

Resource Directory

MENTAL HEALTH ASSOCIATION
OF ALAMEDA COUNTY

Affiliated with the
California & National Mental Health Associations



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Alameda County

Crisis Intervention

Mental health 24/7

Alameda County Crisis Support Services 1 (800) 309-2131

If you or someone you know is struggling with difficult life circumstances or uncomfortable thoughts and emotions, we are here to help. You do not need to be experiencing suicidal thoughts or feelings to call.

988 Suicide & Crisis Lifeline Dial 988

The National Suicide Prevention Lifeline provides confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. 9-8-8 is available via call or text, and online chat.

Alameda County English Crisis Text Line Text "Safe" to 20121

Crisis Support Services of Alameda County (CSS) offers an option for Alameda County, CA residents to text with our 24/7 Crisis Line

Alameda County Spanish Crisis Text Line Text "SEGURO" to 20121

Horario en español: 5pm – 9pm martes y viernes.

National Suicide Prevention Lifeline 1 (800) 273-8255

The National Suicide Prevention Lifeline provides confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. 9-8-8 is available via call or text, and online chat.

The CARE Team 1 (510) 337-8340

The Alameda Community Assessment Response and Engagement (CARE) Team is the city-funded alternative to police response for individuals experiencing a mental health crisis in Alameda. If you need an emergency response for a non-violent mental health crisis, please contact the non-emergency Alameda Police Department Or Call 911 and ask for the Alameda CARE team.

Berkeley Crisis Services 1 (510) 948-0075

If you or someone you know is undergoing a mental-health or substance-use related crisis and needs assistance, call (510) 948-0075 to reach the Specialized Care Unit. The Specialized Care Unit (SCU) is available 7 days a week during the following hours:

- Sunday, Monday, and Tuesday: 24-hour services
- Wednesday, Thursday, Friday, and Saturday: 12:00 am-4:00pm and 8:00 pm-11:59 pm

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Mental Health Association of Alameda County

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Mental Health Support

Mobile Crisis

All mobile crisis clinicians are certified to write applications for involuntary holds in Alameda County. However, clinicians will offer voluntary treatment via various diversion programs when clinically appropriate. All mobile crisis teams work in partnership with local law enforcement and due to safety concerns, requests to respond without law enforcement cannot be guaranteed. If callers are advised to call 911, callers can request a CIT (Crisis Intervention Trained) officer, who has completed training specific to crisis intervention and de-escalation.

Mobile Crisis Team (MCT) **(510) 891-5600**

This team operates with two Licensed Clinicians who respond to mental health crisis calls from the general community, providers, as well as 911 mental health crisis call outs. MCT services are available Monday – Friday 8am-6pm

Mobile Evaluation Team (MET) **(510) 891-5600**

This team pairs an Oakland Police Officer and a Licensed Clinician in an unmarked police vehicle. They focus on **911** generated mental health crisis calls within Oakland. MET services are available Monday – Thursday 8am-3pm.

Hayward Mobile Evaluation Team (HMET) **9-1-1**

This team pairs a Hayward Police Officer and a Licensed Clinician in an unmarked police vehicle. They focus on 911 generated mental health crisis calls within hayward. MET services are available Monday – Thursday 8am-4pm.

Berkeley Mobile Crisis Team **(510) 981-5254**

The mobile crisis team is available from 11:30 am to 10:00 pm, 5 days a week, Sunday and Monday as well as Wednesday through Friday. The number of calls or staffing may affect mobile crisis team availability.

Community Assessment and Transport Team (CATT) **9-1-1**

This team pairs an Emergency Medical Technician (EMT) with a Licensed Clinician. They focus on community-based crisis intervention and medical clearance.

CATT services are available 7 days a week, 7am-11pm.

Contact: Currently through our **911** System Response.

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Mental Health Programs Services

Counseling Services / Servicios de consejería

California Peer-Run Warm Line (855) 845-7415

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

ACCESS (800) 491-9099

***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. ACCESS is a telephone service staffed from 8:30-5:00 M-F by licensed mental health clinicians and administrative support for both general behavioral health questions and determining eligibility for a range of outpatient services. After hours calls are answered by Crisis Support Services of Alameda County.*

Alameda Family Services (510) 629-6300

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

Berkeley Adult Mental Health Clinic (510) 981-5290

The mental health professionals at the Adult Mental Health Clinic provide counseling and case management services with the goal of helping people to better manage their mental health symptoms, obtain and maintain housing or other community resources and move forward in their recovery

Berkeley Accessing Mental Health Services (510) 981-5244

Berkeley Mental Health offers mental health services to adults, youth, and children who meet eligibility criteria.

