

# Resource Directory

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**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](http://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)

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# Current - Resources for Families and Individuals - Happening Now (Updated Weekly)

## **Central Family Resource Center – Thanksgiving Meal Giveaway on Saturday, November 18 @ 11:30am**

*Free frozen turkey & sides!*

*First Come, first serve while supplies last.*

*81<sup>st</sup> Ave Library | 1021 81<sup>st</sup> Ave, Oakland 94621*

*For more information, please call Carolina Padilla, program Coordinator at 510-273-1524*

## **Support Group for African American Family Members & Caregivers – Tuesday, November 28, from 5:30pm-7:30pm (our group meets every 4<sup>th</sup> Tuesday)**

*For those who have loved ones living with a serious mental illness and/or substance abuse disorder*

This gathering is for us to come together to share challenges and accomplishments that we have experienced with our loved ones. We also discuss the importance of self-care because you can't pour from an empty cup.

We look forward to hearing from you. If you need assistance connecting via Zoom, please call 510-697-8533

## **AAFOP Holidays and Hope: A Psychiatrist and Substance Abuse Counselor Speaks**

**Join us for a FREE WORKSHOP...**

*Saturday, December 9, 2023, from 9:45am – 2pm*

*Presenters: Dr. Karriem Salaam, psychiatrist and Rev. Kenneth Love, Licensed & Certified Alcohol & Drug Counselor, Executive Director Breakfree Ministries*

**[Register here](#)** or call 510-697-8533

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**Mental Health Association of Alameda County**

MHAAC // [mail@mhaac.org](mailto:mail@mhaac.org) // (510) 835-5010 // 954 60<sup>th</sup> St # 10, Oakland, CA 94608

### **Dads Voices – Family Paths Presents Fatherhood Co-Parenting: Beyond Conflict**

This 6-week series is guided by the principles—empathy, purpose, integrity, and gratitude. The curriculum is designed to build confidence and enhance the co-parenting experience for Dads. This program benefits Dads who live with their children or separated from them.

(CLASSES ARE PROVIDED IN SPANISH)

Dates: (Mondays) 10/23/23, 10/30/23, 11/6/23, 11/13/20, 11/20/23, 11/27/23 Location: Online vía

Zoom Meetings Hours: 6:30PM—8:30PM

Facilitator: Juan Cuba, CPDPE

To Register please call, 1(800) 829-3777

Limited Space Available | [Click Here to see flyer](#)

**For more information, please contact Juan Cuba (Fatherhood Specialist) at [jcuba@familypaths.org](mailto:jcuba@familypaths.org) or Juli Rositas (Program Manager) at [jrositas@familypaths.org](mailto:jrositas@familypaths.org)**

**Dads Voices Matter!**

### **Voces de Papás – Family Paths Presenta Un Café en línea sólo para Papás y figuras paternas Paternidad y Crianza Compartida: Más Allá del Conflicto**

Este programa de 6 semanas es guiado con empatía, propósito, integridad y gratitud. El currículo está diseñado para aumentar confianza y mejorar la experiencia de un padre o figuras paternas en la crianza compartida. Este programa beneficia a los papás que viven con sus hijos o están separados de ellos.

(LAS CLASES SE OFRECEN EN ESPAÑOL)

Fechas: (lunes) 10/23/23, 10/30/23, 11/6/23, 11/13/20, 11/20/23, 11/27/23

Lugar: Clase en línea/ Online vía Zoom

Hora: 6:30PM—8:30PM

Facilitador: Juan Cuba, CPDPE

Para Registrarse Llame al, 1(800) 829-3777 Espacio limitado | [Haga Clic aquí para ver volante](#)

**Para más información contacte a Juan Cuba (Fatherhood Specialist) en [jcuba@familypaths.org](mailto:jcuba@familypaths.org) o Juli Rositas (Program Manager) en [jrositas@familypaths.org](mailto:jrositas@familypaths.org) ¡Las voces de los padres son importantes!**

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**Family Paths, Inc. Young Parent Educational Program**  
***Nurturing Parenting (an evidence-based curriculum)***

