Resource Directory

MENTAL HEALTH ASSOCIATION OF ALAMEDA COUNTY

Affiliated with the California & National Mental Health Associations
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NAMI
NAMI Nationwide Texting Support Option

NAMI HelpLine
Help-seekers can 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.

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.

Health Advocates with Alameda Health System: 510-437-4400 (Resources like housing, linkage to food and financial assistance)
Alameda City

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, Vaccines

**Roots Community Health Center - Free Walk-up COVID-19 Testing for the Whole Community**
REGISTER FOR TESTING HERE: [https://rootsclinic.force.com/COVID19](https://rootsclinic.force.com/COVID19)
510-777-1177
9925 International Blvd. Oakland, CA 94603
[https://rootsclinic.org/covid-19-testing/](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.
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
Peer Wellness Collective - Berkeley Drop-In Center
Peer-led mental health services
3234 Adeline Street, Berkeley, CA 94703
(510) 653-3808 - bdic@peerwellnesscollective.org
The Berkeley Drop-In Center is recovering unhoused and behavioral health partners inspi-
ing each other to be all we can and want to be, connecting us to our unique selves, to each other, and to the wider community by building a strong, peer-run program that engages us in mind, body, and spirit.
We do this by providing support, services and activities that encourage personal, educational and social growth in the hope of making lasting positive changes in ourselves and in the communities in which we live.
Regular Services Include:
1. Drop-In Services: Free Mail Service, Free Lockers, Refreshments (coffee, snacks, & hot food), Phone Service, Computer Access, Urgent Needs (clothing, shoes, hygiene kits).
2. Community Resource Access and Referrals: Payee Service, Housing: assistance with the application, connect to resources, housing retention, Employee Assistance, ID Application Assistance, Assistance in researching other resources as needed.
3. Group and one-on-one Peer Support: Check the flyers below for current offerings.

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.

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

Mental Health Warmline for Berkeley Highschool Students Warm Line 510-981-5240
The Warm Line is a phone-based mental health resource provided by the BHS Health Center for BHS-BIS-BTA students that is operated by licensed mental health clinicians.
It is available; 9am-4pm M-F (except school and City of Berkeley holidays).
- Students - you can self-refer for mental health counseling services by calling the Warm Line to access direct phone support and also schedule future appointments.
- Parents & Guardians - you can call for consultation or to refer a student for services or follow-up.
Covid-19 Testing, Vaccines

**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
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/](https://www.helpberkeley.org/)
Or call 510-288-3080

Berkeley Food Pantry
510-525-2280 [https://www.berkeleyfoodpantry.org/](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](https://www.berkeleyfoodpantry.org/).

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)

Covid-19 Testing, Vaccines

**COVID-19 Vaccine Locations and Resources**
Find more COVID-19 [vaccine](#) and [testing](#) locations on our [website](#). Additional resources on our COVID-19 website include a guidance for [isolation and quarantine](#), [mask and face coverings](#), [workplace recovery](#), and [community resources](#).

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
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,

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. Visit its website for additional information.

C.A.R.E.S. “Deflect, Defer, Divert”
510-272-6222
D.A.MentalHealthUnit@acgov.org
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
**Roots Community Health Center**  
9925 International Blvd location  
(510) 777-1177  
9925 International Blvd, Oakland, CA 94603  
7272 MacArthur Blvd.  
Oakland, CA 94605  

**McArthur Blvd. location**  
(510) 533-1248  
7272 MacArthur Blvd.  
Oakland, CA 94605  

**Hours are for both locations**  
Mon, Wed, Thurs, Fri, 9am-5pm  
Closed on Tues, Sat, Sun  

Roots’ Behavioral Health Services are provided by our expert team of counselors, therapists, social workers, and navigators to help you improve your overall health and well-being.  

**SERVICES PROVIDED**  
- Individual and Group Counseling  
- Lifestyle Change Support  
- Mental Illness Prevention, Diagnosis, and Management  
- Addiction Support and Counseling  
- Grief Counseling
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, Vaccines

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
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
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.

**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.

Prescott-Joseph Center  
(510) 835-8683  
Oakland  
Community Food Distribution: 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.  
Free Freshly Prepared Meals: Monday, Wednesday, Friday, 11am – until all meals are gone. first come, first serve at West Oakland Food Pantry 1640 10th Street (In the parking lot behind St. Patrick Catholic Church).
San Leandro, San Lorenzo

Mental Health Support

**Davis Street Community center**

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

**Behavioral Health** Davis Street provides affordable behavioral health services to help address issues like depression, anxiety, ADHD, schizophrenia and substance abuse. Because mental health and physical health go hand-in-hand, our therapists work with other Davis Street medical care providers to support the integrated, whole person needs of our patients.

**Counseling** Davis Street provides affordable counseling for individuals, couples and families. Because mental health and physical health go hand-in-hand, our counselors work with other Davis Street medical care providers to support the integrated, whole person needs of our patients.

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

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 restauranteurs 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.**

COVID-19 Testing, Vaccines

[Free Community Testing Sites -Community Testing Sites Maps](#) 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.

Tri-City (Fremont, Newark, Union City)
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.

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, Thursday, and Friday, from 9am-6pm
Tuesdays open 10am-7pm
The Union City Outpatient Program at AARS/HealthRIGHT 360 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. Serving adults challenged with a substance us disorder and Specializing in working with TAY, Asian, and Pacific Islander populations.
Download flyer

Axis Community Health
Counseling Services 925-462-1755
Counseling can help you gain a better understanding of what's going on in your situation, and can help you make choices and take action to change your life. When life starts to feel overwhelming, it's a good time to seek counseling.
We offer comprehensive counseling services for adults, teens, couples, families and children.
Don't wait until a problem becomes a crisis. We are here to help.
Axis Bridge 925-568-2080, Mon – Thurs 11am-7pm, Friday 9am-5pm
Serves the Tri-Valley Area

How we can help:
Short-term counseling for individuals (age 5 and up) or families, regardless of insurance type or lack of insurance.
• Support in preventing an escalation of symptoms.
• Guidance in navigating the mental health treatment system, including assistance in connecting to longer-term treatment.

About our services:
Services are outpatient and currently provided via telephone and video visit, due to COVID-19 restrictions.
• Daily appointments are limited, and patients may be referred to the local emergency room for support for an especially urgent situation.
• Services available only in English presently.
• Axis Bridge cannot fill prescription requests for medications that are controlled substances (e.g., benzos, ADHD meds, opiates).
• Axis also offers non-urgent mental health services. For more information call 925-462-1755 or visit: www.axishealth.org/mental-health

COVID-19 Testing, Vaccines
Bay Area Community Health
39500 Liberty St.
Fremont, CA 94538
Appointment Line
510-770-8040
Monday – Thursday, 8am - 7pm
Friday – Saturdays, pm 8am – 5pm
COVID Testing | COVID Vaccination
Food Pantries

CityServe's Compassion Network – Joyful Bounty
Are you a or a family you now in need of basic grocery items?
If you are a resident of Fremont, Newark, or Union City, you are invited to call Compassion Network to sign up for our Easter Distribution.
Call today to make an appointment and receive a voucher for a bag of groceries. Sign-ups are on a first come first serve basis. This event is for low-income families.
CityServe's Compassion Network
39155 Liberty St., Suite H840,
Fremont, CA 94538
510-796-7378
Office Hours
Monday through Thursday 10am-12pm & 1pm-4pm

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 – 10:30am – 12:30pm. Free hot vegetarian meals are available on the same days as our Mobile Food Pantry.
- Sunday Breakfast – Sundays, 8am-9am. All are welcome to this Sunday breakfast provided by the Buddhist Tzu Chi Charity Foundation, known as Tzu Chi Foundation.

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.
**Salaam Food Pantry**
The Salaam Food Pantry hosts a free food distribution and lunch once a month at the Islamic Center of Fremont. Visitors can pick up a bag of non-perishable food as well as fruits, vegetables and bread. The event takes place on the fourth Saturday of the month from 10 a.m. - 1 p.m. except in November and December when it's the third Saturday. See 2023 schedule.
**Tri-Cities Community Development Center - Dollie's Closet**
37620 Filbert Street  
Newark, CA 94560  
510-790-9092  
The center opened in 1998 a clothes closet. Since it's initiation Dollies closet has become a pilot model for other organizations in the bay area offering free food and gently used and sometimes-new clothing to families in need. The Closet is coordinated one hundred percent volunteer bases from church groups, senior citizen groups. Local business employees and other individual volunteers. The Center serves over 500 families and provides over 9000 meals each month. Contact Ed Wright – Director @ 510 790-9092 office

**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  
Based in Union City, CA since 1974, Centro leverages social services resources, community partners, volunteers, and donors to improve the quality of life for low-income families in the local area and neighboring cities. Think of Centro as an open door. We help direct clients to precisely the support they need to address hunger, housing insecurity, immigration challenges, and so much more. Our primary goal is to enable clients to become self-sufficient.
Tri-Valley (Dublin, Livermore, Pleasanton)

NAMI Tri-Valley

https://www.nami-trivalley.org/index.html
(925) 980-5331
marsha@nami-trivalley.org

NAMI Tri-Valley Mission Statement:
NAMI Tri-Valley, in collaboration with other community agencies and organizations, is dedicated to improving the quality of life for those whose lives are affected by mental illness, by providing support, resource information, education programs, and advocacy.

Support | Meetings | Resources

Mental Health Support

Axis Bridge 925-568-2080, Mon – Thurs 11am-7pm, Friday 9am-5pm
Serves the Tri-Valley Area

How we can help:
Short-term counseling for individuals (age 5 and up) or families, regardless of insurance type or lack of insurance.
• Support in preventing an escalation of symptoms.
• Guidance in navigating the mental health treatment system, including assistance in connecting to longer-term treatment.

About our services:
Services are outpatient and currently provided via telephone and video visit, due to COVID-19 restrictions.
• Daily appointments are limited, and patients may be referred to the local emergency room for support for an especially urgent situation.
• Services available only in English presently.
• Axis Bridge cannot fill prescription requests for medications that are controlled substances (e.g., benzos, ADHD meds, opiates).
• Axis also offers non-urgent mental health services. For more information call 925-462-1755 or visit: www.axishealth.org/mental-health

Axis Bridge is a project of Axis Community Health, a non-profit health center offering quality, affordable, and compassionate care in the Tri-Valley since 1972.
**Tri-Valley SELPA - Clinica Services** 925-426-9144
The Tri-Valley SELPA is comprised of Dublin Unified School District, Livermore Joint Unified School District, Pleasanton Unified School District, Mountain House School District and Sunol School District and Alameda County Office of Education. The Tri-Valley SELPA Clinical Services (TVCS) department works with Special Education Directors and staff in the Tri-Valley to support the mental health needs of students.

**Dublin California - Teen Related Concerns & Resources**
Resources of teen related concerns found throughout Alameda County and other resources that support families and community members. AA Anonymous; Children and family services; Bullying and more are some of the resources you will find.

**Anthropos**
Counseling Center
(925) 449-7925
326 South L. Street
Livermore, CA 94550
Located in downtown Livermore, Anthropos Counseling Center is a non-profit organization serving the Tri-Valley area since 1975. Our counselors are experienced Marriage and Family Therapist registered Associates, supervised by licensed clinicians.

