



# Mental & Behavioral Health Organizations of Alameda County and Oakland

\*All services are virtual during the COVID-19 Pandemic ● Accepts Medi-Cal ● Open to All/Free ● Do not accept private Insurance/Sliding Scale Fee ● Uninsured 🏳️‍🌈 LGBT-specific Services ▲ Culture-specific



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• 24/7 Suicide Prevention & Counseling Services  
**24/7 Crisis Line:** 800.309.2131  
**24/7 Text Line:** Text "COURAGE" to 741741  
**Youth Text Line (Teens to College-aged):** Text "SAFE" to 20121 (4pm - 11pm English Only)  
**National SP Lifeline Network:** 800.273.8255  
**Website:** www.crisissupport.org



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**Mon - Fri:**  
8:30 a.m. - 5:30 p.m.  
**Phone:** 800.491.9099  
**Alameda Alliance:**  
855.856.0577  
**Website:**  
www.acbhcs.org/providers/Access/access.html  
**Languages:** English, Spanish, Chinese, Korean, Deaf-services

• Acute Crisis Care and Evaluation for systemwide Services  
• Referral Service for Medi-Cal insured, but provide referrals to low-fee clinics for non-Medi-Cal  
• A referral service for most mental health services  
• Family Education and Resource Info  
• Determination of appropriate level of care and provider selection for mental health services.  
• Substance use disorder screening and referrals.



**Cal State East Bay Community Counseling Center**  
**Mon - Fri:** 9 a.m. - 8 p.m.  
25800 Carlos Bee Blvd,  
AE 260 Hayward, CA 94542  
**Website:**  
www.csueastbay.edu/cc/index.html  
**Languages:** English, Spanish, Tagalog, Malay, Mandarin

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• 1 year session; annual renewal; no limit; Free  
• All Ages, no babies  
• Individual, Group, Couple, Family, Child and Adolescent Counseling  
• Play Therapy, STEP Classes, Coping Skills  
• Self-awareness and personal growth  
• Free mental health and cognitive assessments  
**Phone:**  
510.885.3007 or 510.885.3504  
Voicemail and return calls w/in 7-10 business days



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**Mon - Fri:** 10 a.m. - 7 p.m.  
**Phone:** 510-548-8283  
2712 Telegraph Avenue  
Berkeley, CA, 94705  
**Website:** www.pacificcenter.org  
**Languages:** English, Spanish

• Counseling & Psychotherapy  
• HIV Services  
• Older & Out Therapy Groups  
• Clinical Training Program  
• Grief Therapy Group  
• Peer Support Groups  
• Youth Programs



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**Mon - Fri:** 9 a.m. - 6 p.m.  
97 Callan Avenue  
San Leandro, CA, 94577  
**Phone:** 1-844-828-2254  
**Email:** [general@kcceb.org](mailto:general@kcceb.org)  
**Website:** [www.kcceb.org](http://www.kcceb.org)  
**Languages:** English, Korean, Japanese, Chinese, Khmer, Tagalog, Mongolian

• Serve primarily East Asians; however, is open to all  
• 1 Year session limit  
• Access to Covered CA, Medi-Cal, Medicare, Social Services  
• N-400, I-90, and DACA Renewals  
**Una** (Counselor): 510.488.3925, [una@kcceb.org](mailto:una@kcceb.org)  
**Pysay** (Program Director): 510.210.5314, [pysay@kcceb.org](mailto:pysay@kcceb.org)



**La Clínica**  
a california health center  
**Cultura de Bienestar**

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**Mon - Fri:**  
8:30am - 5:30pm  
**Phone:** 510.535.8400  
1415 Fruitvale Avenue  
Oakland, CA, 94601  
**Website:**  
[www.laclinica.org/location/cultura-y-bienestar/](http://www.laclinica.org/location/cultura-y-bienestar/)  
**Languages:** English, Spanish

• 7-10 sessions 1-on-1 Counseling (mild cases)  
• Presentations and Workshops on Mental Health Topics, Self-Care, Violence & Trauma, Grief/Loss, Parenting Stress, Child Development  
• Informational Support Groups, Leadership Training  
• Workshops by Traditional Healers (Traditional Healing, Drumming Circles, Herbs & Plants, Cultural Celebrations)  
• Training for Community Leaders (Mental Health Topics, Working with Latinx)



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• **Wellness Recovery Action Plan (WRAP)**  
• Mon, 10am - Noon;  
Wed, 10:30am - 12pm; 2-4pm  
• Fri, 1:30 - 3:30pm  
• Spanish: Fri, 10-Noon  
• **Special Messages**  
• Fri, Noon - 1:30pm  
• **Spiritual & Healing Arts**

• All programs are free  
• Peer-run mental health non-profit  
• Programs help with confronting mental health stigma  
• **Phone:** 510.832.7337  
• **Website:** [www.peersnet.org](http://www.peersnet.org)  
• **Languages:** English and Spanish

• **Buried in Treasures Clutter Support**  
• 15 week, Tues, 1:30pm - 3:30pm  
• **Transition Age Youth Wellness**  
• **African American Hope and Faith Campaign Program**  
• **Latinx anti-stigma campaign program** (Fri, 10am - Noon)

**\*\*More information upon request\*\***