Accessing services

To access adult mental health services, call or walk into 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*

Berkeley Free Clinic (510) 548-2570

The Berkeley Free Clinic provides free, confidential peer counseling for individuals 18 years of age and over. Email: info@berkeleyfreeclinic.org

SAMHSA's National Helpline (800) 662-4357

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

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Peer Wellness Collective - Berkeley Drop-In Center (510) 653-3808

Peer Wellness Collective to support peer-run, self-help services for people with mental health and/or substance use challenges in Alameda County, CA. They provide 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. Email: bdic@peerwellnesscollective.org

Mental Health Warmline for Berkeley Highschool Students (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).

The Felton (re)MIND program (510) 318-6100

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

La Familia (510) 881-5921

La Familia offers a wide range of mental health and community services in the Bay Area, including mental health, community services, developmental services, education, recovery and wellness programs.

Roots Community Health Center (510) 777-1177

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

Hours:

*Mon, Wed, Thurs, Fri, 9am-5pm
Closed on Tues, Sat, Sun*

**The Schreiber Center (510) 383-5020/
(510) 891-5650**

The Schreiber Center is a specialty mental health clinic developed in collaboration with Alameda County Behavioral Health Care Services, the Regional Center of the East Bay, and Alameda County Public Health Department. The Center is dedicated to serving the mental health care needs of adults with intellectual and developmental disabilities.

Services

The core services offered by the Schreiber Center are:

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

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Davis Street Community center (510) 347-4620

*Davis Street provides affordable **Behavioral Health** services to help address issues like depression, anxiety, ADHD, schizophrenia and substance abuse*

Counseling Davis Street provides affordable counseling for individuals, couples and families.

Axis Bridge (925) 568-2080

Axis Bridge is an innovative mental health urgent care service housed within Axis Community Health that provides rapid access to mental health treatment to patients ages 5 and up.

Services are available for residents of Dublin, Livermore, and Pleasanton regardless of insurance type or lack of insurance. The program offers services for individuals, families, and anyone who is impacted by mental health concerns.

Anthropos (925) 449-7925

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.

<https://anthroposcounseling.org/>

Del Valle Clinic (925) 443-2500

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.

<https://delvalleclinic.org/>

Valley Mental Health Services (925) 551-6851

Service 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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Mental Health and Substance Abuse Facility

Residential Clinics

Bonita House (510) 809-3004

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.

<https://bonitahouse.org/>

Sally's Place Peer Respite (510) 963-9849

A voluntary, 24/7 short-term program that provides non-clinical crisis support for adults 18 years or older. Phone is answered 24 hours/day. Email: **sallysplace@lafamiliacounseling.org**

BACS Amber House Crisis Residential Facility – Oakland (510) 379-4394

Individuals come live at a Crisis Residential facility as a residential alternative to psychiatric hospitalization, or for support after being hospitalized. We provide respite, individual and group therapy, family support, crisis management, and a long-term plan for wellness and recovery.

BACS Woodroe Place Crisis Residential Facility – Hayward (510) 537-1688

Woodroe Place provides residential psychiatric services in a highly structured setting designed to meet the treatment needs of adults with severe and persistent mental illness who require 24 hour supervision. The program, located in Hayward, provides services to 12 individuals for a period of 2-4 weeks. All residents are admitted on a voluntary basis, by referral.

Jay Mahler Recovery Center – San Leandro (510) 357-3562

Jay Mahler Recovery Center provides intensive mental health and psychiatric treatment services in a safe, welcoming environment for adults experiencing a mental health emergency

<https://www.telecarecorp.com/jay-mahler/>

Villa Fairmont Mental Health Rehabilitation Center – San Leandro (510) 352-9690

Villa Fairmont Mental Health Rehabilitation Center (MHRC) provides intensive mental health and psychiatric treatment services in a safe, welcoming environment so people can focus on getting better.