**Del Valle Clinic**
(925) 443-2500
1797 Fourth Street
Livermore CA 94550
The Del Valle Clinic has been established in Livermore, California since 1984. We are a premiere psychological clinic providing psychotherapy for adults, children, adolescents, and their families. We also provide psycho-educational and social-emotional testing for children and adolescents.

**Valley Community Support Center**
925-551-6851
3730 Hopyard Rd. Suite 103
Pleasanton, Ca 94588
Community Support Centers are made up of service teams that provide crisis, individual, group, family and case management services. All the service teams include case managers and a psychiatrist. Only clients with primary mental health diagnosis are accepted. Also provides vocational training, housing assistance and psychiatric medication services
Covid Testing, Vaccines

Stanford Medicine – Covid 19
Referral Center at 650-723-5462. Toll Free: 877-254-3762

Vaccines
Testing
Treatments

Free Community Testing Sites -Community Testing Sites Maps Please visit the Free Community Testing Calendar for COVID-19 Testing sites in the city of San Leandro
Food Pantries

**Tri-Valley Haven**
925-449-5842, 800-884-8119
Located at 150 N L Street in Livermore, the Tri-Valley Haven Food Pantry distributes free groceries to low-income Tri-Valley residents. The TVH Food Pantry not only provides food for people in need each month, it also serves as a gateway to Tri-Valley Haven's homeless services.

**Open Heart Kitchen**
925-580-1616
Open Heart Kitchen serves free, nutritious meals to our Tri-Valley neighbors in need. Open Heart Kitchen is the largest hot meal program of its kind in the Tri-Valley Area of Northern California, feeding the hungry across multiple locations in Pleasanton, Livermore and Dublin.
COVID-19 Updates, Testing, Vaccines

With the Declaration of COVID Emergency Ending it is more important than ever to get connected to health insurance for timely no-cost testing and treatment – Helpful Tips
- If you have health insurance
- If you do not have health insurance or a plan that doesn’t cover COVID testing
- If you have Medi-Cal
- If you would like to apply for health insurance

Digital COVID-19 Vaccine Record
https://myvaccinerecord.cdph.ca.gov/
Welcome to the Digital COVID-19 Vaccine Record portal. Just enter a few details below to get a link to a QR code and digital copy of your COVID-19 vaccination record. If you want to share your proof of vaccination, you can use either the electronic version you’ll get from the portal or the card you were given at time of vaccination.
If you are a parent or guardian and have multiple vaccine records associated with a single cell phone number or email address, enter each digital vaccine record request separately.
The portal provides only a digital copy of your vaccine record. If you have any more questions about your Digital COVID-19 Vaccine Record, visit our FAQ.

COVID-19 Testing and Vaccination in the Bay Area
COVID-19 Vaccine Locations and Resources
Find more COVID-19 vaccine and testing locations on our website. Additional resources on our COVID-19 website include a guidance for isolation and quarantine, mask and face coverings, workplace recovery, and community resources.
- 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

**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](https://rootsclinic.force.com/COVID19)
  
  510- 777-1177
  
  9925 International Blvd. Oakland, CA 94603

**Asian Health Services** –

For testing Sites visit: [https://asianhealthservices.org/ahs-covid-sites/](https://asianhealthservices.org/ahs-covid-sites/)

To get the COVID-19 Vaccine: [https://asianhealthservices.org/covid19vaccine/](https://asianhealthservices.org/covid19vaccine/) or call the COVID Helpline at 510-735-3222 to make an appointment

MADISON PARK TEST SITE

810 Jackson St. Oakland CA 94607

To learn more about free COVID-19 community testing sites throughout Alameda County, please visit [https://covid-19.acgov.org/testing.page](https://covid-19.acgov.org/testing.page)

• **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
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
A100 (Fremont FRC) 510.794.573
Deaf, Counseling, Hayward
510-881-5743
[https://www.crilhayward.org/](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/](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.
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.

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
**DADS EVOKING CHANGE**
Tuesdays, 1:30pm-4:30pm
746 Grand Ave Portable A
Oakland, CA 94610
(Located at the AIMS College prep High School Campus, across from Grand Lake Theatre)

**The mission of Dads Evoking Change** is to support fathers as they navigate child custody and child support processes in family court. Our vision is a transformed family court system that is free of bias and discrimination against low-income fathers and fathers of color who want to positively parent their children.

**Free Lawyer Consultations**
Are you a father in need of HELP navigating the child support or child custody systems?
We provide fathers free legal consultations from family law attorneys.
Join us for our drop-in hours to receive help filling out common court forms and receiving information on child custody and child support processes. Services are on a "first come, first served" basis. Must arrive by 3pm.

**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.

**Family Paths** Parenting Stress Helpline (800) 829-3777
Family Paths offers a wide variety of individual and family services for families throughout Alameda County. Most services are offered in English and Spanish. Access to our services is via our Parenting Stress Helpline by calling 1-800-829-3777 for by FILLING OUT THIS INTEREST FORM. Note:
Referrals/requests for service are not accepted via email.

**Family Paths – Father’s Page**
800-829-3777
This page is dedicated to fathers and male caregivers who are raising and caring for children – biological, foster, adoptive, relative, non-relative, etc. Family Paths is a proud partner of the Alameda County Fathers Corps and we embrace their Father-Friendly Principles in all of our work. Find resources, Classes and workshops, Parenting tips, & Fatherhood blogs.
Alameda County Family Health Services Fatherhood Initiative

Program Last Updated: 02/10/2023  
Program Start Date: 01/01/2014  |  Program End Date: 01/01/2024

Program Description: The Fatherhood Initiative promotes responsible fatherhood and healthy relationships through skill-based parenting education providing male centered case management and support programs. --Increase men's access and utilization of local health care and wraparound services --Strengthen and enhancing existing male --Services and system capacity through training --Professional development and health promotion campaigns Alameda county public system partners and non-governmental agencies who provide male and fatherhood services and/or have an interest to do so.

Service Address: 1100 San Leandro Boulevard, Suite 120, San Leandro, CA 94577

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.

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
Other Resources for Families

Central Family Resource Center
Free activities for children ages 0 – 6 include:
- Bilingual Storytime
- Arts and Crafts
- Outdoor Play
Every Friday, August 11 – May 17, 2024
Hours: 10am – 12pm
Where: 746 Grand Ave Portable A, Oakland, 94610
Sign up today by calling Adriana @ 510-882-5312

Back to School – Backpack Giveaway for Hayward Unified School District Students
Saturday, August 12, 2023, 9am 1:30pm
Location: Parent Resource Center HUB 24823 Soto Rd. Hayward, CA
*Backpacks and haircuts are available on a first come, first served basis

Queer Life Space: Outlandish!
Queer Life Space: Outlandish! A Free Hiking Program for LGBTQ+ Youth Jul 29, 2023 Kid-Friendly Events 0 SF Bay Area Teens Outlandish! is geared towards LGBTQIA+ youth ages 13-15 and 16-18. There are numerous studies demonstrating that time spent in nature is incredibly valuable for youth. In our modern-day culture, it is becoming an increasingly rare occurrence. The program aims to bring LGBTQIA+ youth out into nature for day-long hikes and other activities. The participants, accompanied by qualified adults, will be immersed in the natural world where they can learn about themselves and the complex ecosystems around them. Join us July 29th for a hike around Bon Tempe Lake! Circumnavigate this beautiful reservoir in Marin on a mostly flat four mile hike that wanders through forests and grasslands. We'll spot all sorts of bird life and other wildlife. Pack lots of water and sun block and come enjoy the fabulous views of the Marin hills.
- Age bracket: 16-18
- Difficulty level: Easy to moderate
- What to bring: Please refer to the list on the FAQ page
(https://www.queerlifespace.org/outlandish-faq)
- Cost: Free, though we always appreciate donations! Contact Max Sovine
msovine@queerlifespace.org

Our Young Children & Suicide Prevention: A Resource for Parents and Caregivers – MHTTC
Learning that your elementary-aged child is thinking about self-harm or using language that signals suicide is frightening and disorienting. Thankfully, suicide is preventable and there are many things
that you as parents and caregivers can do to help keep your children safe. **This resource is designed to help parents and caregivers prevent suicidal thoughts and behaviors (STBs), recognize the warning signs of STBs, and, when necessary, intervene early and effectively to keep their child safe.**

**What's inside the guide?**
- Myths and facts about STBs among elementary-aged children
- Recognizing signs and symptoms of STBs
- Responding effectively to keep your child safe, including sample language and concrete actions
- Preventing STBs
- Considerations for BIPOC and LGBTQ children and their unique needs

Click Here to Open Resource Guide

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**Social Media and Youth Mental Health – Steps We Can Take to Mitigate the Risk of Harm to Children and Adolescents**

**Surgeon General Advisory: Social Media & Youth Mental Health**

This **Advisory** describes the current evidence on the impacts of social media on the mental health of children and adolescents. It states that we cannot conclude social media is sufficiently safe for children and outlines steps we can take to mitigate the risk of harm to children and adolescents. To keep reading, click here.

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**SAMHSA – Find Support for issues with mental health, drugs, or alcohol**

**Find health care or support**
Get the best ways to search for a health care professional or program.

**How to cope**
Learn about the signs that you may need help, how to ask for help, and ways to take care of yourself.

**Learn about treatment**
Find out about treatment types, how to make an appointment, and how to prepare yourself for treatment.

**How to pay for treatment**
Find options for covering costs with or without insurance, including free and low-cost programs.

**Helping someone**
Learn how to talk to a loved one about getting help and how to take care of yourself.

**Get help now**
Sometimes help can't wait. There are people you can call, text, or chat for help right now.

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**The 2023 BIPOC Mental health Toolkit**

MHA's 2023 BIPOC Mental Health Toolkit provides free, practical resources, including information about how an individual's culture and community impact their mental health, tips for community advocacy, and ways to build connections with others. In this toolkit, you can find factsheets, worksheets, resources, sample messages, sample images, posters, and more.
Mental Health America is committed to closing the mental health equity gap and providing individuals with the tools they need to support themselves and their communities. We stand in solidarity with BIPOC communities and hope that this toolkit can be a resource to educate, uplift, and inspire. We invite you to join us by downloading the BIPOC Mental Health Toolkit and sharing its contents with your community.

**Download the Toolkit**

**Freely in Hope - Survivor Support Group**
Are you a survivor of sexual assault looking for a community of support? When sexual abuse happens, feelings of hopelessness can take over. But you are not alone. Reclaim is a support group for survivors of sexual assault to help survivors reclaim their voice, body, and hope. This will be a safe space for survivors to share practices that support their healing journey after sexual violence. Gatherings are monthly starting June 30. Register here: [https://www.freelyinhope.org/reclaim/](https://www.freelyinhope.org/reclaim/)
Food Banks & Food Programs

CityServe’s Compassion Network – Joyful Bounty
Are you a or a family you now in need of basic grocery items?
If you are a resident of Fremont, Newark, or Union City, you are invited to call Compassion Network to sign up for our Easter Distribution.
Call today to make an appointment and receive a voucher for a bag of groceries. Sign-ups are on a first come first serve basis. This event is for low-income families.
CityServe’s Compassion Network
39155 Liberty St., Suite H840,
Fremont, CA 94538
510-796-7378
Office Hours
Monday through Thursday 10am-12pm & 1pm-4pm

Salaam Food Pantry
The Salaam Food Pantry hosts a free food distribution and lunch once a month at the Islamic Center of Fremont. Visitors can pick up a bag of non-perishable food as well as fruits, vegetables and bread. The event takes place on the fourth Saturday of the month from 10 a.m. - 1 p.m. except in November and December when it's the third Saturday. See 2023 schedule.

