food Pantries

All Saints Episcopal Church Food Pantry at the Neighborhood Center

911 Dowling Blvd
San Leandro, CA 94577
(510) 569-7020

First Saturday of the month
11:00 am to 2:00 pm

Hot meals, clothing, basic needs, and other services are provided to seniors, low-income families, children, and people in need from the immediate community.

[Davis Street Community center](#)

3081 Teagarden St.,
San Leandro, CA 94577
(510) 347-4620

Food pantry for anyone who needs food, meets low-income requirements, and resides in San Leandro, or the Eden area, including San Lorenzo, Castro Valley, Ashland, and Cherryland of Hayward and can show proof of residency and income.

San Lorenzo Family Help Center

Ecumenical Food Pantry
100 Hacienda Avenue
San Lorenzo, California 94580-3444
510-361-0080, Bring Identification and Proof of Residency

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[Lake Merritt United Methodist Church](#)

510-465-4793

Lake Merritt UMC distributes healthy lunches and hygiene supplies on **Tuesdays and Thursdays** (11:30 – 1:00) to the unsheltered and other individuals in need around Lake Merritt. **Each Tuesday**, delicious well-balanced hot meals prepared by local restaurateurs are made available to the community for curbside pickup from our 1st Avenue parking lot at 1:15. This is made possible through a partnership with Eastlake United for Racial Justice (EUJ) and World Central Kitchen. **Volunteer to help distribute these meals. Please *call to find out exact hours.***

Tri-Cities

Food Pantries

Tri-Cities Community Development Center - Dollie's Closet

37620 Filbert Street
Newark, CA 94560
510-790-9092

Salvation Army - Tri-Cities Corps Community Center

36700 Newark Blvd
Newark, California 94560
510-793-6319

[Centro de Servicios](#)

525 H Street
Union City, CA 94587
510-489-4100

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Mental Health Association of Alameda County

MHAAC // mail@mhaac.org // (510) 835-5010 // 954 60th St # 10, Oakland, CA 94608

COVID-19 Updates, Testing, Vaccines

Alameda County's Response to Monkeypox (8/01/2022)

We continue to closely monitor monkeypox cases in Alameda County. ACPHD continues to work with community partners to expand access to vaccines for those who are at the highest risk of exposure while partnering with health care providers to expand access to treatment. ACPHD is expected to receive close to 3,200 doses of the Monkeypox vaccine (JYNNEOS) from the State. In the last allotment, Alameda County received almost 900 doses of JYNNEOS vaccine. To get a precise estimate of how many Monkeypox vaccines Alameda County needs, we look at data on the proportion of County residents who are at risk for Monkeypox exposure. This data is currently unavailable; however, we estimate the need is well over 10,000, possibly in the tens of thousands. Testing for monkeypox is more widely available now that multiple large commercial laboratories offer this service. Individuals should contact their primary care provider, and residents without a primary care provider should contact the Alameda County Public Health Department at monkeypox@acgov.org. ACPHD is currently exploring ways to track monkeypox testing in the county.

We recommend that persons with symptoms of monkeypox notify their primary care provider and make an appointment for evaluation and testing, and stay home except to get medical care.

For more information about monkeypox, please visit the [ACPHD website](#) and [the California Department of Public Health website](#).

Alameda County Health Services Agency: COVID-19 Reduce Your Risk (7/29/2022)

Alameda County continues to see a high number of COVID-19 cases among residents. Wearing a mask indoors protects against infection, especially when the virus that causes COVID is circulating at high levels in our communities. Hear from [Tiburcio Vasquez Health Center CEO Andrea Schwab-Galindo](#) and [Alameda County Health Officer Dr. Nicholas Moss](#) about masking for your health and those around you.

Despite high case numbers, many residents are returning to pre-pandemic activities. We encourage you to safely engage in activities that bring you joy by taking steps to protect yourself and others. If [traveling](#), reduce your risk of infection or spreading the virus by wearing a mask, testing before and after travel, and staying home if sick or positive. Staying up to date on your and your family's COVID-19 vaccine doses can prevent severe illness during or after travel if you do become infected. Watch this [video from Roots Community Health Center](#) on best practices for gatherings

Families are also preparing for the start of a new school year, and we've gathered resources and messages, including a COVID-19 guidance video series, to support a healthy start to the school year that you can use with your communities in a [Back-to-School toolkit](#).

Monkeypox - What You Need to Know

Unlike COVID-19 which spreads easily through the air, monkeypox is spread by close personal contact with someone who has monkeypox, or by touching contaminated items, like bedding. The chances of getting monkeypox are low unless engaged in activities that place a person at higher risk

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of exposure, like having sex with multiple partners. It's important to be on the lookout for any symptoms that suddenly appear, like rashes or sores on the face, hands, feet, butt, and genitals that may be accompanied by a flu-like illness. If you notice symptoms or been exposed, contact a health care provider immediately. If you don't have a health care provider, please contact monkeypox@acgov.org.

The California Department of Public Health is leading the coordination of the monkeypox response across the state, including through the allocation of available vaccine and providing data and guidance for local health departments, as well as by providing forums for the exchange of information. Like other outbreaks, we share information and best practices, provide input on potential public health strategies, and use existing surveillance systems to ensure coordination of case and outbreak investigations with public health colleagues in the region and across the state.

The Alameda County Public Health Department is receiving reports from health care providers, providing guidance, connecting possible cases to testing, and contact tracing. We are providing [education](#) so residents are aware of what [monkeypox](#) is and how they can protect themselves, as well as increasing access to pre-and post-exposure vaccination in communities most directly impacted by this outbreak.

At this time, there is a limited supply of vaccine, and [eligibility](#) includes anyone who has been exposed to a confirmed or suspected case (PEP) or has a high likelihood of exposure (PrEP). We are allocating vaccine to health care providers in Alameda County and working with local organizations to determine when we may be able to start offering vaccination clinics to reach more residents. Currently, vaccine is not recommended for individuals who are already exhibiting symptoms or have confirmed monkeypox infection, but treatment is available.