This 10-week series is designed to empower young parents including expectant young parents to make healthier choices, to build empathy and self-worth, learn positive ways to deal with stress and anger and alternatives to spanking, develop positive parent-child attachment and to be positive role models for their children. **Priority is Alameda Co. residents. Other counties will be considered on a case-by-case basis, please call (510) 380-1734 to inquire.**

**To qualify for these classes** participants must be parents or expectant parents **25 and under** who **are or were** involved in the juvenile justice system **and/or** who are considered **\*crossover youth** within the child welfare system. **\* involved in both the juvenile justice (ex. probation) and child welfare systems (ex. foster care)**

**Dates:** (Thursdays) 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14 (**no class on 11/23, Thanksgiving**)

**Location:** Online via Zoom Meetings

**Hours:** 1:30 – 3:30 pm (*afternoon class*)

**Certified Facilitator:** Michael Lewis, CPDPE, NPP

To Register please call our Parenting Stress Helpline  
@ 1-800-829-3777

**For more information, please contact Juli Rositas, Parent Education Program Manager @ (510) 380-1734 or at [jrositas@familypaths.org](mailto:jrositas@familypaths.org)**

**\$500 gift card for completing the classes & parent coaching sessions**

**[To Download Flyer, click here](#)**

**[Mental Health America – Back to School 2023 Toolkit](#)**

Virtual spaces are everywhere and have become a constant presence, offering social connectedness and the ease of instant communication. But the online world of selfies and social media also brings with it challenging situations that can have a negative impact on youth mental health.

**Selfies, Social, And Screens: Navigating Virtual Spaces For Youth**

Our 2023 toolkit provides information, tips, and resources for young people, caregivers, and school personnel on how to protect youth mental health in a digital world.

**[Download 2023 Back to School Toolkit](#)**

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### **East Bay Community Agencies - Circle of Care**

*Group support and parent education for grieving families*

CircleOfCare@EBAC.org 510.531.7551 x 3195

East Bay Agency for Children's Circle of Care is a unique program that supports children and their families coping with the death of a loved one. This program helps children heal and learn to cope with this traumatic experience through services for the entire family including specialized peer support groups, educational workshops, community trainings and information and referral.

**[Circle of Care - Group Support and Parent Education Flyer](#)** | **[Circle of Care Grief and Loss Flyer](#)**

Circle of Care Grief & Loss 510-531-7551 | [circleofcare@ebac.org](mailto:circleofcare@ebac.org)

Resilient Parenting

Dates: Saturday Mornings, from 9:30am 11am - Starting this September 30<sup>th</sup>

Virtual sessions Via Zoom Link is provided after registration

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### **Xylazine Basics: Overdose Prevention, Harm Reduction, and Wound Care**

This document provides information on xylazine, a non-opioid veterinary tranquilizer used as an additive in illicit drug supplies, notably in combination with heroin and fentanyl. It discusses the effects of xylazine use, including sedation and potential risks such as hypotension and bradycardia. The document also emphasizes harm reduction interventions for individuals who may encounter xylazine in the drug supply, including the use of naloxone for responding to overdoses and the importance of wound identification and treatment.

Responding to Overdose in Communities Where Xylazine Is Present • As xylazine is often mixed with opioid drugs like heroin and fentanyl, people using those substances have the potential to experience both opioid overdose and prolonged and/or severe sedation due to the presence of xylazine.

- Xylazine does not respond to naloxone, so a person who used an opioid and xylazine may remain sedated even after administration of naloxone. It is important to assess respiratory status and look for the return of breathing after naloxone administration; a person who used both an opioid and xylazine may start breathing again but not fully regain consciousness. If a person is breathing again but remains sedated, place the person in a recovery position and await further help (paramedics). Do not administer more doses of naloxone once breathing has returned.

[Download Full Fact Sheet Here \(English Version\)](#) | [Download Fact Sheet Here \(Spanish Version\)](#)

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## Family Paths, Inc.