Spectrum Lunch Registration Form 2022-2023
Click Here to get the Spectrum Lunch Registration Form 2022-2023 – Form valid until June 30, 2023
Senior Meals Sites
Due to COVID-19 precautions & orders to Shelter-in-Place, many of our senior dining sites have become take-away distribution sites.
In-person dining is currently available at these locations, along with the option to take-away:
Hayward Area Senior Center
Downtown Oakland Senior Center
San Leandro Senior Community Center
St. Mary's Center in Oakland
All public sites serve take away lunches from 12-12:30 pm for registered seniors to take home to reheat and eat. Advanced reservation required. Call public sites to make meal reservation.

CalWorks and CalFresh
CalWorks | CalFresh
510-263-2420 Monday – Friday, 8:30 AM - 5:00 PM

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CalFresh Benefits Replacement Available for Families impacted by Power Outages

Are you a CalFresh recipient whose food spoiled due to the power outages?
You can request a replacement of your CalFresh Food benefits if your food spoiled due to a power outage. You have up to 10 days after the food was lost to request the replacement. Contact your local county office for help.

How do I request a replacement of my CalFresh Food benefits?
Contact your local county office. You will need to complete, sign, and turn in a ‘CF 303’ form to request a replacement. Include your contact information and a short description of how your food was lost. Include the time and date of the power outage.

Won’t my local county office be closed because of the power outages?
We recommend calling your county office before visiting in person to make sure they are open. They may also be able to help you by phone.

Call 1-877-847-3663 (FOOD)
Come in/find an office at CalFreshFood.org
*For other languages, or reasonable accommodations, find an office at CalFreshFood.org. For speech and/or hearing assistance call 711 Relay.

Download Flyer Here

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

Alameda County Social Services Agency Office Locations

- East Oakland, 6955 Foothill Blvd, Self Sufficiency Center, Suite 100 (510) 383-5300
- 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

Ways to Apply for Medi-Cal – Apply by mail, In-person, Online
Steps to Medi-Cal : A Step-by-Step Guide to the Medi-Cal Process
Tips to Speed Up Your Application for Health Coverage

- 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
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.

East Bay Housing Organizations – Housing for LGBTQ Youth
Contact Us
East Bay Housing Organizations
538 9th Street Suite 200
Oakland, California 94607
510-663-3830
staff@ebho.org

The Oakland LGBTQ Community Center offers emergency rent and housing assistance, a food pantry, and referrals to other services. Oakland LGBTQ Community Center | Oakland, CA (oaklandlgbtqcenter.org)

Covenant House's YEAH! Shelter in Berkeley provides shelter for youth experiencing homelessness as well as food, clothes, and other services. https://default.salsalabs.org/T4094cfbc-eaca-48b8-88a8-ef3fbb48d674/36bd7d9c-76e4-4c33-b8dc-904d209119e6

Our House is a shelter run by the East Oakland Community Project that provides a safe place to sleep and wrap-around services for youth age 18-25. https://default.salsalabs.org/T3c0549b5-123a-4ecd-ae1f-32bd5625d81b/36bd7d9c-76e4-4c33-b8dc-904d209119e6

Calli House in Richmond is a 24 hour shelter for homeless and runaway youth aged 18-24 that also offers food, clothing, showers, counseling, and wrap around services. Calli House :: Health, Housing & Homeless :: Contra Costa Health (cchealth.org)
The Concord **Rainbow Community Center** offers a Houseless Transitional Youth Program that provides hotel vouchers, financial help, and more to youth aged 12-24. 
[rainbowcc.org/homeless-transitional-youth-program?eType=EmailBlastContent&eid=9476a875-4b2b-4c28-89dd-12fd5fc9d8ea]
**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.


**Keep Your Home California (888) 954-5337 (KEEP)**
Foreclosure Prevention Hotline

**Openhouse June 2023 Calendar Listing** – Affordable and Low-Income Housing Opportunities for Seniors and Adults with Disabilities

**Studio, 1BR & 2BR units available in Berkeley**

Aquatic Ashby in Berkeley is accepting applications for Studio, 1BR and 2BR units!

Apply now by clicking [here](http://example.com) to fill out an application.

Applications are due by 5 PM on May 16, 2023, so act fast!
Supplemental Nutrition Assistance Program (SNAP)
In April 2022, the Administration for Children and Families (ACF) and the Food and Nutrition Service (FNS) released a joint announcement about a change in Head Start policy which makes it easier for Supplemental Nutrition Assistance Program (SNAP) households to become eligible for Head Start programs.

Your child may be eligible for free Head Start or Early Head Start Services!
Head Start and Early Start programs deliver free, comprehensive services to children ages birth to 5 and their families in core areas of early learning, health, nutrition, and family well-being.

SNAP and Head Start flyer | SNAP and Head Start flyer en español
**Center for Independent Living (CIL) - Residential Access (510) 841-4776**

By building or installing various home modifications, CIL's Residential Access Program helps residents live more safely and independently in their homes.

Our Residential Access Specialist will do a home assessment to determine the best improvements to meet your specific needs.

**Examples of modifications include:**
- Exterior lifts or ramps, grab bars, standing poles
- Flexible shower hoses
- Flashing doorbells
- Tactile stair tread
- Handrails and much more

This program is free for low to moderate-income Berkeley residents who have a verified disability, whether homeowner or renter. Only for City of Berkeley residents. Must show proof of income, occupancy, and other required documentation.

If you do not fit the requirements for this program, CIL has a fee-for-service consultation for homeowners who live in the East Bay to determine the best ways to make their homes more accessible.
**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@ccerb.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

**La Familia and Family Emergency Shelter Coalition (FESCO) - Shelter Programs**

**Les Marquis Emergency Shelter 510-581-3223**
La Familia's sister organization, FESCO (Family Emergency Shelter Coalition), is committed to helping homeless parents stabilize their children's lives and regain self-sufficiency.
Les Marquis House is a 23-bed emergency shelter that houses up to 8 families of all configurations.
Your support allows our shelter to be open 24/7 and, in addition to safe, warm housing and food, provides case management, life skills classes, employment training, parenting classes and children's activities. We also provide linkage to independent housing, benefits acquisition, and other services such as healthcare for up to 60 days. Call to see if we have space available.

**Banyan Transitional House And Les Marquis Shelter**
Providing transitional housing for 6 months to homeless families who need extra time to gain employment or attend school/vocational training. Designed for families with children who are coming from a shelter or similar facility.
Lao Family Community Development Housing Services
Oakland Offices
Eastmont Town Center
7200 Bancroft Ave.
Oakland, CA 95823
Suite 140 (AJCC One Stop & CalWORKs)
Telephone: (510) 788-2588
Suite 135 (Re-Entry & Refugees)
Telephone: (510)-838-1077
Call us or send us a general email by completing a form here
Lao Family offers access to an array of housing opportunities and case manages clients to assist with housing needs.
Housing, economic development and nonprofit spaces include help with affordable rental housing, housing navigation, first-time homeownership, supportive housing, business assistance and entrepreneurship opportunities.
In the last two years, Lao Family has operated homeless housing sites, including Casa Liberty (an affordable interim supportive family property for DV survivors in Sacramento for 13 units) and 3 master-leased interim rental properties for homeless AB-109 re-entry adults in Richmond, Martinez and Pittsburg. Lao Family will be operating its largest homeless and re-entry affordable housing project at the previous Oakland Motel 6 (285 units in progress), now branded as CARE CAMPUS OAKLAND.
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

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.

Human Good Affordable Housing
HumanGood is the seventh-largest nonprofit senior living provider in the country. We own 99 affordable housing communities across five states (California, Delaware, Oregon, Pennsylvania and Washington) with approximately 8,880 residents.
At HumanGood, we believe everyone deserves the opportunity to live with enthusiasm, confidence and security regardless of physical, social or economic circumstances. That’s why we offer affordable housing for low-income seniors ages 55 and older. Demand for affordable housing is high in most areas, so we maintain waiting lists to provide a fair and equitable way to track interest. Applications will only be distributed when waiting lists are open.
How to Apply

Midway Shelter in San Leandro
510-357-0205

Tri-City Homeless Care and Response Services
Community Drop-In Services
Need Help?
Call 510-574-2222
Services Offered:
Breakfast, Dinner, Showers & Laundry, Safe Parking Program.
**Fremont Mobile Hygiene Unit**  
*Update August 29, 2022:* The CleanStart Mobile Hygiene Unit has returned to its regular service schedule.

**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.

**Housing Resource Center at FRC - For anyone experiencing homelessness**  
Drop-in Thursdays from 10am-12pm 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.

**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 **Keep Fremont Housed** 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.

**Fremont Rent Review**  
For all rent increase questions and services  
510-733-4945  
**rentreview@fremont.gov**
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.
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
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.

IF YOU ARE FEELING SUICIDAL OR EMOTIONALLY DISTRESSED, THERE IS HOPE:
• You can call 9-8-8 available 24/7 or dial 1-800-273-8255
988 Suicide and Crisis Lifeline
• You can reach the Crisis Text Line 24/7 by texting “START” to 741-741.
The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

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.
CSS Text Line 8am-12am (in English only)
For Spanish: Text SEGURO to 20121 (5pm - 9pm Tues-Fri) Para Español: Texteo SEGURO al 20121 (5pm - 9pm martes-viernes)

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
A Warmline is a peer-run hotline that offers callers emotional support and is staffed by volunteers who are in recovery themselves.
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

**Family Paths 24 hr. Hotline for parents**
1-800-829-3777
[https://familypaths.org/](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.

- **We’re accepting new clients!** Call 1-800-829-3777

We provide client-centered, trauma-informed therapy services to Alameda County parents, caregivers, youth, children and families.

All of our services are available via Telehealth-video and in-person. Sliding scale is $70-$10 per session based on ability to pay.
Trauma, Abuse, Divorce, Loss, Stress, Family & Community Violence
**Fremont Youth and Family Services (Youth)** 510-574-2100
Take a break and contact Youth & Family Services' Substance Use team. We can help with individual and group services for youth ages 12-21. Services are offered to youth that have used or are abusing alcohol or drugs, or exhibiting behavior, which puts them at extremely high risk for abusing alcohol or other drugs.

**No cost services are provided** Monday - Friday, 9:00 am – 6:00 pm by a phone or virtual/video appointment. Contact Youth and Family Services for more information 510-790-6940 or submit the [YFS Substance Use Team contact form](#) to leave your details and someone will call you.