- [5 Things Sexually Active People Need to Know](#) About Monkeypox video (CDC)
- [Monkeypox Q & A](#) (CA Department of Public Health)
- [What is Monkeypox?](#) video (Kaiser Family Foundation)

[Monkeypox information](#) and [Situation Update](#) (Alameda County)

GET YOUR DIGITAL COVID-19 VACCINE RECORD: <https://myvaccinerecord.cdph.ca.gov/>

COVID-19 Testing and Vaccination in the Bay Area

- **Kaiser Permanente** to cover cost of COVID-19 rapid antigen home tests
Following guidance from the Biden administration, Kaiser Permanente will now reimburse members for FDA-approved rapid antigen home tests. Members can submit a reimbursement claim [here](#) for tests purchased on or after January 15.
- **COVID-19 vaccines are safe, effective, and FREE for everyone 12 and older.** Visit <https://covid-19.acgov.org/vaccines.page?#availability> to learn where you can find a vaccination site near you or call 510-208-4VAX (510-208-4829). If you missed your second dose, you should still complete your vaccination series.
- [Bay Area Community Health](#) (510) 770-8040

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- **BACH** is now offering COVID-19 vaccines (Pfizer, Moderna, and J&J) to patients and community members 5 years and older. COVID-19 vaccines have been proven to be safe and effective. Visit our website to learn more about COVID-19 Testing, Vaccination, and other COVID-19 Vaccine Resources. To make an appointment call (510) 770-8040.
- **Roots Community Health Center - Free Walk-up COVID-19 Testing for the Whole Community**
REGISTER FOR TESTING HERE: <https://rootsclinic.force.com/COVID19>
510- 777-1177
9925 International Blvd. Oakland, CA 94603
Walk-up COVID-19 Testing <https://rootsclinic.org/covid-19-testing/>
We do ask for insurance information in case it can assist us with reimbursement in the future, but this is completely optional.
- **Asian Health Services** – For testing Sites visit: <https://asianhealthservices.org/ahs-covid-sites/>
To get the COVID-19 Vaccine: <https://asianhealthservices.org/covid19vaccine/> or call the COVID Helpline at 510-735-3222 to make an appointment
To learn more about free COVID-19 community testing sites throughout Alameda County, please visit <https://covid-19.acgov.org/testing.page>
- Asian Health Services is offering free COVID-19 Vaccines to patients and nonpatients regardless of insurance and immigration status. To make an appointment, call our multilingual helpline at 510-735-3222.
- Update: **AHS is now offering COVID-19 vaccines for children.** These are by appointment only and there are limited slots. To make an appointment, call 510-735-3222. Please note that the Helpline is experiencing high volumes with the demand for both boosters and pediatric vaccines. Please also feel free to use <https://www.vaccines.gov> or <https://myturn.ca.gov/> to schedule your vaccine appt.
- **La Familia Covid-19 Vaccination and Testing**
Testing
20095 Mission Blvd. Hayward, CA 94541, M – F, 9am – 3:30pm at
Skywest Golf Course at 1401 Golf Course Road Hayward, CA 94541, M – F, 9am – 3:30pm
Vaccine and Boosters
Skywest Golf Course at 1401 Golf Course Road Hayward, CA 94541, M – F, 9am – 3:30pm
For more information, call 510-954-0560

[Children and Youth COVID-19 Vaccine - Alameda County Health Care Services Agency](#)

- [List of Places Offering Vaccine for Ages 6 months and older](#)
- [Frequently asked questions](#)
- [Vaccine Availability](#)

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Services for People Living with Disabilities

Schreiber Center

Services

The core services offered by the Schreiber Center are:

- Assessment for Specialty Mental Health Services
- Case Consultation
- Psychotherapy
- Medication Support

Schreiber Center Brochure: [English](#) | [Spanish](#) | [Chinese](#)

Eligibility

The Schreiber Center currently serves residents of Alameda County ages 21 and up who are clients of the Regional Center of the East Bay. Additionally, clients must meet the [Specialty Mental Health Criteria](#) and have a covered behavioral health care plan to be considered eligible for services. Please contact your RCEB case manager to request a referral.

Community Resources for Independent Living (CRIL)

The Center for Independent Living (CIL)

510-841-4776

<https://www.thecil.org/events/work-and-disability-benefits-clinic-54>

A100 (Fremont FRC) 510.794.573

Deaf, Counseling,

Hayward

510-881-5743

<https://www.crilhayward.org/>

Deaf Counseling & Advocacy and Referral Agency (DCARA)

D420 (Fremont FRC) 510.790.1433 (TTY and VP)

510.371.0042 (Voice)

<https://dcara.org/>

DCARA provides a wide range of services for our community members and their families such as communication access assistance, independent living skills, employment services, peer counseling, information & referral, advocacy services, and community education that empower Deaf people to live independent and productive lives, with full access to the rights, privileges, and opportunities available to the general public.

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State Department of Rehabilitation

F630 (Fremont FRC) 510.794.2458

Oakland

<https://dor.ca.gov/>

510-622-2764

Berkeley

510-883-6000

Disability Rights Education & Defense Fund (DREDF)

510-644-2555 | iephelp@DREDF.org

Provides advocacy and support for people with disabilities and their families.

Areas of support are healthcare access, special education access, legal advocacy, public policy, housing, information and more.

Support is also provided in Spanish

When you call leave a voicemail with the following information:

Name, phone number, School district and reason for calling.

<https://dredf.org/>

Family Support & Parenting Support

4 C's, Parenting Classes

- Fremont (510) 713-2557
- Hayward (510) 582-2182 #5

A Better Way, Inc.

Classes for men and women (510) 332-3067

Stipend provided to participants

African American Family Support Group, MHAAC

(510) 835-5010

4th Tuesday of Month

Alameda Family Services

(510) 629-6300

Family Support Resource Center Clinic Counseling Services (Intake Line) 510-629-6210

The Alameda Family Services Clinic & Community Behavioral Health Care division provides counseling services to **families, children, adults, couples, and groups.**

Please call the intake line at 510-629-6210 to schedule a phone screening or to get more information about our intake procedure.

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Mental Health Association of Alameda County

MHAAC // mail@mhaac.org // (510) 835-5010 // 954 60th St # 10, Oakland, CA 94608

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Bananas Warm Line Parent Coaching

Feeling stressed and need some parent coaching? Depending on your zip code, you may qualify for this free service! Our Family Resource Program Lead is here to help 510-658-7353 Ext. 143
Learn more about Bananas Warm Line Parent Coaching Program [English](#) | [Spanish](#)

Brighter Beginnings Oakland (510) 437-8950, After Hours / 24/7 Hotline 877-427-7134

Brighter Beginnings offers comprehensive mental health services for adults, adolescents, and infants. Our services are covered by Medi-Cal.