### Young Parent Education Program

#### FEATURING:

#### **Nurturing Parenting** (an evidence-based curriculum)

This 10-week series is designed to empower young parents including expectant young parents to make healthier choices, to build empathy and self-worth, learn positive ways to deal with stress and anger and alternatives to spanking, develop positive parent-child attachment and to be positive role models for their children. **Priority is Alameda Co. residents. Other counties will be considered on a case-by-case basis, please call (510) 380-1734 to inquire.**

**To qualify for these classes** participants must be parents or expectant parents **25 and under** who **are** or **were** involved in the juvenile justice system **and/or** who are considered **\*crossover youth** within the child welfare system. \* involved in both the juvenile justice (ex. probation) and child welfare systems (ex. foster care)

**Dates:** (Wednesdays) 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15

**Location:** Online via Zoom Meetings

**Hours:** 6:00 – 8:00 pm (evening class)

**Certified Facilitator:** Tamela Lloyd-Carraway, NPP

To Register please call our Parenting Stress Helpline

@ 1-800-829-3777

**For more information, please contact Juli Rositas, Parent Education Program Manager @ (510) 380-1734 or at [jrositas@familypaths.org](mailto:jrositas@familypaths.org)**  
**\$500 gift card for completing the classes**  
**& parent coaching sessions**

## 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

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### [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](#)

### [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.

## **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/>

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# 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](mailto: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](mailto: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>

510- 777-1177

9925 International Blvd. Oakland, CA 94603

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

## Food Pantries

### **Alameda Food Bank**

650 W Ranger Avenue

Alameda, California 94501

510-523-5850

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

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# 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

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### **Peer Wellness Collective** - Berkeley Drop-In Center

Peer-led mental health services

**3234 Adeline Street, Berkeley, CA 94703**

**(510) 653-3808 - [bdic@peerwellnesscollective.org](mailto: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.

### **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](mailto: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.

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## 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

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## Food Pantries

### Help Berkley

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

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

Or call 510-288-3080

### Berkeley Food Pantry

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

1600 Sacramento Street

Berkeley, California 94702

Mondays, Wednesdays, Fridays, 2-4pm

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

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

### Meals & Groceries for Seniors

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

Senior Center 510-981-5170

Meals on Wheels Program 510-981-5250

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# 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

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# Oakland

## Mental Health Support

### Family Paths 24 hr. Hotline for parents

800-829-3777

<https://familypaths.org/>

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

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

The [Carl B. Metoyer Center for Family Counseling](#) is offering free Virtual Healing Circles for family members impacted by incarceration. Visit its [website](#) for additional information.

### C.A.R.E.S. “Deflect, Defer, Divert”

510-272-6222

[D.A.MentalHealthUnit@acgov.org](mailto: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

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**Mental Health Association of Alameda County**

MHAAC // [mail@mhaac.org](mailto:mail@mhaac.org) // (510) 835-5010 // 954 60<sup>th</sup> St # 10, Oakland, CA 94608

### **Roots Community Health Center**

#### **9925 International Blvd location**

(510) 777-1177

9925 International Blvd, Oakland, CA 94603

7272 MacArthur Blvd.

Oakland, CA 94605 International Blvd.

#### **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

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### 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

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## Food Pantries

### **Alameda County Community Food Bank**

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

### **Telegraph Community Ministry Center – Food Pantry**

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

### **City Team Ministries - Family Services**

722 Washington Street  
Oakland, CA 94607  
510-452-3758.  
Call for center hours.

### **Project Open Hand - East Bay**

1921 San Pablo Avenue  
Oakland, CA 94612  
510-622-0221  
HIV / AIDS patients can apply for emergency services, including food.

### **East Oakland Switchboard**

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

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

### **St Vincent de Paul of Alameda County**

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

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

### **St. Elizabeth's Parish - Bread and Roses**

1500 - 34th Avenue., Oakland, CA 94601  
510-536-1266

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### **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** 4<sup>th</sup> Sat. of the month from 9am-2pm. Sign in sheet necessary. Pick-up at West Oakland Food Pantry 1640 10<sup>th</sup> 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 10<sup>th</sup> Street (In the parking lot behind St. Patrick Catholic Church).

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# 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 restaurateurs are made available to the community for curbside pickup from our 1st Avenue parking lot at 1:15. This is made possible through a partnership with Eastlake United for Racial Justice (EUJ) and World Central Kitchen. **Volunteer to help distribute these meals. Please call to find out exact hours.**

## 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

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## 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](mailto: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 use 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.

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**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](http://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**

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# 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 1<sup>st</sup> and 3<sup>rd</sup> 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.

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### **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](#).**

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### **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.