<https://www.telecarecorp.com/villa-fairmont-mental-health-rehabilitation-center>

Cherry Hill Detoxification Services and Sobering Center (866) 866-7496

There are no walk-ins, must call in advance for a brief telephone screening and bed availability. Community Based Services are also welcome to call to make referrals.

<https://www.horizonservices.org/cherry-hill/>

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National Alliance on Mental Illness (NAMI)

NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI works to educate, support, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.

NAMI Text Helpline	Text 'HELPLINE' to 6240
<i>The free peer-support service provides information, resource referrals and support to people living with mental health conditions, their family members and caregivers, mental health providers and the public. Line operates from Monday – Friday 10 a.m. to 10 p.m. ET</i>	
<u>NAMI Alameda County</u> https://namialamedacounty.org/	(510) 560-6407
<u>NAMI Alameda County South</u> https://www.nami.org/affiliate/california/nami-alameda-county-south-2/	(510) 378-1578
<u>NAMI Alameda County South (Chinese)</u> https://www.namiacs.org/chinese.html	(510) 969-6479
<u>NAMI East Bay</u> https://namieastbay.org/	(510) 524-1250
<u>NAMI Tri-Valley</u> https://www.namitrivalley.org/	(925) 344-4480

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Local Hospital

Mental Health Local Hospital

If you're calling to see if your loved one is a patient at a hospital and inquire about their current health condition. However, while HIPPA Privacy Laws prohibit hospital staff from providing information about the patient to anyone without a patient-signed Release of Confidential Information (ROI), **AB-1424** protects the right of family to provide relevant information to the treatment team in the case of a 5150, whether the patient agrees or not.

If you would like to get more information about the AB1424 form – you could call FERC at 888-896-3372

Alameda Hospital	(510) 522-3700
Alta Bates ED, Oakland	(510) 204-4444
Children's Hospital, Oakland (ages 0-11 years)	(510)483-3004
John George Psychiatric Hospital, San Leandro	(510) 346-1300
Heritage Psychiatric Health	(510) 535-5115
Fairmont Hospital	(510) 895-4200
Fremont Hospital	(510) 769-1100
Herrick Hospital, Oakland	(510) 204-4451
Highland Hospital, Oakland	(510) 437-4800
Kaiser Oakland	(510) 725-1000
Kaiser San Leandro	(510) 454-1000
Kaiser Fremont	(510) 248-3000
San Leandro Hospital	(510) 357-6500
Sutter Alta Bates, Behavioral Health Center	(510) 204-4405
Summit Hospital, Oakland	(510) 655-4000

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Washington Hospital, Fremont (510) 797-1111

Willow Rock Psychiatric Health Facility (Ages 12-17 years) (510) 483-3030

Family Support & Parenting Support

Support for Families

Family Paths 24 hr. Hotline for parents (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. Eng., Span. <https://familypaths.org/>*

Fremont Youth and Family Services - Youth Mental Health Counseling (510) 574-2100

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

More information on [our website](#)

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.

Bananas Warm Line Parent Coaching (510) 658-7353

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

**Brighter Beginnings Oakland (510) 437-8950
/ After hours:
(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

Fremont Family Resource Center (510) 574-2141

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The Fremont Family Resource Center (FRC) brings together a wide range of services in one convenient location, making it easier for families to find the support they need. From food assistance and housing help to healthcare, employment resources, legal aid, childcare, mental health services, and community events

Reentry Family Support

Mental Health Care Services

Carl B. Metoyer Center for Family Counseling (510) 562-3731

The Carl B. Metoyer Center for Family Counseling is a non-profit community based 501(c)3 counseling agency that provides no-cost, time-limited counseling and case management services to families in Alameda County, primarily in the East Oakland community.

We primarily offer family counseling for families with youth between the ages of 7 to 18 years old. Our counseling services are partially funded with longstanding support from Alameda County Probation Department-Delinquency Prevention Network-Youth Service Centers Grant funding

C.A.R.E.S. "Deflect, Defer, Divert" (510) 572-6222

D.A.MentalHealthUnit@acgov.org

Services for people who have committed low-level offenses.

CARES stands for "Community Assessment, Referral and Engagement Services." This program diverts individuals away from jail and the criminal justice system and into supportive services. Support is provided by a peer specialist and a clinician.

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