Casa del Sol 510-535-6200, M-F, 9am-6pm

Mental health services for infants/toddlers 0-5 years, school-age youth, and adolescents

Child Protective Services for Alameda Co. (CPS) (510) 259-1800

Alameda County's Children and Family Services respond to reports of child abuse or neglect. Any individual can call our hotline to report any suspected child abuse. All reports are confidential.
Call our hotline now at 510-259-1800, available 24 hours a day, 7 days a week

Day Break Adult Care Center (Respite – Affordable Respite Care)

Day Break's Information and Assistance Warm Line 510-834-8314

roger@daybreakcenters.org

Family Paths

24-hour Crisis Line, Eng./Span (800) 829-3777

Hotline, Advice line, Respite Childcare, Positive Parenting Classes
Preschool Mental Health consultation, CalWORKs Case Management
and Therapeutic services, Early Childhood Mental Health Services,
Families in transition, Treatment, Intervention & Prevention,
Victims of Crime Therapeutic Services, Finding Peace Within.
Translation in over 400 languages.

Gender Spectrum

(510) 567-3977

Gender Spectrum's mission is to create a gender-inclusive world for all children and youth. To accomplish this, we help families, organizations, and institutions increase understandings of gender and consider the implications that evolving views have for each of us.

Help Me Grow of Alameda Co

(888) 510-1211

Support with questions and concerns about your child's development, learning or behavior.
Free and confidential Support and Resources.

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[Herald Family Rebuilding Center](#), (510) 790-3366

We serve Chinese-Speaking parents and children in family crises. We promote healthy life-skills and hope for family rebuilding for an effective, faithful and meaningful future. Services include Family Education, Lay Counseling, Professional Marriage and Family Therapy, Personal Growth Groups, Parenting Classes, and Life-Rebuilding Retreats.

Lincoln's Kinship Support Services Program

Services to kinship families – in which a child is being raised by his or her relatives.

Hayward

510-273-4700 Ext. 2000

Tri-City Office

Fremont Resource Center

510-821-4696 Mon & Wed

Food Banks & Food Programs

CalWorks and CalFresh

[CalWorks / CalFresh](#)

510-263-2420 Monday – Friday, 8:30 AM - 5:00 PM

[Alameda County Community Food Bank](#)

7900 Edgewater Drive

Oakland, California 94621

510-635-3663, 9am-4pm M-F

Customer service representatives direct residents to food programs. Whether it is a Senior Brown Bag or Meals on Wheels, or just a box of emergency food for the weekend, free information is given out. **If you need food today or for CalFresh please call us.**

[Alameda Food Bank](#)

650 W Ranger Avenue

Alameda, California 94501

510-523-5850

Receiving Food

Please note: We are only serving those who live, work or go to school in the City of Alameda. Each family may receive food once per week in-person at our Market. For those with mobility issues you may order online for curbside pickup.

[Berkeley Food Pantry](#)

510-525-2280

1600 Sacramento Street

Berkeley, California 94702

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Mondays, Wednesdays, Fridays, 2-4pm

Need Proof of Residency and Identification (Berkeley & Albany). **Please obtain an appointment slip between 11am-3pm and return during your appointment time to receive food.** For monthly home delivery call

510-525-2280 and request to be sent an application or For details and **to sign up**, see our [online application](#).

City of Fremont Food Resources 510-574-2000

Tri City Volunteers Pantry: 510-793-4583

In partnership with [TCV Mobile Food Pantry](#), the FRC provides a food distribution twice a month.

Every 1st and 3rd Wednesday

10:30am – 11:30am

SEVA Food Truck - Free hot vegetarian meals by 5sikhSEVA.org

Every 1st and 3rd Wednesday, 10:30am – 12:30pm

FRC Parking Lot

39155 Liberty St.

Fremont

Sunday Breakfast

For our unhoused community members Sunday breakfast provided by the Buddhist Tzu Chi Charity Foundation, known as Tzu Chi Foundation. Every Sunday morning, 8am – 9am.

CityServe's Thursday Soup Talk

Volunteers from CityServe churches host a lunch for unhoused community members.

Located behind FRC Building ABCD, 39155 Liberty St., facing the new Downtown Event Center, Thursdays, from 11:30am-12:30. Click here for the [flyer](#).

San Leandro All Saints Episcopal Food Pantry at the Neighborhood Center (510) 569-7020

1st and 3rd Saturdays, 11am to 1pm

911 Dowling Blvd

San Leandro, CA 94577

Davis Street Community Center - Food Pantry (510) 561-9042

Monday – Thursday, 10am to 5pm

3081 Teagarden St.,

San Leandro, CA 94577

Food pantry for anyone who needs food, meets low-income requirements, and resides in San Leandro, or the Eden area, including San Lorenzo, Castro Valley, Ashland, and Cherryland of Hayward and can show proof of residency and income. Sign up by filling out this [online form](#) or [print it out](#). Please bring your photo ID and kindly wear a mask.

South Hayward Parish – Food Pantry 510-785-3663

Open Monday, Tuesday, Thursday, and Friday 2:00 PM – 4:00 PM Or until food is depleted. Serving Hayward, Castro Valley, Union City and nearby neighborhoods.