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# Tri-Valley (Dublin, Livermore, Pleasanton)

## NAMI Tri-Valley

<https://www.nami-trivalley.org/index.html>

(925) 980-5331

[marsha@nami-trivalley.org](mailto: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](http://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.*

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### **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

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# 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

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## 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.

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# 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.

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- [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>

510- 777-1177

9925 International Blvd. Oakland, CA 94603

**Asian Health Services –**

For testing Sites visit: <https://asianhealthservices.org/ahs-covid-sites/>

To get the COVID-19 Vaccine: <https://asianhealthservices.org/covid19vaccine/> or **call the COVID Helpline at 510-735-3222 to make an appointment**

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>**

- **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

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# Domestic Violence

**National Domestic Violence Hotline** (available all day every day)

1-800-799-SAFE (1-800-799-7233)

1-800-787-3224 (TTY)

www.ndvh.org (Chat)

**National Sexual Assault Hotline – RAINN** (available all day every day)

1-800-656-HOPE (1-800-656-4673)

www.rainn.org (Chat)

**The National Center for Victims of Crime** (available Monday-Friday 9am-5pm EST)

855-484-2846 (text or call)

www.ncvc.org (Chat)

**Tahirih Justice Center**

**Afghan Asylum Helpline** – (available Monday-Friday 10am-4pm EST)

888-991-0852

Email : AfghanAsylum@tahirih.org

**Forced Marriage Initiative**

www.PreventForcedMarriage.org

571-282-6161

Email: FMI@tahirih.org

# 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)

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

510-841-4776

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

A100 (Fremont FRC) 510.794.573

Deaf, Counseling,

Hayward

510-881-5743

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

### **Deaf Counseling & Advocacy and Referral Agency (DCARA)**

D420 (Fremont FRC) 510.790.1433 (TTY and VP)

510.371.0042 (Voice)

<https://dcara.org/>

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

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**State Department of Rehabilitation**

F630 (Fremont FRC) 510.794.2458

Oakland

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

510-622-2764

Berkeley

510-883-6000

**Disability Rights Education & Defense Fund (DREDF)**

510-644-2555 | [iephelp@DREDF.org](mailto: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/>

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# 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  
4<sup>th</sup> 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**

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### **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](mailto: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.

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**Mental Health Association of Alameda County**

MHAAC // [mail@mhaac.org](mailto:mail@mhaac.org) // (510) 835-5010 // 954 60<sup>th</sup> St # 10, Oakland, CA 94608



### [Alameda County Family Health Services Fatherhood Initiative](#)

#### **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

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# Youth Services

## **Community & Youth Outreach** 510-969-8708

CYO helps save lives and develop youth. On the frontlines to prevent violence and support disadvantaged people to thrive, CYO provides outreach, mentoring, case management, and support to high-risk youth and young adults in Oakland. We believe that once you establish a trusting and caring relationship, even with the very highest risk young people, you can help them overcome challenges and provide them with opportunities to succeed. CYO's Intensive Life Coaching program serves youth and young adults who are formerly incarcerated and at very high risk of being involved in gun violence. The Intensive Life Coaching model is Relationship, Influence, Better Decisions, and Improved Outcomes. Life Coaches who share similar experiences as clients, also known as Credible Messengers, establish trusting relationships with them; provide regular, meaningful contact and support; and utilize tools to influence better, safer, and healthier decisions.

## **The California Youth Crisis Line**

24 hour: 1-800-843-5200

[info@calyouth.org](mailto:info@calyouth.org)

### **If you are feeling suicidal, there is hope.**

You can call the **988 Suicide Prevention and Crisis Lifeline** 24/7 at **1-800-273-8255**.

You can reach the **Crisis Text Line** 24/7 by texting "START" to **741-741**.

You can call **The Trevor Project**, an LGBT crisis intervention and suicide prevention hotline, 24/7 at **1-866-488-7386**.