**The Felton (re)MIND program – (Youth)**
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

**FELTON OLDER ADULT SERVICE TEAM (OAST) – (Older Adults)**
Our work with clients includes screening and assessments, treatment plans, case management, psychiatric services, and care coordination, both in the office and in the field as we offer community outreach and home visits all while using evidence-based practices.

**We offer comprehensive**, specialized, intensive clinical case management for older adults with mental health concerns, which includes substance abuse, to help them maintain independence and dignity while aging in place.

Clinical Case Managers, Psychiatric Nurse Practitioners and Peer Community Specialists provide evidence-based and evidence-informed mental health interventions. These are powerful tools that provide excellent intervention to older adults living with severe and persistent mental illness.

**CONTACT INFORMATION**
Clinic Hours (Mon-Fri): 9:00 AM – 5:00 PM
Older Adult Service Team (OAST)
Clinic Address: 1005 Atlantic Ave., 1st Floor, Alameda, CA, 94501
Parking Notes: Free Onsite Parking Lot is Available

For more information, please contact:
Jessica Osmond, LCSW, Program Director, OAST
Office Phone: 510-844-8244, ext. 6359
Email: josmond@felton.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. For additional information visit its website.

Pacific Islander Wellness Initiative Drop-In Sessions (All Ages)
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!
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.
Psychosis REACH (Recovery by Enabling Adult Carers at Home)

**What is Psychosis REACH?**

Psychosis REACH is a training that offers concrete, evidence-based skills for relatives and friends of individuals with psychotic disorders to better care for and relate to their loved ones. It takes a proven psychotherapy for people with schizophrenia and other psychotic disorders, Cognitive Behavioral Therapy (CBT), and modifies it to the needs of caregivers.

[Click here to download a shareable Psychosis REACH flyer.](#)

### Upcoming Trainings

- **Friday, March 10th, 2023 (9:00am–12:00pm PT)**
  - Registration is now open!
  - [If you have a loved one with psychosis, click here to register](#)
  - [If you are a Mental Health Provider, click here to register](#)

- **Friday, June 9th, 2023 (9:00am–12:00pm PT)**

- **Friday, September 8th, 2023 (9:00am–12:00pm PT)**

- **Friday, December 8th, 2023 (9:00am–12:00pm PT)**

[Click here to sign up for our mailing list.](#)

**If you have a Loved one with Psychosis, Click here.**

**If you are a Licensed Mental Health Provider, Click here.**

1. First, you will complete the online Psychosis REACH course at your own pace. The course should take roughly 5 hours to complete. You can revisit the course as often as you’d like. Along with the course, you will receive immediate access to a Psychosis REACH community board to connect with other families participating in the training.

2. Once you finish the course, you will receive access to a Psychosis REACH Resource Library which will include all of the training materials along with a number of additional resources our team has compiled for you.

3. After finishing the course, you will also be automatically registered for a 3-hour live skills training event on March 10th, 2023 (9am-12pm Pacific Time). This live event will consist of live Q&A and demonstrations of the Psychosis REACH skills by a Psychosis REACH Family Ambassador and expert trainer. If you are not able to attend this event, we have scheduled 3 additional events in 2023. You can visit our [website](#) for more information on training dates.

4. Finally, you will have the option of connecting with a Psychosis REACH Family Ambassador for additional peer support and Psychosis REACH skills coaching. You will receive instructions at the end of the online REACH course and at the live event on how to connect with a trained Family Ambassador.

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West Oakland Health - Behavioral Health Integrated Behavioral Health (Adults)
(510) 835-9610
Monday – Friday
8:15 a.m. – 5:00 p.m.
700 Adeline Street, Oakland, CA 94607
Outpatient treatment for adult patients of our primary care clinic with mild to moderate mental health symptoms. Clients served in this program are referred for behavioral health services through their medical provider. Our therapists work collaboratively with your medical provider to ensure that you receive comprehensive, whole person care.

- **Individual therapy** – we provide treatment for many mental health concerns including but not limited to depression, anxiety, life transitions, grief, trauma, substance use, and stress.
- **Care Coordination** – our care coordinator will work with you to connect you to other supportive services and resources you may need.

West Oakland Health - Specialty Mental Health (Children to Adults)
Outpatient clients must be pre-screened for eligibility and referred by Alameda County’s ACCESS Program (1-800-491-9099). We can help you make this call-in person at the office if you would like support and guidance through this process.
700 Adeline Street, Oakland, CA 94607
Outpatient treatment for adults, adolescents, and children with moderate to severe mental health symptoms causing distress and impairment. Our Specialty Mental Health providers are happy to meet with you here at our office, at your home, at school, or in the community.

- **Child Outpatient Level 1** – Individual and group therapy, case management and crisis intervention for children under 18 and their families.
- **Adult Outpatient Level 1** – Individual and group therapy, case management and crisis intervention for adults 18 and older.
- **School-Based Behavioral Health** – Individual and group therapy provided to students with Medi-Cal at Martin Luther King Jr. Elementary who have been referred through the school’s COST referral process.

**Service Hours:**
Monday-Friday 8:30 AM – 5 PM
All outpatient Specialty Mental Health services are provided under contract with Alameda County for Medi-Cal beneficiaries. Outpatient clients must be pre-screened for eligibility and referred by Alameda County’s ACCESS Program (1-800-491-9099). **We can help you make this call-in person at the office if you would like support and guidance through this process.**
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

Private Insurance Mental Health Coverage
La Cheim Behavioral Health Services
3031 Telegraph Avenue, Oakland, CA 94609
Tel: 510-596-8125
Website: http://www.lacheim.org/php-iop

Inclusive, Empowering Day Treatment
Overview
La Cheim Behavioral Health Services is a nonprofit organization providing a Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP) to the Bay Area community since 1993. Our unique PHP and IOP offer compassionate, non-institutional, and trauma-informed care for adults coping with serious mental health challenges. We believe in the strength, resilience, and creativity of our clients. With an emphasis on improved coping and problem solving, we help clients begin to stabilize and rebuild their lives with a restored sense of meaning. The PHP and IOP programs run weekdays from 8:45 am - 3 pm in Oakland, California. Learn more about a day in the life of the programs, and meet our staff.

Insurance Coverage
We work with most major commercial insurance carriers. The following insurance carriers currently provide coverage for PHP/IOP services at La Cheim:

- Aetna
- Anthem/Blue Cross
- Beacon/Value Options
- Blue Shield of California
- Blue Shield/Magellan
- Center for Elder Independence (CEI)
- Cigna
- Contra Costa Health Plan
- Kaiser & Kaiser Advantage (by direct referral only -- please contact your KP providers)
- Medicare (note that Medicare has very strict attendance requirements)
- Health Net/MHN
- UBH/Optum

*Please contact us to verify eligibility and benefits. Unfortunately, MediCal does not provide coverage for La Cheim’s PHP/IOP at this time.
Bereavement Support

Virtual Grief Group
Monday evenings, beginning May First
SAVE's counseling center is offering a new Grief Group in May open to anyone in the general public who is dealing with grief or loss. Topics include: the grief experience, functions of grief, the healing pathway through grief and more. The virtual group will be held on Monday evenings from 5:30 - 7:00 p.m. on May 1 - 22. See flyer for details. Please register in advance so you can receive the link.

PATHWAYS has an array of bereavement services to help people as they navigate this new territory without their loved one.
“Grief Support Overview” flyer is updated regularly
Please click on the following links to learn more about the type of support that might interest you.
GRIEF COUNSELING
GRIEF SUPPORT GROUPS
MEMORIAL SERVICES AND WORKSHOPS
Open to All
Pathways provides bereavement services to the bereaved served in Pathways Home Health and Hospice. Pathways also can provide bereavement to anyone who has experienced someone’s death within the past 13 months. All bereaved services are supported by donations to the Pathways Foundation. Donations ensure that we can always continue to provide grief support to anyone in the communities we serve. Please follow the DONATION link if you would like to make a donation.

Bereavement by Suicide Support
Crisis Support Services of Alameda County 1-800-260-0094
https://www.crisissupport.org/programs/support-groups/groups/
Bereavement by suicide can be a profoundly challenging experience. This a group designed to support people through the unique experience of losing a loved one to suicide. This group is facilitated by trained professionals, with a focus on connecting to others who have survived a similar loss. Attendees to this group will explore together the range of emotional responses that come from this grief.
BEREAVEMENT THERAPY GROUP
A safe and confidential therapy group for coping with loss and life transitions. This group provides education, therapy, and practical strategies to help individuals move toward healing in their personal grief experience.
Registration
SAVE – Suicide Awareness Voices of Education
In a Crisis? Call: 1800-273-8255
https://save.org/what-we-do/grief-support/find-a-support-group/

SUICIDE SUPPORT GROUPS
SAVE makes the support group listings directory available as a public service and does not run, recommend, endorse, or fund any of the groups listed. In addition, we do not monitor individual groups and only update information as it is made available to us by the facilitators and /or sponsoring organizations.

Friends For Survival – Sacramento
Fresno Survivors of Suicide Loss

Crisis Stabilization & Respite

Amber House 510-379-4179 Crisis Stabilization and Triage
516 31st St. Oakland, 94609
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.
This is a BACS program

Woodroe Place 510-613-0330 Crisis Stabilization and Triage
22505 Woodroe Ave, Hayward, CA 94541
A short-term residential alternative to psychiatric hospitalization, or support following hospitalization, for individuals in active psychiatric distress who need support to cope and heal. These programs are embedded in the community and speed up recovery while creating a long-term plan for wellness. BACS sites include Woodroe Place in Hayward, Amber House in Oakland, and Rosewood Place in Vallejo.
This is a BACS program
C.A.R.E.S. “Deflect, Defer, Divert”
510-272-6222
D.A.MentalHealthUnit@acgov.org

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
Family Paths 24 hr. Hotline for parents (non-crisis services)
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,

Sally’s Place Open 27/7 (Non-clinical crisis services)
1525 B Street, Hayward, CA 94541
(510) 963-9849
Eligibility:
• 18 years of age or older
• Have an identified place to stay in Alameda County at the time of intake (which could include
a shelter)
• Able to manage medical needs independently,
• Voluntarily agrees to engage in services

Day Break Adult Care Center 510-834-8314 (non-crisis services)
(Respite – Affordable Respite Care)
Resources for seniors 60+, their care partners in Alameda County, California
At DayBreak we build an inclusive, welcoming and supportive community of care for older adults,
people with disabilities and their family caregivers.
Quality of life, dignity and the right to self-determination are the heart of our mission.

Kinship Support Services Program (KSSP) (non-crisis services)
Respite and support, referrals (510) 834-2443 ext. 3008, (510) 316-6737
Kinship Support Services Program (KSSP) provides non-financial support services to relative
caregivers and the children placed in their homes. This program supports caregivers who have
children who are dependents of the juvenile court as well as children who are not court-dependent
children. KSSP also provides post permanency services to relative caregivers who have become the
legal guardian or adoptive parent of a formerly dependent child. The goal of this program is to
further strengthen a family’s ability to maintain a supportive and stable environment for a child in
their care.
Outpatient Services

**Axis Bridge** 925-568-2080, Mon – Thurs 11am-7pm, Friday 9am-5pm
Serves the Tri-Valley Area (Dublin, Livermore, and Pleasanton)

How we can help:
Short-term counseling for individuals (age 5 and up) or families, regardless of insurance type or lack of insurance.
- Support in preventing an escalation of symptoms.
- Guidance in navigating the mental health treatment system, including assistance in connecting to longer-term treatment.