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Alameda County Social Services Agency (SSA) Medi-Cal, Cal Fresh and CalWORKs

Alameda County Social Services Agency Office Locations hours 8:30am – 5pm

- East Oakland, 6955 Foothill Blvd, (510) 383-5300
Self Sufficiency Center, Suite 100
- East Oakland, 8477 Enterprise Way (510) 639-1090
- Fremont, 39155 Liberty St., Suite C330 (510) 795-2428
- Hayward, 24100 Amador Ave (510) 670-6000
Eden Area Multi-Service Center
- Livermore, 2499 Constitution Dr. (925) 455-0747
- North County, 2000 San Pablo Ave (510) 891-0700

Health Insurance

- Health Insurance Technicians (HealthPAC) (800) 422-9495
- Alameda Alliance of Health (877) 932-2738
- Blue Cross of California (800) 407-4627
- Covered California (800) 300-1506
- Fremont Family Resource Center (510) 574-2000
- Medi-CAL Access Program (800) 433-2611

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Housing & Shelter

Dial 211 For Health, Housing and Human Resources:

- Free, Confidential, 24 hours/day, 7 days/week, Multi-lingual
- Information & Referrals for Government programs, Housing-related services, Community services, Support Groups, Educational Opportunities, Job Training programs and much more. 911 for Emergencies

Apply today at ac-housingsecure.org Or call 2-1-1 for more information

City of Alameda Housing Authority (510) 747-4300

www.alamedahsg.org

For over 75 years, The Housing Authority of the City of Alameda has provided a range of housing assistance to low-income households. Our programs include Housing Choice Vouchers, Project-Based Vouchers, specialized housing assistance, Family Self-Sufficiency, affordable real-estate development, community development projects, resident services and the management of our own properties.

[Bay Area Legal Aid Tenant's Rights](#)

Provides legal assistance to low-income individuals with illegal evictions, substandard housing conditions, discrimination, and wrongful denials of housing subsidies.

www.baylegal.org | New clients call 1-800-551-5554, Current clients call 510-663-4744

[Catholic Charities of The East Bay \(510\) 860-4985, 510-768-3100](#)

Are you struggling to pay rent, utilities or a security deposit? If so, Catholic Charities East Bay may be able to help. Call us 925-825-3099 or 510-860-4985 or email us at housingservices@cceb.org to speak with one of our housing specialists.

[Davis Street Housing Assistance Information Program \(510\) 347-4620 Ext. 163](#)

Anyone living in Alameda County can use our emergency and low-income housing assistance information service. It is absolutely free.

[Building Future with Women and Children \(510\) 357-0205](#)

(Call 211 for Countywide Shelter Referrals)

1395 Bancroft Ave., San Leandro 94577

24-hour CRISIS LINE: 1(866) 292-9688

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Mental Health Association of Alameda County

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ECHO's Programs:

Fair Housing Services serving urban and unincorporated Alameda, Contra Costa, and Monterey Counties, and the Cities of Alameda, Antioch, Concord, Hayward, Livermore, Monterey, Oakland, Pleasanton, Richmond, Salinas, San Leandro, Seaside, Union City, and Walnut Creek

First-Time Home Buyer Counseling

First Time Homebuyer Education for those living or working in the Cities of Livermore and Pleasanton

Home seeking Counseling offered to all residents of Livermore and Pleasanton

Shared Housing Counseling and Placement Program serving the Cities of Livermore and Pleasanton

Rent Review & Relocation Programs for the Cities of Albany, Concord, Emeryville, and Union City; and unincorporated Alameda County.

Rental Assistance Program and the **Rent/Deposit Grant** Program serving Alameda County

Tenant/Landlord Services serving urban and unincorporated Alameda, Contra Costa, and Monterey Counties, and the Cities of Alameda, Hayward, Livermore, Monterey, Pleasanton, Richmond, Salinas, San Leandro, Seaside, Union City, and Walnut Creek.

Home Stretch matches households to Alameda County's Permanent Supportive Housing opportunities for people who experience ALL of the following:

- Literal Homelessness – [click here to learn more](#) 1. Individual or family who lacks a fixed, regular, and adequate nighttime residence

(i) Has a primary nighttime residence that is a public or private place not meant for human habitation; (ii) Is living in a publicly or privately operated shelter designated to provide temporary living arrangements (including congregate shelters, transitional housing, and hotels and motels paid for by charitable organizations or by federal, state and local government programs); or (iii) Is exiting an institution where (s)he has resided for 90 days or less and who resided in an emergency shelter or place not meant for human habitation immediately before entering that institution

- 2. Any individual or family who:

(i) Is fleeing, or is attempting to flee, domestic violence;

(ii) Has no other residence; and

(iii) Lacks the resources or support networks to obtain other permanent housing

- Disability – The head of household has a disabling health condition(s) that is expected to be of long-continued and indefinite duration and substantially impedes the persons' ability to live independently, such as a diagnosable substance use disorder, serious mental illness, developmental disability, or chronic physical illness or disability.
- Are over 18 or Emancipated Youth.
- Currently Reside in Alameda County.

Covenant House California (CHC) – Youth Shelter 510-379-1010

Covenant (CHC) House California is non-profit Youth homeless shelter. CHC provides support for homeless and trafficked youth, ages 18-24.

200 Harrison street

Oakland, Ca 94607

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[Dream Catcher Youth Services 1-800-379-1114 Serves at risk youth, ages 13-18](#)

A program of Covenant House California

At DreamCatcher, we believe that basic needs must be met for the work of healing to begin. We are trauma-informed, youth-positive, and strength-based, using a low barrier, harm reduction model.

Roots Community Health Center - Turning Point

510-777-1177

Turning Point provides participants with services at 1448 St. Staffed 24-hrs a day.

Services include:

- 6-8-month emergency shelter
- Transitional housing with the goal of obtaining permanent housing
- Navigation
- Job placement assistance
- Health Education
- Food security assess

Eligibility requirements:

- Must be working or eligible to work
- Working or be able to obtain employment
- Must be able to lift up to 50lbs.
- Cannot be a recipient of SSI or GA

[LifeLong Medical Care Services for Individuals Experiencing Homelessness 510-446-7180](#)

This program provides services for homeless individuals in the community, with a focus on case management including linkage to the coordinated entry system for permanent housing, employment services, access to educational and volunteer resources, and connection to medical appointments. Onsite services also include access to showers, laundry, and phone charging stations. *Direct access to counseling services within the Our Place program is available, as well.*

[Our Place - LifeLong Medical Care](#)

Our Place provides a safe and supportive space for individuals who may be struggling with substance use, homelessness, and/or mental health issues. Services are tailored to our community and include daily drop-in services, mental health and substance use counseling, assistance with employment, housing, benefits, medical care, legal issues, and smoking cessation.

[Alameda County Social Services Agency Housing and Emergency Lodging Program \(HELP\)](#)

This program is available to single adults who are Alameda County residents and are homeless or at-risk of becoming homeless.