Text Crisis Support Services (CSS) Program

**English Schedule: 8am to midnight, 7 days a week**

Text SAFE to 20121

Crisis Support Services (CSS) Programa de Texto en español para jóvenes

**New CSS Text Service for Spanish Speaking Youth**

**¿Eres un joven in crisis?** Estamos para brindarte consejería y apoyo emocional.

**¿Deseas conversar?** ¡Manda un texto a La Línea de Textos para Jóvenes!

Textear SEGURO al número 20121 – Text SAFE to 20121

Horario en español: 5pm -9pm de martes – viernes

For Spanish: Text SEGURO to 20121 (5pm - 9pm Tues-Fri) Para Español: Textear SEGURO al 20121 (5pm - 9pm martes-viernes)

**Alta Bates Summit Medical Center: Herrick Campus open 24/7**

(510) 204-4444

**Alta Bates Herrick Campus**

2001 Dwight Way

Berkeley, CA, 94704

A comprehensive and fully integrated psychiatric facility for adolescents ages 12-17.

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**Willow Rock Center open 24/7 (For minors 12-17 yr. old)** (510) 895-5502  
**2050 Fairmont Drive**  
**San Leandro, CA 94578**

- Serves youth ages 12-17 from Alameda County who are in need of acute/crisis mental health services.
- Willow Rock Center includes a 23-hour crisis stabilization unit and an acute in-patient psychiatric health facility.

**Children's Hospital (UCSF Benioff) Oakland** open 24/7 (Child medical emergency of physical injury / psychiatric) **Note:** If you think your child may be experiencing a life threatening or severe condition, **immediately call 911** or go directly to the nearest emergency room.

[Behavioral Emergency Response Team \(BERT\)](#) **(for children and adolescents under 18 yrs. old)**

Program Description:

BERT is a program of UCSF Benioff Children's Hospital. Bert clinicians provide crisis assessments for children and adolescents under 18 who are experiencing a psychiatric emergency.

**510-428-3000**

747 52nd Street  
Oakland , CA 94609

[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](http://feltonearlypsychosis.org)

**SIDE BY SIDE with Youth Through Adversity** 510-727-9401 M-F, 9:30am – 6pm

Side By Side is a community-based, non-profit organization serving at-risk young people and their families. [Services offered in Alameda County by SIDE BY SIDE:](#)

- Community Counseling
- LGBTQA+ Support
- Our Space (safe space for LGBTQA+ youth ages 13-24; includes many services such as paid youth leadership opportunities)
- Transitional Housing (for young people transitioning out of foster care and/or probation)
- Real Alternatives (Continuum of transitional housing opportunities for current or former foster youth and/or those on probation.

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# 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.

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## CalWorks and CalFresh

[CalWorks](#) | [CalFresh](#)

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

### 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](http://CalFreshFood.org)**

\*For other languages, or reasonable accommodations, find an office at [CalFreshFood.org](http://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.

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### **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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday

10:30am – 11:30am

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

Every 1<sup>st</sup> and 3<sup>rd</sup> 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

1<sup>st</sup> and 3<sup>rd</sup> 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.

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**South Hayward Parish – Food Pantry 510-785-3663**

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

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

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

- **East Oakland, 6955 Foothill Blvd,  
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  
Eden Area Multi-Service Center** (510) 670-6000
- **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

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Mental Health Association of Alameda County

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# Housing & Shelter

## Dial 211 For Health, Housing and Human Resources:

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

Apply today at [ac-housingsecure.org](http://ac-housingsecure.org) Or call 2-1-1 for more information

**City of Alameda Housing Authority (510) 747-4300**

[www.alamedahsg.org](http://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.

**[Openhouse November 2023 Calendar Listing](#)** – Affordable and Low-Income Housing Opportunities for Seniors and Adults with Disabilities in the Bay Area: Alameda, Contra Costa, Marin and San Mateo Counties. **[For San Francisco, click here.](#)**

## 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](mailto: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>**

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**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&eld=9476a875-4b2b-4c28-89dd-12fd5fc9d8ea](https://rainbowcc.org/homeless-transitional-youth-program?eType=EmailBlastContent&eld=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.

[www.baylegal.org](http://www.baylegal.org) | New clients call 1-800-551-5554, Current clients call 510-663-4744

### **Keep Your Home California (888) 954-5337 (KEEP)**

Foreclosure Prevention Hotline

### **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](#) 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\*\*](#)

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### **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@cceb.org](mailto:housingservices@cceb.org) to speak with one of our housing specialists.