About our services:
Services are outpatient and currently provided via telephone and video visit, due to COVID-19 restrictions.
- Daily appointments are limited, and patients may be referred to the local emergency room for support for an especially urgent situation.
- Services available only in English presently.
- Axis Bridge cannot fill prescription requests for medications that are controlled substances (e.g., benzos, ADHD meds, opiates).
- Axis also offers non-urgent mental health services. For more information call 925-462-1755 or visit: www.axishealth.org/mental-health

*Axis Bridge is a project of Axis Community Health, a non-profit health center offering quality, affordable, and compassionate care in the Tri-Valley since 1972.*

**Pathways to Wellness**
Referrals/New Admissions Call Us: (800) 975-PATH (7284)
Email: [web@pathwaystowellness.net](mailto:web@pathwaystowellness.net)

Locations:
**Oakland | Pleasanton | Union City**

Services:
Pathways to Wellness Client Services include:
- Psychiatric Evaluation/Assessment
- Medication Management/Support Services and Prescription
- Individual, Group and Family Therapy
- Intensive Case Management Services
La Clinica de La Raza Casa del Sol 9am-6pm
510-535-6200 M-F
510-535-4000
1501 Fruitvale Avenue, Oakland, CA 94601
- Outpatient Crisis Stabilization services
- Intensive services for adults (18+) with severe mental health conditions

Union City Outpatient Program is Open for Referrals and Accepting New Clients / New 2023 Brochure
510-474-7414
Open Monday, Wednesday, Thursday, and Friday, from 9am-6pm
Tuesdays open 10am-7pm
The Union City Outpatient Program at AARS/HealthRIGHT 360 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. Serving adults challenged with a substance use disorder and Specializing in working with TAY, Asian, and Pacific Islander populations.

Download Brochure

Program Eligibility
To be eligible for services at Union city Outpatient Program, you must:
- Be a resident of Alameda County
- Be 18 years of age or older
- Have Alameda County MediCal
- Meet the diagnostic criteria of a substance use disorder
- Clients with no insurance may also be eligible to participate.

All clients attend, at minimum, one individual and one group counseling session per week.
Peer Support

**Peer Wellness Collective** - Berkeley Drop-In Center – For all of Alameda County Residents
Peer-led mental health services
3234 Adeline Street, Berkeley, CA 94703
(510) 653-3808 - bdic@peerwellnesscollective.org

The Berkeley Drop-In Center is recovering unhoused and behavioral health partners inspiring each other to be all we can and want to be, connecting us to our unique selves, to each other, and to the wider community by building a strong, peer-run program that engages us in mind, body, and spirit.

We do this by providing support, services and activities that encourage, personal, educational and social growth in the hope of making lasting positive changes in ourselves and in the communities in which we live.

Regular Services Include:

1. **Drop-In Services**: Free Mail Service, Free Lockers, Refreshments (coffee, snacks, & hot food), Phone Service, Computer Access, Urgent Needs (clothing, shoes, hygiene kits).
2. **Community Resource Access and Referrals**: Payee Service, Housing: assistance with the application, connect to resources, housing retention, Employee Assistance, ID Application Assistance, Assistance in researching other resources as needed.
3. **Group and one-on-one Peer Support**: Check the flyers below for current offerings.

**BACS Valley Wellness Center**

Cooking Lesson with Chef, Jerron – July 13, 12:30pm to 3:30pm

**Location:**
3900 Valley Ave, Suite B
Pleasanton, CA 94566
925-484-8457

**BACS Wellness Centers** - We provide support to individuals with behavioral health challenges, who want to manage their symptoms and move forward with their lives in healthy and positive ways.

Peer support Social outings in the community Nutrition support and healthy eating support Employment services Linkage to community resources Housing Problem Solving Peer led groups that focus on skill building, coping skills, and symptom management.
Seniors – Support

**Friendship Line California 1-888-670-1360**

**Program Services**

**Friendship Line**
- Emotional support and crisis intervention
- Well-being telephone check-ins

**Center for Elder Suicide Prevention and Grief Services**
- Virtual grief and bereavement support groups
- Specialized support for people who have experienced traumatic loss to suicide or sudden death

**Activities for People with Parkinson’s**

Ping Pong
Wednesdays
1 - 3 p.m.
Large Activity Room
Bocce Ball
Fourth Friday of the month
March 24
1 - 3 p.m.

Do you or a loved one have Parkinson’s and are interested in participating in a low-impact sport?
Join these groups!

**EMAIL** Martha Torrez with questions about classes at the Age Well Center at South Fremont.

**FELTON OLDER ADULT SERVICE TEAM (OAST)**

Our work with clients includes screening and assessments, treatment plans, case management, psychiatric services, and care coordination, both in the office and in the field as we offer community outreach and home visits all while using evidence-based practices.

We offer comprehensive, specialized, intensive clinical case management for older adults with mental health concerns, which includes substance abuse, to help them maintain independence and dignity while aging in place.

**Clinical Case Managers**, Psychiatric Nurse Practitioners and Peer Community Specialists provide evidence-based and evidence-informed mental health interventions. These are powerful tools that provide excellent intervention to older adults living with severe and persistent mental illness.

**CONTACT INFORMATION**

Clinic Hours (Mon-Fri): 9:00 AM – 5:00 PM

Older Adult Service Team (OAST)

Clinic Address: 1005 Atlantic Ave., 1st Floor, Alameda, CA, 94501

Parking Notes: Free Onsite Parking Lot is Available

For more information, please contact:
Jessica Osmond, LCSW, Program Director, OAST
Office Phone: 510-844-8244, ext. 6359
Email: josmond@felton.org

**New Session beginning: Self-Compassion & Belonging – Tuesdays, 11am-12:30pm, via Zoom**
Come learn tools of self-acceptance to build inner strength and resiliency. We will practice responding to life's disappointments (including that of our aging bodies) by offering ourselves self-compassion rather than the well-practiced critical inner voice many of us learned as children. We will support each other as we begin to face into the mystery of mortality--our own and that of dear friends and family. This 8-week drop-in group is facilitated by Molly Reno who has been facilitating Self-care and Self-Compassion groups at Openhouse since 2012. To register: rsvp@openhousesf.org or (415) 231-5871

**NEW! CERI Vietnamese Social Group at the Age Well Center**
*First and Third Thursdays*
10:30 a.m.—2 p.m.
*Wing A Street Side FREE*

**The Center for Empowering Refugees and Immigrants (CERI)**
will be offering exercise, digital classes, board games and other activities on the first and third Thursday at the Age Well Center. This social group is offered in Vietnamese.

EMAIL Nick Jordan with questions about classes at the Age Well Center at Lake Elizabeth.
Services for Asian Pacific Islanders and in Chinese

Asian American Recovery Services
AARS offers an array of programs and services throughout the Bay Area, each tailored to meet the needs of our clients. Our culturally oriented, gender-responsive approaches are delivered by multicultural and multilingual staff who are a part of the communities they serve. AARS programs offer:

- Outpatient substance use disorder treatment for adults and youth
- Outpatient mental health treatment for adults and youth
- Integrated behavioral health services
- Case management
- Community-based outreach and education
- Linkages and referrals to primary care and ancillary support
- School-based mental health services
- Pro-social activities for youth, adults, and families
- Substance abuse and HIV prevention, HIV testing and counseling, and HIV case management for adults
- Juvenile justice and probation youth services, including prevention, outpatient substance use and/or mental health treatment, and social support

Mental Health Association for the Chinese Communities
800-881-8502
Mental Health Association for Chinese Communities is a nonprofit organization whose mission is to raise awareness of mental health within the Chinese community through education, support, and advocacy to service the Chinese families and individuals affected by mental illness, and to help them develop meaningful and productive lives.

National Asian American Pacific Islander Mental Health Association
The mission of NAAPIMHA is to promote the mental health and wellbeing of Asian Americans, Native Hawaiians and Pacific Islanders. Focuses on suicide prevention among youth, empowering mental health consumers, and access to high quality affordable mental health services for all.

Asian Mental Health Collective
Their mission is to normalize and de-stigmatize mental health within the Asian community by making mental health easily available, approachable, and accessible to Asian communities worldwide.
Services in Spanish

Casa del Sol 510-535-6200

Servicios:
• Clases para los padres / Grupos de apoyo
• Educación sobre violencia domestica /Grupos de apoyo para mujeres y niños
• Grupo de psicoterapia para la depresión
• Grupo de psicoterapia para el trauma para mujeres
• Grupo de psicoterapia para el duelo (Grief Psychoeducation Group)

Cultura Y Bienestar Círculos de Tambores
• Círculo de tambores para la comunidad
• Cada lunes, 4:15 pm - 5:15 pm
• En la oficina de CyB: 1415 Fruitvale Ave, Oakland, CA 94601
• Para más información ver folleto adjunto o contactar Raul Pacheco, rapacheco@laclinica.org

Cultura & Bienestar – Curación Tradicional
• Prácticas ancestrales de sanación, nos ayudará a centrarnos en vivir el aquí y ahora, aceptando y afrontando los desafíos de la vida diaria con esperanza, amor, y valor.
• Tema, Curandero y Horario cambian regularmente, para detalles, favor de contactarnos
• Virtual por Zoom: https://tinyurl.com/2p87xhtn
• Para más información ver folleto adjunto o contactar a Hermelinda Aguiar haguiar@laclinica.org
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.
**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
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
Housing, Vita Tax

Causa Justa: Just Cause (510) 763-5877
Oakland
Tenant Services / Servicios para inquilinos de Oakland
San Francisco Tenant Services
(Servicios para inquilinos de San Francisco)
Know Your Immigrant Rights
Conocer sus derechos de inmigrante
Centro de Servicios
(510) 489-4100
www.centrodeservicios.org
Immigration, Legal and Social Services
Centro staff is available to provide assistance in understanding complicated situations and to help you navigate the immigration and social services agencies. If you are confused, worried, or simply afraid of getting it wrong, our staff can help put you on the right track.

Centro Legal de la Raza
(510) 437-1554
www.centrolegal.org
Legal information and support on eviction, discrimination, and other legal and financial issues.

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

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.

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”
510-272-6222
D.A.MentalHealthUnit@acgov.org
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
Attn: Mental Health Unit
1225 Fallon Street
Oakland, CA 94612
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. 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  
(Español) 510-502-8560  
[https://eastbayaa.org/](https://eastbayaa.org/)

**East Bay AA– Visit website for Meeting schedules (available in-person and on Zoom)**
[https://eastbayaa.org/](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](https://eastbayaa.org/)

**Alanon and Alateen – Help and hope for families and friends of alcoholics**  
1-888-425-2666 (Meeting information)  
[https://alanon.org/](https://alanon.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](https://alanon.org/)

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Horizon Services

Horizon Services, originally named Horizon House, has been serving the Bay Area for more than 40 years. Our first program opened in 1976 with a $17,500 contract from Alameda County, which allowed us to establish sober living support services for men reentering the workforce.