[Apply online.](#)

[Openhouse August 2022 Calendar Listing](#) – Affordable and Low-Income Housing Opportunities for Seniors and Adults with Disabilities

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Midway Shelter in San Leandro

510-357-0205

Fremont Mobile Hygiene Unit

August 1, 2022: The CleanStart Mobile Hygiene Unit is back on its regular schedule!

Until next Wednesday, service will **only** be available at **Irvington Presbyterian Church on Monday & Wednesday mornings from 7:30 a.m. to 11 a.m.** Please check the [CleanStart](#) page on our website for updates.

Living in Your Vehicle? Need a Safe Place to Park Overnight?

Tri-City residents living in their vehicles and interested in learning more about the City of Fremont's **Safe Parking Host Site** program may call 510-574-2222 or email safeparking@fremont.gov.
-Church sites have opened their lots overnight and provide fellowship through a welcoming space, hot meals, clean portable bathrooms, and friendly volunteers. No RVs are permitted at this time.
-Individuals or couples over 18 living in their vehicles are invited to call 510-574-2222 or email safeparking@fremont.gov for more information.

Bay Area Rescue Mission

510-215-4555

Food Shelter, Clothing, and more

Tri-Valley Haven Shelter – Sojourner House

800-884-8119

The Tri-Valley Haven's homeless shelter Sojourner House provides temporary shelter for homeless families in a safe and supportive environment.

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Mental Health Association of Alameda County

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Medication - Urgent Medication Clinics

Oakland Community Support Center M-F 8:30am-3pm (Drop-in)

510-777-3800

7200 Bancroft Ave.

Suite 125 A

Oakland, CA

Tri-Cities Community Support Center Wed. & Fri. 1pm-5pm

510-795-2434

39155 Liberty St. # G710

Fremont, CA

Valley Mental Health Services M-F 8:30am-5pm,

925-551-6851

3730 Hopyard Rd. Suite 103

Pleasanton, CA

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Mental Health Support

ACCESS M-F 8:30am-5:00pm Calls after hrs. are redirected to CSS line

800-491-9099

<http://www.acbhcs.org/providers/Access/access.htm>

24-hr line Eng., Span., Chinese

Alameda County Behavioral Health Care Services' (ACBHCS) **ACCESS** Program is the system wide point of contact for information, screening and referrals for mental health and substance use services and treatment for Alameda County residents.

CRISIS SUPPORT SERVICES OF ALAMEDA COUNTY, CA - 24 HOUR CRISIS LINE

1-800-309-2131

Talk to someone if you are experiencing difficult life circumstance, uncomfortable thoughts and emotions. You do not need to be experiencing suicidal thoughts or feelings to call.

The Schreiber Center – Comprehensive mental health services for individuals over the age of 21 with an intellectual disability and developmental disabilities.

Eligibility:

- Live in Alameda County
- Be at least 18 years of age (used to be 21 yrs. of age)
- Be a Regional Center of the East Bay client
- Have a covered behavioral health insurance plan
- No mental health diagnosis required

Services:

- Assessment for specialty mental health services
- Support clients with complex behavioral, emotional, or psychiatric needs
- Case consultation
- Psychotherapy
- Medication Support

How to access services:

May be referred by their Regional Center Case Manager, someone who knows them like a family member, or the client may call themselves directly.

Contact:

510-891-5650 and 510-383-5020

Eastmont Town Center

7200 Bancroft Avenue

Oakland CA 94605

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SAMHSA's National Helpline 1-800-662-4357 24/7

<https://www.samhsa.gov/>

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/ or substance use conditions.

Resources for community, crisis, or peer support 24/7

California Peer-Run Warm Line, 855-845-7415, Para Español #3

Mental Health Association of San Francisco

Non-emergency number for those feeling anxiety or seeking emotional support. Assistance available via web chat or phone.

NAMI National Warmline Directory

<https://www.nami.org/NAMI/media/NAMI-Media/BlogImageArchive/2020/NAMI-National-HelpLine-WarmLine-Directory-3-11-20.pdf>

Wahkan Substance Use Prevention Program – End the Stigma

Looking for a Substance use counselor?

Berkeley Youth Alternatives offers counseling services for youth and adults seeking help with substance use.

- No insurance needed
- Available to all ages
- Initial Assessment
- Individual, Group, & Family counseling
- Resources

For questions, contact Alanna Javier, MS 510-845-9010 Ext. 255

Ajavier@byaonline.org

Family Paths 24 hr. Hotline for parents

800-829-3777

<https://familypaths.org/>

Hotline, Advice line, Respite Childcare, Positive Parenting Classes
Preschool Mental Health consultation, CalWORKs Case Management
and Therapeutic services, Early Childhood Mental Health Services,
Families in transition, Treatment, Intervention & Prevention,
Victims of Crime Therapeutic Services, Finding Peace Within. Eng., Span.

Fremont Youth and Family Services 510-574-2100

yfs@Fremont.gov for information about counseling or family support services.

More information on [our website](#).

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Mental Health Association of Alameda County

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The Felton (re)MIND program

The Felton (re)MIND program treats youth and young adults who are experiencing the recent onset of psychosis or schizophrenia. The (re)MIND program is committed to transforming the treatment and perception of early psychosis by intervening early with evidence-based, culturally competent assessment, diagnosis and interventions, so that young people can learn skills to manage the ups and downs of the recent onset of psychosis.

Call for referrals 510-318-6100 feltonearlypsychosis.org

Carl B. Metoyer Center for Family Counseling – UMOJA Virtual Healing Circles

The [Carl B. Metoyer Center for Family Counseling](#) is offering free Virtual Healing Circles for family members impacted by incarceration. There are healing circles for parents, caregivers and children and they all start the week of March 15. Click [here](#) for their flyer or visit its [website](#) for additional information.

Pacific Islander Wellness Initiative Drop-In Sessions

Are you Stressed? Maybe it's time to talk with someone. (for all age groups)

Wednesdays 10am-11am and from 6pm-7pm

Although we offer dedicated drop-in hours, we are not limited to them. Drop In anytime during regular business hours (9-5pm.)

Services are FREE!

<https://bit.ly/DropInPiwi>

Small things can make a big difference when it comes to mental health

You may contact us via email piwi@ramsinc.org; office phone 510-856-9760; message us on Facebook or Instagram.