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

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

### **Building Future with Women and Children (510) 357-0205**

(Call 211 for Countywide Shelter Referrals)

1395 Bancroft Ave., San Leandro 94577

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

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## **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.

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### **ECHO's Programs:**

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

### **First-Time Home Buyer Counseling**

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

**Home seeking Counseling** offered to all residents of Livermore and Pleasanton

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

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

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

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

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

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

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

- 2. Any individual or family who:

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

(ii) Has no other residence; and

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

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

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**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

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### **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.

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### **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**

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**Bay Area Rescue Mission**

510-215-4555

Food Shelter, Clothing, and more

**Tri-Valley Haven Shelter - Sojourner House**

800-884-8119

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

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**Mental Health Association of Alameda County**

MHAAC // [mail@mhaac.org](mailto:mail@mhaac.org) // (510) 835-5010 // 954 60<sup>th</sup> St # 10, Oakland, CA 94608

# Medication – Urgent Medication Clinics

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

510-777-3800  
7200 Bancroft Ave.  
Suite 125 A  
Oakland, CA

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

510-795-2434  
39155 Liberty St. # G710  
Fremont, CA

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

925-551-6851  
3730 Hopyard Rd. Suite 103  
Pleasanton, CA

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# Mental Health Support

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

800-491-9099

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

24-hr line Eng., Span., Chinese

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

## **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: Textear 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**

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

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

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**The Schreiber Center – Comprehensive mental health services for individuals over the age of 21 with 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/>

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

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**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](http://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](mailto:josmond@felton.org)

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### **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!

<https://bit.ly/DropInPiwi>

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

*You may contact us via email [piwi@ramsinc.org](mailto:piwi@ramsinc.org); office phone 510-856-9760; message us on Facebook or Instagram.*

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## **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 her.](#)**

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.**

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

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

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

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

### **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.**

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# 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

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## **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 31<sup>st</sup> 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](#)

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### **C.A.R.E.S. “Deflect, Defer, Divert”**

510-272-6222

[D.A.MentalHealthUnit@acgov.org](mailto: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

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**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,  
Victims of Crime Therapeutic Services, Finding Peace Within. Eng., Span.

**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.

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## 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](http://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

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**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.**

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MHAAC // [mail@mhaac.org](mailto:mail@mhaac.org) // (510) 835-5010 // 954 60<sup>th</sup> St # 10, Oakland, CA 94608

## 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](mailto: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.

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# 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

## **Senior Resources Guide – North Alameda County Non-Profit and Public Agencies**

Alameda, Albany Berkeley, Emeryville, Oakland, and Piedmont

*Alameda County Social Services Agency*

Senior Information & Assistance Program – Alameda County Area Agency on Aging 6955 Foothill Blvd, Suite 143 (1 St Floor), Oakland, CA 94605; 1-800-510-2020 / 510-577-3530;  
<http://seniorinfo.acgov.org> Office Hours: 8:30am – 5:00pm, Monday - Friday

## **Senior Resources Guide – South Alameda County**

Fremont, Newark, and Union City

*Alameda County Social Services Agency*

Senior Information & Assistance Program – Alameda County Area Agency on Aging 6955 Foothill Blvd, Suite 143 (1 St Floor), Oakland, CA 94605; 1-800-510-2020 / 510-577-3530;  
<http://seniorinfo.acgov.org> Office Hours: 8:30am – 5:00pm, Monday - Friday

## **Senior Resources Guide – East Alameda**

Dublin, Livermore, Pleasanton, and Sunol

*Alameda County Social Services Agency*

Senior Information & Assistance Program – Alameda County Area Agency on Aging 6955 Foothill Blvd, Suite 143 (1 St Floor), Oakland, CA 94605; 1-800-510-2020 / 510-577-3530;  
<http://seniorinfo.acgov.org> Office Hours: 8:30am – 5:00pm, Monday - Friday

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**Mental Health Association of Alameda County**

MHAAC // [mail@mhaac.org](mailto:mail@mhaac.org) // (510) 835-5010 // 954 60<sup>th</sup> St # 10, Oakland, CA 94608

### **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](mailto: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](mailto:rsvp@openhousesf.org) or (415) 231-5871

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**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.

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# 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.