Services:

- **Cherry Hill** - Substance detox 24-hrs/ 7 days
  (Alcohol; Addiction; Detox; Drug Addiction; Mental Illness; Residential Sobering; Men; Women)
  866-866-7496
  2035 Fairmont Drive
  San Leandro CA
  Voluntary detox support. Same day admission.
  The Sobering Unit is a 50-bed, co-ed facility—staffed 24 hours a day, 7 days a week. Our sobering unit was specifically designed to assist those needing immediate sobering services for a briefer visit of 23 hours or less.
  The Detox Unit is a social model 32-bed residential program serving men and women who are withdrawing from the effects of alcohol or drug use. Clients are constantly monitored by trained staff and are referred for medical or psychiatric services as needed. About 50% of Cherry Hill's clients have co-occurring mental illness.

- **Chrysalis**
  (Alcohol Addiction; Court-Ordered; Drug Addiction; Homeless; Women; Young Adults)
  Intake: 510-450-1192
  3837-3845 Telegraph Ave.
  Oakland, CA 94609
  Chrysalis is a home-like living environment treatment program tailored to meet the needs of women ages 18+ living with mental health and substance use disorders and are residents of Alameda County. The typical length of stay is up to 90 days.

- **Cronin House**
  (Alcohol Addiction; Counseling; Drug, Addiction; Family Counseling; Group Counseling; LGBTQ, Men, Mental Illness; Residential)
  (510) 784-5874
  3837-3845 Telegraph Ave.
  Oakland, CA 94609
  Cronin House is a 34-bed residential program for men, male-identifying people and non-binary individuals affected by substance use disorders, mental health issues and other co-occurring disorders. Clients are able to stay up to 90 days.
• **Project Eden** (Two locations)
  (Alcohol Addiction; Counseling; Drug Addiction; Family Counseling; Mental Illness; Peer Counseling; Youth; Teens)
  1866 B St., Suite 101
  Hayward, CA 94541
  (510) 247-8200
  22320 Foothill Blvd., Suite 245
  Hayward, CA 94541
  (510) 247-8200
  project.eden@hsimail.org

Project Eden was founded in the late 1960s by a Castro Valley pediatrician and a Hayward Unified School District administrator who were responding to the escalating drug problems of the community’s youth. Since then, Project Eden has provided a wide variety of substance abuse prevention, intervention and treatment services to children, adolescents, adults, families and communities in the Hayward and San Lorenzo area.

• **Project Eden-East County**
  (Alcohol Addiction; Counseling; Court-Ordered; Drug Addiction; Group Counseling; Women; Men)
  (925) 444-7040
  1020 Serpentine Lane, Suite 100
  Pleasanton, CA 94566

The Project Eden Adult Outpatient Services Program strives to provide adults with strengths-based support to aid in their road to recovery.

*Intake:* Call our office to schedule an intake appointment. A counselor will meet with you to complete an intake packet, which includes providing required personal information.

*Assessment:* At the time of intake, an initial assessment will be performed in order to evaluate your individual needs and medical necessity for the program. Based on the results of the assessment, those who meet our standard criteria for treatment are recommended admission to the program. Those who do not meet criteria can be provided with other referrals.

**SAMHSA's National Helpline** 1-800-662-4357
[https://www.samhsa.gov/](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.
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** Hayward Recovery Center *(Outpatient Substance Use Treatment Services)*  
510-792-4357 24/7 Hotline  
107 Jackson Street  
Hayward CA 94544  
Hours of Operation  
M-T-Th-F 12pm-8pm W 4pm-8pm  
Today Second Chance and all its counselors are certified and monitored by the California Department of Health Care Services and Alameda County Behavioral Health. Our counselors have the education and credentials required to provide treatment and recovery services for substance use disorders.  
But we still see lived experience as vital. Most of our drug and alcohol counselors have personal recovery. (Just as many staff in our Domestic Violence and Homeless Services programs have experience in those areas.) So we really do understand what you’re going through. First and foremost, we are still people helping people to help themselves.  
**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/](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**  
Find A Meeting *(according to your time zone)*  
**What is Recovery Dharma FAQ**
Contra Costa County

Mental Health Support

Contra Costa Health Services (Access Services)
Access Line 1-888-678-7277
https://cchealth.org/bhs/access-services.php

The 24-hour Behavioral Health Access Line is an easy-to-use resource for mental health and substance use services. Call toll-free 1-888-678-7277 for:

- Questions about mental health services and supportive recovery resources for substance use disorders.
- Assistance finding services.
- Insurance questions and referrals to low-cost and sliding scale services if uninsured.
- Be prepared to answer questions on your needs and provide your Medi-Cal or other insurance information.
- Language interpretation services are available. Call during business hours (8 a.m. to 5 p.m.) weekdays for quickest service.
- For Presumptive Transfers for foster youth from other counties to Contra Costa, please contact AB1299@cchealth.org or call the Access Line 1-888-678-7277 for after-hours coverage and urgent matters.

Contra Costa Health’s Mobile Crisis Response Team (MCRT) 1-833-443-2672

If you are experiencing a life-threatening emergency, call 911 immediately.
Call 1-833-443-2672 if the situation is escalating toward a behavioral health crisis.

A3 (Anyone, Anywhere, Anytime)

MCRT is expanding into A3, a new program Contra Costa Health is currently developing.
A3 – Anyone, Anywhere, Anytime – will provide timely and appropriate emergency behavioral health support. The MCRT has supported the A3 team during the pilot phase and will now help expand services.
A3 currently operates Monday – Friday from 8 a.m. – 6:30 p.m. Call 1-833-443-2672 to access services. Learn more about this program.

Contra Costa Crisis Center
1-800-833-2900
http://www.crisis-center.org/
24-hour suicide hotline; grief counseling program; suicide prevention; and more. Based in Walnut Creek.
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, Serves all of California

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

NAMI Contra Costa Warm Line (925) 465-3864
https://www.namicontracosta.org/

2151 Salvio St., Suite V
Concord, CA, 94520
Office:
(925) 942-0767
Monday - Thursday
9:00 am to 5:00 pm  Friday
9:00 am - 3:00 pm
Closed on Saturdays.

NAMI Contra Costa is acutely aware that mental health needs must be met. However, as a result of the COVID-19 virus, the NAMI CC office will no longer be operating on a limited schedule. Until further notice, the office will remain closed.

Services include:
Family to Family
Family Support Group
Peer to Peer
In Our Own Voice
FaithNet
And more...

https://www.namicontracosta.org/resources.html
From the NAMI (Contra Costa website):

Non-NAMI Groups & Services
Local Groups & Services Not Sponsored By NAMI

While NAMI Contra Costa strives to provide groups and services to those affected by mental illness, there are various other groups and services within Contra Costa County that can help you. Listed below is a collection of local resources that are not sponsored by NAMI. You can download this list here.

Support Groups

For Family Members of Adults with a Mental Illness:

- **In Lafayette:** Open Our Hearts. All faiths welcome. 4th Monday 7-8:30 PM, Temple Isaiah, 945 Risa Rd., Lafayette, Talmud Torah Center, Room E204. Drive across parking lot, turn left at the Day School and drive down the hill to the first building on the right. Call Karen 925-945-7272 or karen@mmcohen.comwww.openourhearts.net

- **In Brentwood:** Last Monday, 7 pm, Raley's grocery, 2400 Sand Creek Rd., Brentwood. For more information, contact Laurel Howard-Fong at 925-437-1751 or lpfong19@gmail.com.
For Family Members of Children and Adolescents with a Mental Illness:
- **In Lafayette:** New Hope Support Group: 2nd Monday 7-9 PM. Formal diagnosis not needed. Includes parents of children with OCD. Lafayette-Orinda Presbyterian Church, Rm 204, 49 Knox Drive, Lafayette. Christina Mellin 925-899-0862 or ccmellin28@gmail.com. Call before attending.

For Individuals with a Mental Illness:
- **In Lafayette:** Clutter less Self-Help Group: Mondays except U.S. Postal Service holidays, 7 PM, The Parkview, 100 Valley Ave., Pleasanton. Cross street is Sunol. Use main entrance and go to 2nd Floor Activity Room. (925) 289-5356.
- **Weekly Mental Wellness Support Group:** Please feel free to join us in a safe environment to share, listen and pray for those who are struggling with their mental well being. We will also have mental health experts from NAMI Contra Costa as well as other mental health experts at times to discuss resources for those interested and who are in need. You are not alone. We are truly all in this together. To sign up, please visit here.

**Low Fee & Special Service Counseling Agencies** (Scroll down to find this category in Contra Costa Psychological Association website)

**Contra Costa Crisis Center**
925-939-1916
We dedicate our services to keep people alive and safe, help them through crises, and provide or connect them with culturally relevant resources in the community, and have since 1963.

**Contra Costa Crisis Center/Contra Costa 2-1-1**
211, (800) 833-2900
Suicide Prevention, Mental Health, and More
COVID-19 Testing, Vaccines

**Contra Costa Health Services**

**COVID-19 Tests**

*Free COVID-19 tests are available at county, State and other commercial and healthcare provider sites. We recommend getting tested as soon as possible if you have COVID-19 symptoms.*

How to make an appointment

By phone: 1-833-829-2626

Online:

State sites: [Click here](#) to make an appointment at a county site (Antioch, Brentwood, Pleasant Hill and San Pablo)

Commercial and healthcare provider sites: [Click here](#) for more testing sites

**Where can I get vaccinated in Contra Costa?**

The best place to get vaccinated is at your regular health care doctor or clinic. Other places to get vaccines include:

- [Community Immunization Providers](#) | [Spanish](#)
- [Public Health Immunization Clinics](#)
- [Public Health Travel Immunization Clinic](#)

Pharmacies and grocery stores often have immunizations services. Check their websites for details.
Free COVID Tests for Contra Costa Residents

Order Free COVID Test Kits from the County for the Holidays

Contra Costa residents can now get free at-home COVID test kits from Contra Costa Health (CCH) through a new mail-order program.

People can order up to 4 free at-home test kits per household by filling out this online form [r20.rs6.net] or by calling us at 833-829-2626. There are two tests in each kit. CCH will mail the kits directly to people’s homes within approximately 5-7 business days. You must be a Contra Costa County resident to be eligible.

“We want these test kits to be a staple in people’s medicine cabinets like aspirin or band-aids,” said Dr. Sofe’ Mekuria, deputy health officer for the County. “Testing gives people the information they need to make healthy choices and reduce the spread of COVID, especially during the winter holiday season when families and friends gather indoors.”

Health officials strongly recommend people get tested if they feel sick or if they're planning to attend a large indoor gathering. Anyone who tests positive for COVID, even if they don't have symptoms, should isolate at home. See our COVID-19 Patients & Contacts page [r20.rs6.net] for more information about what to do if you test positive.

The County's mail-order program will run through the holidays and perhaps longer depending on our supply of at-home test kits.