Respite

[Sally's Place](#)

1525 B Street, Hayward, CA 94541

(510) 963-9849

Open 24/7

Accepting referrals only by phone (no walk-ins)

Amber House Crisis Stabilization and Triage 510-379-4179

This unit is a short-term (under 24 hours) assessment and triage unit for adults (18+) in mental health crisis. Staffing includes a nurse and social worker on every shift, and on-call psychiatry available 24/7. Please call ahead of time as space is limited.

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C.A.R.E.S. “Deflect, Defer, Divert”

Services for people who have committed low-level offenses.

CARES stands for “Community Assessment, Referral and Engagement Services.” This program diverts individuals away from jail and the criminal justice system and into supportive services.

Support is provided by a peer specialist and a clinician.

Services Provided:

Respite

Peer Counseling

Employment Services

Mental Health referrals

Substance use treatment referrals

Partnering for a stronger, healthier and safer community

Learn more:

Alameda County District Attorney’s Office

Attn: Mental Health Unit

1225 Fallon Street

Oakland, CA 94612

510-272-6222

D.A.MentalHealthUnit@acgov.org

Family Paths 24 hr. Hotline for parents

800-829-3777

<https://familypaths.org/>

Hotline, Advice line, **Respite** Childcare, Positive Parenting Classes
Preschool Mental Health consultation, CalWORKs Case Management
and Therapeutic services, Early Childhood Mental Health Services,
Families in transition, Treatment, Intervention & Prevention,
Victims of Crime Therapeutic Services, Finding Peace Within. Eng., Span.

Day Break Adult Care Center (Respite – Affordable Respite Care)

(510) 671-5504

roger@daybreakcenters.org

Family Support Services and Kinship Support

respite and support, referrals (510) 834-2443 ext. 3008, (510) 316-6737

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Mental Health Association of Alameda County

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Legal

Probation or Parole- Transformative Pathways Opportunity 3-6-month program – Are you between the ages of 18-30? Are you on probation or parole? Have you been affected by the War on Drugs? Transformative Pathways is a 3-6-month program in which you can earn up to 2500 for participation. You can be supported in the following ways:
Job Readiness Workshops, Resume and Cover Letter Support, Supportive Services, Career Training Program, Job Placement.

For more information contact Demario “Rio” Lewis at 510-206-2298, Desire Johnson at 510-827-7316.

Bay Area Legal Aid - Youth Legal Hotline 510-250-5277

Leave a message ANYTIME and include your name and number in the message.

The Youth Justice Project gives legal advice and represents young people between the ages of 14 and 25 for FREE. We keep everything you tell us CONFIDENTIAL unless we get your permission to share certain information.

provides services to youth who have questions with:

Homelessness: If you are experiencing homelessness and do not have a place to live

Foster Care: If you want help getting into foster care or getting AB 12 benefits

Guardianship: If you need help making someone your guardian

Medical: If you need access to medical or mental health services

School: If you want help with school (enrollment, discipline, special education)

Public Benefits: If you were denied public benefits like CalFresh (food stamps) or General Assistance (cash aid)

Have Questions about: Immigration, Restraining orders, and record sealing?

When in doubt give us a call.

East Bay Community Law Center

The East Bay Community Law Center – Consumer Justice and General Clinic

<https://ebclc.org/need-services/consumer-justice-general-clinic-services/>

510-548-4040 ext. 388

The **Consumer Justice & General Clinic** provides brief services to low-income consumers who reside in Alameda County facing a wide variety of issues, including but not limited to debt collection, student loans, credit reporting, predatory lending, identity theft, and consumer scams.

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Education Defense & Justice for Youth Services

EBCLC's Education, Defense & Justice for Youth (EDJY) program represents young people caught at the intersection of the juvenile justice and education systems. Education Defense & Justice for Youth attorneys and advocates can provide the following types of assistance in juvenile delinquency, school discipline, special education, and juvenile record sealing cases:

- Representation in juvenile delinquency court, at school expulsion proceedings (DHP), and an Individualized Education Program (IEP) meetings.
- Consultation and advice on a variety of youth law issues (for example, questions about the juvenile justice system, bullying, record remedies, arrests, police misconduct, sealing juvenile records, and involuntary school transfers).
- Information and referral to other community organizations and legal service providers.
- Connecting clients to other legal services EBCLC provides, such as housing, immigration, and public benefits.
- Providing clients access to social work services at EBCLC.
- Conducting community outreach and education.

<https://ebclc.org/need-services/education-defense-justice-for-youth-services/>

Anyone interested in our services should contact an EDJY Program Coordinator at (510) 548-4040. The advocate will conduct an initial intake over the phone and will assess the next course of action.

Clean Slate Services 510-548-4040 option 5.

The Clean Slate Practice of the East Bay Community Law Center uses strategic legal and policy tools to reduce pathways to the criminal justice system and remove barriers to employment and civic participation for people with conviction records. Clean Slate attorneys and advocates provide assistance to clients in the following areas:

- Post-Conviction Remedies (including early termination of probation, PC 1203.4 dismissals, Felony reductions including Prop 47 and Prop 64 Petitions)
- Sealing of Arrest Record—Factual Innocence
- Vacating Convictions for Survivors of Human Trafficking and Immigrants
- Employment Denials Due to Criminal Background
- Occupational Licensing Denials Due to Criminal Background (ex: DSS, Security Guard, CNA, etc.)
- Driver's License Suspensions
- Reduction and Discharge of Court Fines and Fees (e.g., traffic tickets, criminal court debt)
- Reduction and Discharge of predatory municipal debt (e.g., parking tickets, towing fees)
- Civil and Human Rights Advocacy for People Experiencing Homelessness

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Legal Access Alameda

Free Legal Help – every 1st Saturday - Legal Access Alameda is a non-profit that provides free legal services to Bay Area residents. They now have a free remote clinic called Community Legal Assistance Saturday Program (CLASP) that is available by phone. Get help from an attorney in various areas of law, including:

family, immigration, housing, employment, consumer, bankruptcy, personal injury, trusts & estates, real estate, and more.

CLASP is available first Saturday of the month. Call between 10am-12pm and an attorney will call you back the same day. Flyers in [English](#) and [Spanish](#).