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# 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](mailto: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](mailto:haguiar@laclinica.org)

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**Mental Health Association of Alameda County**

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# Legal

**Probation or Parole- Transformative Pathways Opportunity 3-6-month program** – Are you between the ages of 18-30? Are you on probation or parole? Have you been affected by the War on Drugs? Transformative Pathways is a 3-6-month program in which you can earn up to 2500 for participation. You can be supported in the following ways:

Job Readiness Workshops, Resume and Cover Letter Support, Supportive Services, Career Training Program, Job Placement.

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

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

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

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

**provides services to youth who have questions with:**

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

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

**Guardianship:** If you need help making someone your guardian

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

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

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

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

*When in doubt give us a call.*

**East Bay Community Law Center**

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

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

**510-548-4040 ext. 388**

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

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### **Education Defense & Justice for Youth Services**

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

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

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

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

### **Clean Slate Services 510-548-4040 option 5.**

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

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

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### **Legal Access Alameda**

**Free Legal Help – every 1<sup>st</sup> 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](http://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

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### **Centro de Servicios**

(510) 489-4100

[www.centrodeservicios.org](http://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](http://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

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**Mental Health Association of Alameda County**

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# 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](mailto: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](mailto:Ebony@rootsclinic.org)

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### **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](mailto: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.

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## **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](mailto: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

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### **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**

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# 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/>

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

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

## **Narcotics Anonymous of Alameda County** 510-444-4673

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

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

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

**1-888-425-2666 (Meeting information)**

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

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

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

### **Teen Corner**

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

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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.

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- 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](mailto: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/>

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.

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MHAAC // [mail@mhaac.org](mailto:mail@mhaac.org) // (510) 835-5010 // 954 60<sup>th</sup> St # 10, Oakland, CA 94608



### **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.

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**Mental Health Association of Alameda County**

MHAAC // [mail@mhaac.org](mailto:mail@mhaac.org) // (510) 835-5010 // 954 60<sup>th</sup> St # 10, Oakland, CA 94608

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**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/>**

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](#)**

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# 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](mailto: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.

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## **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.com](mailto:karen@mmcohen.com) [www.openourhearts.net](http://www.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 [lphfong19@gmail.com](mailto:lphfong19@gmail.com).

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**Mental Health Association of Alameda County**

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### **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

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**Mental Health Association of Alameda County**

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# 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

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## **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 \[r20.rs6.net\]](#).

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## Housing and Shelter

Contra Costa Interfaith Housing (925) 944-2244 X 3

[www.ccinterfaithhousing.org](http://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](http://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

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**Mental Health Association of Alameda County**

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# 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.

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## [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](mailto: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](mailto: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.

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**Mental Health Association of Alameda County**

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## **The Marin County Suicide Prevention Collaborative**

**Contact us:** <https://prevention.marinbhhs.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.

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**Mental Health Association of Alameda County**

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# 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.

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## **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](http://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 @...

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**Mental Health Association of Alameda County**

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# 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](mailto: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](mailto: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](tel:415-459-5843)  
[1-866-660-4288](tel:1-866-660-4288) TTY English / [1-866-288-1677](tel: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](http://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.

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### **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.

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**Mental Health Association of Alameda County**

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# 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](#)

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**OMBUDSMAN** 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

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# 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/> 415-300-4436
- Curative: <https://curative.com/> 1-888-702-9042
- Kaiser Permanente: <https://healthy.kaiserpermanente.org/northern-california/health-wellness/coronavirus-information/testing> 1-833-574-2273
- LHI: <https://lhi.care/covidtesting> 1-888-634-1123
- Stanford Health Care: <https://stanfordhealthcare.org/discover/covid-19-resource-center/testing.html> 650-498-9000
- Sutter Health: <https://www.sutterhealth.org/for-patients/health-alerts/2019-novel-coronavirus> 1-866-978-8837
- Walgreens: <https://www.walgreens.com/findcare/covid19/testing> 1-800-925-4733

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**Mental Health Association of Alameda County**

MHAAC // [mail@mhaac.org](mailto:mail@mhaac.org) // (510) 835-5010 // 954 60<sup>th</sup> St # 10, Oakland, CA 94608

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## 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](http://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.](#)

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# 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.

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## 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](https://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](mailto: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.*

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## **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

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**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**

***End Of Resource Directory***

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