

# BACC Community Resources

## Mental Health Resources

**National Resource for Local Services** - <https://211bayarea.org/>

Cost: Speak with an expert for more details

Contact: Dial 211 (available 24/7)

- Comprehensive and confidential source of information for local resources (mental health, crisis/disaster, food, housing, medical and utility payments, etc.)
- Services provided only through telephone

**Alameda County Mental Health Resources** - <https://www.acbhcs.org/>

Cost: Accepts Medi-Cal, Medi-Cal/Medicare, HealthPAC, and uninsured individuals

Mental Health: 1-800-491-9099

TTY: 1-510-533-5018

Substance Use Treatment: 1-844-682-7215

- Offers services for adults and older adults (ages 18-59 & 60+) dealing with serious mental health concerns impacting their day-to-day activities and daily living
- Also offers child and youth services (ages 0-24) with clinical support and referrals for acute and integrated health care, and substance use programs
- Services provided through Telehealth, Telephone, and In-Person

**Almaden Valley Counseling Service** - <http://www.avcounseling.org/>

Cost: Fees based on a sliding scale determined by income (No Surprises Act)

Contact: 408-997-0200

Address: 6529 Crown Blvd. Suite D, San Jose, CA, 95120

- Offers services focused around counseling, parenting classes, support groups, and more
- Services provided through Telehealth, Telephone, and In-Person (**masks required**)

**Alum Rock Counseling Center** - <http://www.alumrockcc.org/programs/>

Cost: Only accepts Medi-Cal

Contact: 408-294-0500

Address: 1245 East Santa Clara St., San Jose, CA, 95116

- Offers youth counseling services for those under 18, also provides resources for families with children under 21
- Services provided through Telehealth (for individuals), Telephone, and In-Person

**ACT for Mental Health** - <http://www.actmentalhealth.org/>

Cost: Accepts Medi-Cal/Medicare, Anthem Blue Cross, Valley Health Plan, and CareMore – fees for individuals with other or no insurance are based on a sliding scale

Contact: 408-287-2640

Address: 441 Park Avenue, San Jose, CA, 95110

- Offers counseling services for children, parents, peer groups, and couples & families
- Court approved education for anger management, parenting and co-parenting
- Support groups for Spanish speaking individuals to develop skills
- Services provided through Telehealth (couples, individuals, child, family), and Telephone (couples, individuals, family) and **able to assist in English, Spanish, Hindi, and Vietnamese**

**Almaden Institute** - <http://www.almaden-institute.org/>

Cost: Speak with a therapist for more details (Good Faith Estimate)

Contact: 408-266-7826

Address: 4990 Speak Lane Suite 100, San Jose, CA, 95118

- Offers counseling and psychotherapy services for individuals, families and children focusing on anxiety, depression, children's issues, and couples (does not offer crisis intervention)
- Services provided through Telehealth, Telephone, and In-Person (based on the individual therapist)

**Asian Health Services** - <https://asianhealthservices.org/specialty-mental-health-clinic/>

Cost: Serves all patients regardless of ability to pay, sliding fee based on income (must join as a member of Asian Health Services)

Contact: 510-735-3900

Address: Locations are available throughout the Bay Area (see website)

- **Must receive a referral from a primary care provider to schedule an appointment**
- Healthcare provider for Asians and Pacific Islanders in Alameda County
- Offers access to mental health services as well as medical, and dental services
- Services provided through Telehealth, Telephone, and In-Person and **able to assist in Cantonese, Japanese, Khmer, Korean, Mandarin, Mien, Vietnamese, and English**

**Bill Wilson Center** - <http://www.billwilsoncenter.org/services/all/living.html>

Cost: Services available free of charge or on a sliding scale based on income (does not accept private insurance)

Contact: 408-243-0222 (15 minute intake to determine best programs)

Address: 3490 The Alameda, Santa Clara, CA, 95050

- Offers emotional support services for adults and children facing life-threatening illness or the trauma of losing a loved one
- Also offers educational programs for dealing with grief and loss
- Individual and small group grief support therapy is available for adults, teens, children, and families
- Programs focused on housing for runaway and homeless youth
- Services provided through Telehealth (Zoom), Telephone (individual counseling), and In-Person (case-by-case basis) and able to assist in Chinese, English, Greek, Hindi, Japanese, Punjabi, Spanish, Vietnamese, and Urdu

**Cancer CAREpoint** - <https://www.cancercarepoint.org/>

Cost: Free of charge

Contact: 408-402-6611 (new patient? Email [info@cancercarepoint.org](mailto:info@cancercarepoint.org))

Address: 2512 Samaritan Court Suite A, San Jose, CA, 95124

- Offers counseling for all types of cancer for individuals, couples, children, families and caregivers
- Also offers classes for exercise and movement, nutrition, expressive art, and support and survivorship groups
- Services provided through Telehealth, Telephone, and In-Person and able to assist in English and Spanish

**Christian Counseling Center San Jose** - <http://www.cccsanjose.com/>

Cost: Depends on experience of the therapist (\$95-\$200+) or sliding scale based on income

Contact: 408-559-1115

Address: 3880 South Bascom Ave. Suite 202, San Jose, CA, 95124 (See website for other locations)

- Offers counseling services for individuals, children, couples and families, as well as group therapy and marriage and couples therapy with a focus on trauma, depression, anxiety, life transitions, addiction, and more
- Also offers play therapy and art therapy for children and professional life coaching for adults
- Services provided through Telehealth and In-Person (case-by-case basis)

**Kara Grief Support Services** - <https://kara-grief.org/about/contact/>

Cost: Free consultation, \$150 per session or a sliding scale based on income (peer support - trained volunteers free of cost, does not accept any insurance)