People can also get free test kits through their healthcare providers. For more information, visit our Home Tests page [r20.rs6.net].
Housing and Shelter
Contra Costa Interfaith Housing (925) 944-2244 X 3
(www.ccinterfaithhousing.org)
http://www.gripcommunity.org/
399 Taylor Blvd., Suite 115, Pleasant Hill 94523

Contra Costa County Housing Authority (510) 538-8876
www.contracostahousing.org

**Contra Costa Crisis Center/Contra Costa 2-1-1**
Call 211 or (800) 833-2900
Housing; Suicide Prevention; Mental Health and More
Homeless? Losing your housing? Find help today! Search our database to find helpful resources or get in touch with one of our call specialists right away.
CALL 211 or 800-830-5380
TEXT your zip code to 898211
Marin County

Mental Health Support

Marin Health & Human Services
Access and Assessment Line (888) 818-1115
Crisis Stabilization Unit Psychiatric Emergencies Open 24/7 (415) 473-6666
National Suicide, Call 9-8-8 or (800) 273-8255
Marin County Mental Health Services provides a complete range of mental health services for children, adults, and older adults.

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, Serves all of California
Non-emergency number for those feeling anxiety or seeking emotional support. Assistance available via web chat or phone.

Marin Behavioral Health and Recovery Services
Family Support Meetings
Thursday Night Family Group Thursday Evenings 7-8:30pm - Beginning 6/18/20 on Zoom virtual platform
What do we do? We are a group of clinical staff and family partners who...

Marin County NAMI Crisis Information
If you are experiencing a mental health emergency, please seek help right away. Family members may reach out to any of these resources as well.

- Call your medical doctor or your mental health provider.
- Call 911 for emergency services and ask for a Crisis Intervention Trained (CIT) Officer
- Go to the nearest hospital emergency room.
- Call or go to the County of Marin's Crisis Stabilization Unit (CSU), available 24 hours a day, 7 days a week, and can be reached at 415-473-6666.
- County of Marin is now offering our youth another means of support through a co-branded text line - Text MARIN to 741741. The Crisis Text Line offers free, 24/7, confidential crisis counseling via text and is a great place to turn when experiencing anxiety, depression, substance use, suicidal ideation, or anything in between. While available to any age, Crisis Text Line predominantly attracts those most comfortable texting for support, teens age 17 and under.
- Call the County of Marin’s Mobile Crisis Response Team at 415-473-6392. This is not a replacement for calling 911.
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) to be connected to a trained counselor.
NAMI Marin County
Help Line 415-444-0480
NAMI, the National Alliance on Mental Illness, Marin County is the local affiliate of the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness and their families.

Programs and Services
Family-to-Family Education Program: 8-week course for family members, partners, and friends with a loved one with mental illness.
Please call 415-444-0480 for more information or email info@namimarin.org to sign up.
Reservations are required.

Family Support Groups: Provides a safe space for individuals to share concerns about their loved ones living with a mental illness. Offered in English and Spanish. Click here for more information about family groups.
Our Family Support Groups in English begin in person this year, 2022, and will be weekly on Wednesdays from 7 pm - 8:30 in San Rafael. Vaccination verification is required. Please call 415-444-0480 or email info@namimarin.org to sign up.

Helpline: Experienced Helpline volunteers offer support, information, and resources. Call our Helpline at 415-444-0480.

General Meetings: Providing educational lectures and expert speakers. Topics are timely and include treatment updates, community resources and time for Q & A.
Meetings are free and open to the public.
Further Information or to request or recommend a topic or speaker call the NAMI office at 415-444-0480.
The Marin County Suicide Prevention Collaborative
Contact us: [https://prevention.marinbhrs.org/contact-us](https://prevention.marinbhrs.org/contact-us)
20 North San Pedro Rd, Ste 2021
San Rafael, CA 94903
The Collaborative is comprised of public and private agencies and individuals, including community members, behavioral specialists, senior advocates, health care leaders, crisis interventionists, educators and many more.
The focus of the Collaborative is to implement a seven-strategy strategic plan, including:
1. Establish infrastructure to provide leadership, oversight, and accountability to the Strategic Plan
2. Develop a coordinated system of care to promote suicide prevention and wellness
3. Implement public campaigns to raise awareness about warning signs, promote available resources, and increase help-seeking
4. Provide evidence-based training and education to Marin County residents
5. Provide outreach, engagement, and support to all residents with targeted efforts to groups disproportionately affected by suicide
6. Foster safe and healthy environments on all school campuses
7. Reduce access to lethal means for those at risk of suicide
The Collaborative pursues a comprehensive public health framework addressing prevention, intervention and postvention at the individual, community and institutional levels. The Collaborative meets monthly on the first Wednesday at 2 pm. If you'd like to attend the Collaborative meetings, join a Community Team, or receive a recording of the Collaborative meetings, contact the BHRS Prevention and Outreach Team.
COVID-19 Testing, Vaccines

Marin Health & Human Services – COVID-19 Testing

Where to get tested for COVID-19

There are a variety of testing options in Marin County, either through a local healthcare provider, pharmacy, urgent care clinic, community test site or take-home test. Review the list below to find the right testing option for you.

Your Healthcare Provider

If you have insurance, contact your doctor or your healthcare provider. If you have symptoms or have been exposed, your healthcare provider is required by law to get you a test. Contact your provider or neighborhood clinic to discuss your need for testing, including testing required for travel or medical procedures.

Call your healthcare provider directly if you don't see them on this list.

Carbon Health
628-203-9029

Dignity Health GoHealth Urgent Care
415-384-4778

Kaiser Permanente
How to get a COVID test at Kaiser
866-454-8855

One Medical
415-578-3095

Sutter Health
844-987-6115

UCSF
415-514-7328

No Health Insurance?

These providers offer free COVID-19 testing for people without insurance:

- **Optum Serve/LHI**
- **UCSF Partnership at Canal Alliance**
- **CVS Pharmacy***
- **Curative***

Please see "testing providers" section of this page for additional details.

Local medical clinics also offer free COVID-19 testing to current patients. Please contact a local clinic about becoming a patient if you are uninsured or undocumented. (click on the "your healthcare provider" tab on this page for a list of clinics).

* = providers may ask for additional forms of identification, such as drivers license, social security number or other form of documentation.
COVID-19 Vaccines
Call the California COVID-19 Hotline at 833-422-4255
The health and safety of Marin County residents is our top priority. A safe, effective, no-cost COVID-19 vaccine is available to everyone.
COVID-19 vaccination is one of the most important tools to end the pandemic. Vaccines and boosters are highly effective at preventing people from getting very sick or dying from COVID-19 and lowers the risk of developing "long COVID."

Food Pantries
Marin Health & Human Services 415-473-4636
Provides a list of Food Banks located in Marin County and other services for low-income families and individuals.
  • San Francisco - Marin Food Bank
    Pick up free, weekly groceries at many locations in San Francisco and Marin. Items include fresh produce, protein, and shelf stable items. Please be prepared to bring your photo ID and a proof of address if the address on your ID is not current. Go to foodlocator.sfmfoodbank.org to find your...
    Website: http://foodlocator.sfmfoodbank.org(link is external)
  • San Geronimo Valley Community Center: Food Programs
    (415) 488-8888
    San Geronimo Valley Community Center Website: http://www.sgvcc.org(link is external)
    6350 Sir Francis Drake Blvd
    San Geronimo, CA 94963
    The Food Pantry at the San Geronimo Valley Community Center is open weekly on Mondays from 9-5 pm and Thursdays from 2-5pm. In addition to our regular food bank, the community center provides special food distribution during Thanksgiving and the Christmas holidays. Senior Lunches-Thursday @...
Housing & Shelter

Homeward Bound

Homeward Bound of Marin is the primary provider of Marin County homeless shelters and services for homeless families and individuals in Marin, California. Catch up on the latest news and events in our efforts to end homelessness.

Contact:

- **Administration Office**
  1385 N. Hamilton Parkway, Novato, CA 94949
  415-382-3363 / Fax: 415-382-6010
  1-866-660-4288 TTY English / 1-866-288-1677 TTY Spanish
  Please feel free to email us at info@hbofm.org

- **Family Center**
  430 Mission Avenue, San Rafael, CA 94901
  415-457-2115
  1-866-660-4288 TTY English / 1-866-288-1677 Spanish

- **Mill Street Center** – under construction
  190 Mill Street, San Rafael, CA 94901

- **Temporary Shelter** – open for referral only
  mscintake@hbofm.org
  1-866-660-4288 TTY English / 1-866-288-1677 Spanish

- **Voyager Carmel Center**
  830 B Street, San Rafael, CA 94901
  415-459-5843
  1-866-660-4288 TTY English / 1-866-288-1677 Spanish

- **New Beginnings Center**
  1399 N. Hamilton Parkway, Novato, CA 94949
  415-382-3363
  1-866-660-4288 TTY English / 1-866-288-1677 Spanish

- **The Key Room**
  1385 N. Hamilton Parkway, Novato, CA 94949
  www.thekeyroom.com 415-382-3363 x214

Marin Housing

(415) 491-2525

Our goal is to assist low and moderate-income residents of Marin County and maintain high quality affordable housing.
**County of Marin – Housing Resources**
A collection of links that contains useful information about housing resources and other housing programs available in the County of Marin.

**County of Marin – Affordable Housing**
The mission of the Affordable Housing Program is to preserve and expand the range and supply of adequate, accessible, and affordable housing through housing policies, regulations and programs. While our Agency does not manage housing units or services directly, we have included a list of resources and links to local services and providers in the ‘where can I find affordable housing’ section of this website.
San Mateo County

Mental Health Support

**San Mateo County Health** - ACCESS CALL CENTER (800) 686-0101 24/7 assistance

**TTY for hearing impaired: dial 711**

For assistance in finding mental health and/or substance use services for someone who may be experiencing a mental illness and/or substance use condition, or for someone you are concerned about, call the Behavioral Health and Recovery Services (BHRS) ACCESS Call Center for information, an assessment and a referral based on individual needs. BHRS serves San Mateo County residents who have or are eligible for Medi-Cal, or those who are uninsured.

LEARN MORE ABOUT

**Mental Health Services**

Division: Behavioral Health and Recovery Services

Alcohol and Other Drugs Services

Contact Us

Services: Mental Health & Substance Use

RELATED LINKS

Community Mental Health and Substance Use Services

**StarVista Crisis Center** – **Crisis Hotline**, 650-579-0350 24/7

The 24/7 Crisis Hotline is the oldest program of the Crisis Center and StarVista, and was the third crisis hotline to be created in California. The crisis center fielded over 14,000 calls in 2020, and continues to evolve and grow as a program to meet community needs.

For those who are feeling depressed, suicidal – or who just want to talk to someone about problems they're facing – the 24/7 hotline offers a free, safe, confidential place for people to explore feelings, vent frustrations, clarify problems and get referrals. Trained volunteers and staff treat callers with empathy and compassion and provide referrals for community resources and services.

Who can call the crisis line:

- Anyone who feels sad, hopeless, or suicidal
- Family and friends who are concerned about a loved one
- Anyone interested in mental health treatment and service referrals
- Anyone who needs some support through a personal crisis

**Teen Crisis Services**

Teen Crisis Services operate Monday-Thursday 4:30-9:30pm PST. Support is peer-to-peer under staff supervision. Serves ages 13+ but will not turn away any youth on basis of age.