[Bay Area Legal Aid](#)

Provides free legal services in the priority areas of housing for low-income people.

domestic violence, public benefits and health access

Legal Advice Line 800-551-5554

Health Consumer Center 855-693-7285

[Consumer Rights Legal Clinic - Virtual](#)

Every 4th Friday of the month

Bay Area Legal Aid's popular Consumer Rights Clinic is back and in a virtual format. Registration is required and your meeting is by phone. See the Consumer Rights Clinic [flyer](#) for a list of possible reasons one might want to utilize this clinic.

Asian, Inc. (415) 928-5910

www.asianinc.org

Legal information and support on eviction, discrimination and other legal and financial issues.

Causa Justa: Just Cause

(510) 763-5877

www.cjc.org

Legal information and support on eviction, discrimination

And other legal and financial issues

Centro de Servicios

(510) 489-4100

www.centrodeservicios.org

Legal information and support on eviction, discrimination and other legal and financial issues.

Centro Legal de la Raza

(510) 437-1554

www.centrolegal.org

Legal information and support on eviction, discrimination, and other legal and financial issues.

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Fremont Family Resource Center **Legal Assistance for Seniors and Health Insurance & Advocacy Program**

If you need legal help regarding elder abuse, guardianship, social security, naturalization and more
Call: LAS at 510.832.3040. If you have Medicare, SSI, long term care insurance questions and more, call HICAP at 510.839.0393.

Ombudsman – Advocates for residents in long-term care facilities (Alameda County Social Services)

Working Hours Line 510-638-6878
After Hours Crisis Line 1800-231-4024

Reentry Support

Roots & Rebound, legal services to ex-cons

1(510) 279-4662 510-777-1177

If you have an arrest or conviction history, we can help you access:

- Lawyers, community advocates, family law, parole, probation
- We help you navigate health services
- Workforce Development through the Emancipators Initiative: a pathway to employment, paid on the job training,
- Help remove barriers to housing and other critical needs

ROOTS Community Health Center – Safe Landing Project

What: Roots Mobile Unit provides a safe place to wait for transportation; brief intake, linkage to community resources, benefits enrollment

Where: Parking Lot of Santa Rita Jail

When: 7 days a week from 2:30pm-10pm

Other Resources offered:

Adult & pediatric primary medical care; behavioral health services; Medi-Cal and CalFresh enrollment/renewal; Lab testing; Immunizations; Linkages and referrals.

Contact: Shawna@rootsclinic.org

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Roots AfiyaCare Program

Eligibility:

- African American
- History of incarceration
- Diagnoses with a moderate to severe mental health diagnosis

Program Description:

Our team connects the skills and knowledge of social service and health care providers in order to provide our members comprehensive care. The behavioral health provider provides individual counseling and coordinates with Roots Health Navigators. Roots Health Navigators, who have been impacted by incarceration, co-create individualized plans with our members to empower and inspire all to achieve "Whole Health." Contact: Ebony@rootsclinic.org

Roots Complex Care Program

Eligibility - The member meets at least one acuity/complexity criteria:

- Has three or more of the HHP-eligible chronic conditions
- Has stayed in the hospital in the last year
- Has visited the emergency department three or more times in the last year.
- Is experiencing chronic homelessness

Roots' Care Connect program provides:

- Complex Care Coordination & Management
- Behavioral Health Services
- Health Promotion and Coaching
- Help to provide Housing Assessments
- Referrals to Community and Social Supports
- Healthy Food Resources

Contact: Lorena@rootsclinic.org

[Building Opportunities for Self Sufficiency \(BOSS\) 510-649-1930](#)

Services: Housing Security, Reentry and Justice, and Neighborhood Impact Hubs

Urban Strategies Council

Probation or Parole- Transformative Pathways Opportunity 3-6-month program – Are you between the ages of 18-30? Are you on probation or parole? Have you been affected by the War on Drugs? Transformative Pathways is a 3-6-month program in which you can earn up to 2500 for participation. You can be supported in the following ways: Job Readiness Workshops, Resume and Cover Letter Support, Supportive Services, Career Training Program, Job Placement.

For more information contact Demario "Rio" Lewis at 510-206-2298, Desire Johnson at 510-827-7316.

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[HealthRight 360 – social Support and Reentry](#) – If you or a loved one needs help, please contact us today at 800-200-71821

At HealthRIGHT 360, we provide tools for creating a stable living environment by building skills, accessing resources, and modeling professional behavior through our San Francisco Resource Center and at our facilities throughout California.

Services include Education, Employment preparedness, Housing and Community Services.

[LifeLong EBCRP Justice and Reentry \(510\) 728-8600](#)

LifeLong EBCRP works with adults involved with the Federal criminal justice system. In addition to substance use and mental health counseling, we provide clinical case management and referrals to other support services.

[LifeLong EBCRP Transition to Treatment \(T2T\) \(510\) 728-8600](#)

LifeLong EBCRP partners with Alameda County Behavioral Health Care to provide pre-release services for inmates at Santa Rita Jail who have co-occurring mental health and substance use disorders. Our staff provide weekly counseling and educational groups and help plan for a seamless, coordinated reentry.

What is C.A.R.E.S.?

“Deflect, Defer, Divert”

When police contact a person suspected of committing a low-level offense, but who may display mental health or substance use struggles, they will be offered transport to the CARES center rather than jail. There, they meet with a peer support specialist and will be assessed by a clinician.

La Familia Counseling Services is our partner for mental health and substance abuse while law enforcement from Oakland, San Leandro, Hayward and Fremont will be working with the program.

CARES stands for “Community Assessment, Referral and Engagement Services.” This program diverts individuals away from jail and the criminal justice system and into supportive services.

Services Provided:

Respite

Peer Counseling

Employment Services

Mental Health referrals

Substance use treatment referrals

Who can make referrals to CARES?

Anyone can advocate for an individual to be referred to CARES but police, probation or the D.A.’s Office primarily make the referrals.

- Notify the officer on scene that you would like the individual transported to CARES
- Not everyone is eligible for CARES
- The officer can evaluate eligibility in the field
- The officer will provide transportation

Partnering for a stronger, healthier and safer community

Learn more:

Alameda County District Attorney’s Office

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Attn: Mental Health Unit
1225 Fallon Street
Oakland, CA 94612
510-272-6222

D.A.MentalHealthUnit@acgov.org

Carl B. Metoyer Center for Family Counseling – UMOJA Virtual Healing Circles

The [Carl B. Metoyer Center for Family Counseling](#) is offering free Virtual Healing Circles for family members impacted by incarceration. There are healing circles for parents, caregivers, and children. Click [here](#) for their flyer or visit its [website](#) for additional information.