Teen Text Line: [650-747-6463](tel:650-747-6463)
OMBDUSMAN Advocates for quality of life in residential care
Being a family caregiver or care partner is no easy feat, but thankfully there are resources in your community to help.

General Information and Assistance
- **24-hour emergency and Response Line - For Aging & Older Adults**
- **California Advocates for Nursing Home Reform (CANHR)**
- **Healthy Aging Response Team (HART)**
- **Peninsula Family Service**
- **Self-Help for the Elderly**
- **Senior Coastsiders**

**California Peer-Run Warm Line**, 855-845-7415, 24/7 Para Español #3

**Resources for community, crisis, or peer support**

_Mental Health Association of San Francisco, Serves all of California_

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

**San Mateo NAMI Warmline** 650-638-0802 / Crisis Line 650-579-0350

NAMI San Mateo County (SMC) offers support, education, compassion and practical experience, to anyone needing to educate themselves about mental illnesses and their treatment for themselves or a loved one in San Mateo County.

**Advocating for persons with a major mental illness and their families on a county, state, and national level, the NAMI SMC office:**
- Is staffed Monday through Friday from 9am to 3pm.
- Operates a “Warm Line”/Help Desk Support (650-638-0800) to respond to inquiries about how families can best help their loved ones as well as how individuals with their own diagnosis can best help themselves.

**Our programs and activities include:**
- NAMI Family-to-Family education classes offered 4–6 times throughout the year
- NAMI Peer-to-Peer education classes for individuals diagnosed with a severe mental illness offered 3–4 times throughout the year
- NAMI Basics education classes offered 2–3 times per year
- NAMI Provider Education classes for mental health professionals offered upon request
- Parents and Teachers as Allies presentation available to schools upon request
- “Ending the Silence” presentation available to high schools upon request
- In Our Own Voice presentations providing speakers to churches, schools, educational classes, health fairs and community events upon request
- Providing 10 family and individual (connection) support group meetings held throughout the County at 8 locations
- Bimonthly General Meetings for members and the public
COVID-19 Testing, Vaccines

**County of San Mateo**

COVID-19 Testing

Testing and Test to Treat

COVID-19 Testing, and Test-to-Treat programs are widely available in San Mateo County. Schedules for County-sponsored vendors LHI/OptumServe and BayPLS are below. These services are available at no cost to you.

Test-to-Treat programs allow residents who test positive to be assessed for oral medications, and if they qualify, medication will be provided. LHI/OptumServe offers Test-to-Treat, allowing residents to take a rapid antigen test, stay onsite for results, and get medications (if eligible), all in one appointment.

Other companies, including pharmacies, offer similar Test-to-Treat programs. You can find a location near you by [clicking here](#).

**Community COVID-19 Test Providers**

Includes non-County affiliated testing sites

- BayPLS: [https://bayareapls.com/book-online](https://bayareapls.com/book-online/) 415-300-4436
- Curative: [https://curative.com](https://curative.com/) 1-888-702-9042
- Kaiser Permanente: [https://healthy.kaiserpermanente.org/northern-california/health-wellness/coronavirus-information/testing](https://healthy.kaiserpermanente.org/northern-california/health-wellness/coronavirus-information/testing) 1-833-574-2273
- LHI: [https://lhi.care/covidtesting](https://lhi.care/covidtesting) 1-888-634-1123
- Walgreens: [https://www.walgreens.com/findcare/covid19/testing](https://www.walgreens.com/findcare/covid19/testing) 1-800-925-4733
San Mateo County Health – San Mateo Medical Center
COVID-19 Vaccine and Booster
The bivalent booster offers protection against the newest Omicron variants. Even if you've had COVID-19... you can get it again and risk serious illness or long-term symptoms. Read more about the booster.

Our doctors recommend all patients aged 5 years and older get the bivalent booster. You are eligible for the booster least two months following your most recent COVID-19 vaccine (whether it was completing two doses of a primary series or a booster).

Get vaccinated and boosted at your clinic
Current patients with a primary care doctor at San Mateo Medical Center can call (650) 372-3200 to make an appointment for the COVID-19 vaccine or booster. If you are not a patient at San Mateo Medical Center, here’s how you can get vaccinated.

Community vaccine and booster clinics
Sign up on MyTurn or call 1-833-422-4255. More options: www.smchealth.org/vaccine-clinic-calendar

If you haven't been vaccinated yet, it's never too late.
The COVID-19 vaccine is safe and effective and prevents serious illness and death. Everyone age 6 months and older can get vaccinated. Read more about the safety of the vaccine, and review the Emergency Use Authorizations (EUA). Vaccinations and boosters are available at convenient times and in many locations throughout San Mateo County, including your local San Mateo Medical Center clinic.

Proof of vaccination
When you get the COVID-19 vaccine, we will ask for your cell phone number and email address. This information will make it easy to get a digital version of your vaccine record when you need it. A digital vaccine record makes it easy to prove your vaccine status if you lose your paper vaccine card.

You are not required to give us this information. But, if we don't have it, it may be hard get your digital vaccine record in the future. Any information you provide will be kept confidential and be part of your health record. Get proof of vaccination through the state’s website.

Need a ride to your vaccine appointment? SamTrans will provide free bus rides on existing service to COVID-19 vaccination sites for people living or working within San Mateo County. Read more here.
Food Pantries

**County of San Mateo - Food Assistance**  1-800-984-3663
Second Harvest of Silicon Valley

**Find Food**
Use our Food Locator below to find free, nutritious food near you. Choose whether you want fresh groceries or ready-to-eat meals and pick days/times that fit your schedule.

**Find Food Now**
Already a Second Harvest client? **Check your schedule.**
Looking for a holiday meal? **Visit our Holiday meals page.**

**CalFresh**
Get money to buy your own food with a free CalFresh EBT card that you can use at most stores and **some restaurants.**

**Learn More And Apply**

**Home Delivery**
If you are physically unable to leave your home, you may be eligible for free grocery delivery. Call 1-800-984-3663 for more information.

**Samaritan House of San Mateo County**
Food Services - Food services for those in need, including hot meals, meal preparation and food drives.

**Food Pantry**
Samaritan House’s Drive-Thru Pantry supplies food boxes full of groceries for low-income families who struggle to buy groceries. This option allows families to prepare fresh meals together at home. Bread is a basic food staple that Samaritan House provides Monday through Friday to all who are in need. A voucher system is now used to distribute bread from our Pantry. Bread Vouchers are obtained at Client Services with no application process and bread is available to anyone who is in need.

**Dining Room**
Samaritan House offers a take-out dinner (a hot meal and dessert) on weeknights, to any single adult or family that needs it. All are encouraged to take advantage of dining in a restaurant-style, community space in downtown San Mateo.

**Mobile Meals**
Recognizing that only able-bodied individuals were able to attend dinner at our Dining Hall, Samaritan House created a volunteer-based Mobile Meals program to deliver warm meals to the elderly and disabled. Please contact our Client Services department if you need Mobile Meal assistance.
Food Pharmacy
In an innovative collaboration with our partners at Second Harvest Food Bank, Samaritan House established Food Pharmacies at our two Free Healthcare Clinics in San Mateo and Redwood City. Our volunteer physicians write “prescriptions” for low-income patients who have diabetes. Then, the patients are able to fill those prescriptions on-site at our Food Pharmacies. Deepest thanks to Second Harvest Food Bank for keeping both pharmacies stocked with fresh produce and other healthy foods.

Housing & Shelter
County of San Mateo – The Center on Homelessness
The Center on Homelessness coordinates homeless services throughout San Mateo County.

- If you are experiencing homelessness or a housing crisis, please contact one of the Core Service Agencies, which provide clients with crisis intervention and referrals based on an evaluation of their needs and qualifications for assistance and can provide referrals for homeless shelters and other homeless services. A list of the Core Service Agencies is available at hsa.smcgov.org/emergency-safety-net-assistance-core-service-agencies.

- If you are a service provider, the Center on Homelessness serves as San Mateo County's Continuum of Care coordinating entity. Members of our network of community-based organizations meet quarterly to assure that our system of care functions in a collaborative manner, providing pathways to housing for homeless families and individuals. For more information about the Center on Homelessness, please contact us at HSA_Homeless_Programs@smcgov.org.

San Mateo County Core Services Agencies – Emergency Safety Net Assistance
The eight Core Service Agencies listed below work in close collaboration with the Human Services Agency to provide individuals and families with basic emergency and support services to stabilize their living situations. Core Service Agencies provide clients with crisis intervention and referrals based on an evaluation of their needs and qualifications for assistance. Core Service Agencies provide safety net services to San Mateo County residents in need of food, emergency housing assistance, emergency utility assistance, shelter and other basic needs. Call the Core Service Agency that serves your area to find out more about the services they offer and how to access services. Flyers in multiple languages, located at the bottom of this page, can be printed and shared.
Core Service Agency, Address, Phone Number, Areas Served

**Daly City Community Services Center**
(650) 991-8007
350 - 90th St., Daly City
Areas served: Daly City, Colma, Broadmoor

**Samaritan House South**
(650) 294-4312
1836B Bay Road, East Palo Alto
Areas served: East Palo Alto, Menlo Park

**Coastside Hope**
(650) 726-9071
99 Ave. Alhambra, El Granada
Areas served: Half Moon Bay, Montara, Moss Beach, El Granada

**Pacifica Resource Center**
(650) 738-7470
1809 Palmetto Avenue, Pacifica
Areas served: Pacifica

**Samaritan House**
(650) 347-3648
4031 Pacific Blvd., San Mateo
Areas served: San Mateo, Belmont, Burlingame, Foster City, Hillsborough, Millbrae, San Carlos

**Puente de la Costa Sur**
(650) 879-1691
620 North Street, Pescadero
Areas served: Pescadero, La Honda, Loma Mar, San Gregorio

**Fair Oaks Community Center**
(650) 780-7500
2600 Middlefield Rd., Redwood City
Areas served: Redwood City, North Fair Oaks, Portola Valley, Woodside, Atherton

**YMCA Community Resource Center**
(650) 276-4101
1486 Huntington Ave, South San Francisco
Areas served: South San Francisco, Brisbane, San Bruno
**Samaritan House - Housing and Shelter of San Mateo County** (650) 347-3648
Housing assistance, emergency rent / utility assistance and eviction avoidance

**Homelessness Prevention**
(650) 347-3648
4031 Pacific Blvd
San Mateo, CA 94403
Samaritan House helps families avoid a major crisis and homelessness with emergency rent or assistance with utility bills. Rental assistance continues to be one of the most important and common needs of our clients as it allows families to avoid eviction and remain in their homes. This is one of the least costly and most effective services we provide to meet the housing need of our clients.

**Housing Placement and Stabilization**
Case managers work with clients to explore what contributed to their housing instability and address those issues. And they provide support with housing applications, qualification for housing programs and they work with landlords to create more housing opportunities for our clients in need of a new home.

**Coordinated Entry System (CES)**
**Safe Harbor Shelter**

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**End Of Resource Directory**