Restoring Our Communities (ROC) Laney College and CTE PARTNERSHIP

ROC pipelines formerly incarcerated students into living wage job industries through community partnerships and Laney College's CTE programs . ROC works closely with Laney's CTE faculty and staff to provide workforce training support. Some CTE programs faculty represent include: Culinary, Cosmetology, Wood technology, Machining, Welding, Environmental Control Technology (HVAC, Building Automation and Maintenance)

Through our community partnerships, ROC provides pathways to employment opportunities for students who are enrolled in our CTE programs.

For more information call 510-464-3398

Or text, 510-761-9171

Substance Use Support

***Substance Use ACCESS and Referral Helpline* 1844-682-7215**

All Alameda County residents can learn more about the SUD services available to them and receive a screening and referral to SUD services through the Alameda County Substance Use Access and Referral Helpline (1-844-682-7215).

Alcoholic Anonymous Hotline for Alameda County Hotline (English) 510-839-8900

Hotline (Español) [510-502-8560](tel:510-502-8560)

<https://eastbayaa.org/>

East Bay AA– Visit website for Meeting schedules (available in-person and on Zoom)

<https://eastbayaa.org/> Free to all regardless of insurance.

[Narcotics Anonymous of Alameda County](#) 510-444-4673

Volunteers available 24 hours a day. Press 1 then wait while we connect a volunteer.

To see current Meeting Schedule [click here](#)

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Alanon and AlaTeen – Help and hope for families and friends of alcoholics

1-888-425-2666 (Meeting information)

<https://al-anon.org/>

-Family members have the opportunity to learn from the experience of others who have faced similar problems. [Meetings](#)

-Teens come together to share experiences to find effective ways to cope with problems

[Teen Corner](#)

-Self-assessment quizzes are designed to help you decide whether Al-Anon or Alateen might be able to help. [Self-Quiz](#)

Substance Use Prevention Wahkan Program – End the Stigma (For all age groups)

Looking for a Substance use counselor?

Berkeley Youth Alternatives offers counseling services for youth and adults seeking help with substance use.

- No insurance needed
- Available to all ages
- Initial Assessment
- Individual, Group, & Family counseling
- Resources

For questions, contact Alanna Javier, MS 510-845-9010 Ext. 255

Ajavier@byaonline.org

Cherry Hill – Substance detox 24-hrs/ 7 days

866-866-7496

2035 Fairmont Drive

San Leandro CA

Voluntary detox support. Same day admission.

SAMHSA's National Helpline 1-800-662-4357

<https://www.samhsa.gov/>

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/ or substance use conditions.

Youth Tobacco Awareness & Prevention

Do you know a youth struggling with smoking or vaping? Help is available.

Visit Fremont.gov/Youth-Tobacco-Awareness-and-Prevention for information about resources to help.

For information about Youth Tobacco Cessation or Youth Health Services, contact Lee Bradshaw, SUD Program Supervisor, Bay Area Community Health at 401-464-1810

For information about City of Fremont, Youth & Family Services Counseling, contact us at 510-574-2100.

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Partnership for Drug Free Kids

855-378-4373

Get help to help your loved one. Get One-on-One help to address your child's substance use.

<https://drugfree.org/article/get-one-on-one-help/>

[Servicios disponible en Español.](#)

Project Pride (Residential substance use treatment for pregnant and parenting women.

For information about admission, please call (510) 446-7150. For general questions about Project Pride, please call (510) 446-7160.

Project provides residential substance use treatment for pregnant and parenting women. Young children up to the age of 6 are welcome to stay in the program with their mothers. Additional services are available for partners and family members. Project Pride also has a limited number of rooms for women who are not pregnant or parenting.

In addition to substance use counseling, residents receive training and support on improving parenting and life skills. Children receive supervised, supportive childcare, education, and play/art/music therapy. Our program helps the residents achieve pride in themselves and their children.

Salvation Army – Adult Rehabilitation Center

510-451-4514

1800-728-7825

601 Webster Street Oakland, CA. 94607-4125

A non-profit that provides alcohol outpatient services to anyone who needs them.

Provide Support Groups

Services to their linked shelter are by case and an evaluation is done for eligibility.

In providing its alcoholism and addiction recovery programs and services, The Salvation Army is committed to accommodating all those in need without unlawful discrimination or harassment based on age, race, color, religion, sex, national origin, marital status, disability, citizenship, sexual orientation, gender identity, gender expression, or any other characteristic in accordance with our capacity to help.

Second Chance (Outpatient Substance Use Treatment Services)

24 -hr. Hotline 510-792-4357

Hayward Recovery Center

510-886-8696

Information provided by: Alameda County Behavioral Health Care Services

Second Chance is a non-profit, community-based counseling and recovery center. It relies heavily on people who have themselves worked through difficult situations (such as drugs and parenting) to work with people dealing with similar problems. Voluntary services are offered free of charge.

Diversion services---DUI, PC1000 Drug Diversion, Domestic Non-Violence Support, HIV/AIDS Education Workshop, and Co-Parenting Group---are provided on a fee-for-service basis.

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[Our Place ap service of LifeLong Medical Care](#) (510) 446-7180

Our Place provides a safe and supportive space for individuals who may be struggling with substance use, homelessness, and/or mental health issues. Services are tailored to our community and include daily drop-in services, mental health and substance use counseling, assistance with employment, housing, benefits, medical care, legal issues, and smoking cessation.

Recovery Dharma

<https://recoverydharma.org/>

USING BUDDHIST PRACTICES AND PRINCIPLES TO HEAL THE SUFFERING OF ADDICTION

Recovery Dharma is a peer-led, grassroots, democratically structured organization. Our mission is to support Individuals on their path of recovery from addiction using Buddhist practices and principles.

Tuesdays 7pm-8:30pm via Zoom (No registration required)

Zoom Meeting Link:

[Recovery Dharma Zoom Link](#)

[What is Recovery Dharma FAQ](#)

End Of Resource Directory

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