Contact: 650-321-5272

Address: 457 Kingsley Ave., Palo Alto, CA, 94301

- Offers comprehensive grief support, crisis intervention and education to individuals and communities facing the difficult reality of death and dying
- Provides support and information to those grieving a death or coping with a terminal illness (theirs or another's)
- Also offers support and services for children & teens, families, and adults
- Services provided through Telehealth, Telephone (case-by-case basis), and In-Person and **able to assist in English and Spanish**

**Kurt and Barbara Gronowski Clinic** - <https://www.paloaltou.edu/gronowski-center>

Cost: Does not accept insurance, services offered on a sliding scale based on income

Contact: 650-961-9300 (initial call is a 20-30 minute intake)

Address: 1172 Castro, Mountain View, CA, 94040

- **First appointment will be a two hour in-person intake**
- Offers compassionate counseling and psychotherapy services for adults, children, adolescents, older adults, couples and families in the Santa Clara and nearby counties
- The clinic is associated with Palo Alto University and services are provided by doctoral psychology students under the supervision of a licensed clinical psychologist
- Services provided through Telehealth and In-Person (**masks required**)

**La Familia** - <https://livelafamilia.org/>

Cost: Services available free of charge

Contact: 510-300-3500 (or fill out an online form: <https://livelafamilia.org/apply>)

Address: 24301 Southland Drive Suite 300, Hayward, CA, 94545

- Offers high quality health services, mental health and community support services for low-income residents within the Bay Area
- Culturally sensitive counseling for adults, families, and children
- Services provided In-Person and **able to assist in English and Spanish**

**La Selva Wellness Center** - <https://thelaselvagroup.org/la-selva-community-clinic/>

Cost: Clinical services available free of charge for uninsured adults, in-network with many insurance providers for individual and group counseling

Contact: Martha Zambrano (650-617-8350) or Ana Valle-Hernandez (650-617-8340 ext. 3355)

Address: 4139 El Camino Way, Palo Alto, CA, 94306

- **Part of Momentum for Health**
- Offers services for adult, residential, and outpatient behavioral health treatment programs
- Free clinic offers full spectrum mental health services including psychiatry, short-term counseling, day programs and discount medication support
- Services provided through Telehealth, Telephone, and In-Person and **able to assist in English and Spanish**

**Marin Health and Human Services**

<https://www.marinhhs.org/mhsus-service-categories/237>

Cost: Accepts Medi-Cal/Medicare, contact for more details about other in-network insurance and cost

Contact: 888-818-1115 (available 24/7)

- Offers assistance for individuals seeking services from BHRS and facing difficulties with mental health, substance use, and physical health needs
- Services provided through Telehealth

**Monterey County Mental Health Services**

<https://www.countyofmonterey.gov/government/departments-a-h/health/behavioral-health/bh-home/programs>

Cost: Only accepts Medi-Cal, and Medicare as a secondary insurance

Contact: 831-755-4510

Address: See website for details, locations available in Salinas, King City, Soledad, and Marina

- **Initial phone call will be used to screen and evaluate for specific needs**
- Offers outpatient services for children, adolescents, and adults experiencing psychiatric or substance use problems
- Services provided through Telehealth, Telephone, and In-Person (limited to case coordinator appointments, case-by-case basis for counseling)

**Open Path Psychotherapy Collective** - <https://openpathcollective.org/>

Cost: **Clients must register for a lifetime membership** (one-time fee of \$65), therapist rates range from \$40-\$70/session for individuals, and \$40-\$80 for couples and families

Contact: 800-268-2833

- National nonprofit network of mental health professionals providing for clients who lack health insurance or whose insurance does not provide adequate coverage (annual household income must be below \$100,000)
- Services provided through Telehealth, and In-Person

**Santa Clara County Behavioral Health Services**

Cost: Free of charge for those with no insurance, accepts Medi-Cal/Medicare

Contact: 800-704-0900 (option 2 for referrals)

Address: 828 Bascom Ave., San Jose, CA, 95128

- Centralized call center for individuals seeking mental health services in Santa Clara county
- Services provided through Telehealth and In-Person, and **able to assist in English, Spanish, and Vietnamese**

**San Francisco Department of Public Health (Community Behavioral Health)**

<http://sf.gov/departments--department-public-health--behavioral-health>

Cost: Accepts Medi-Cal/Medicare at no fee or minimum cost, fees for other individuals based on a sliding scale

24-hour access helpline: 415-255-3737

Psychiatry emergency services: 415-206-8125

Comprehensive child crisis: 415-970-3800

- Offers a full range of speciality behavioral health services in addition to general counseling from a culturally diverse network of community health programs, clinics, private psychiatrists, psychologists, and therapists
- Services provided through Telephone to refer to an appropriate program

### **Health Plan of San Mateo (HPSM)**

<https://www.hpsm.org/member/health-tips/mental-health/get-mental-health-care#>:

Cost: Accepts individuals with Medi-Cal and HPSM CareAdvantage, Medicare accepted in some cases depending on plan, uninsured individuals are still encouraged to speak with a representative

Medi-Cal: 800-686-0101

CareAdvantage: 866-880-0606

TTY: 800-735-2929

Address: Various locations throughout the Bay Area (see website)

- Offers full range of mental health services for children, adolescents, adults, and older adults experiencing emotional distress
- Services provided through Telehealth, Telephone, and In-Person, and able to assist in English, Spanish, Chinese, Tagalog, and Russian

### **Solano County Behavioral Services**

<https://www.solanocounty.com/depts/mhs/default.asp>

Cost: Accepts Medi-Cal free of charge, potential share of cost if income is beyond Medi-Cal limits

Contact: 800-547-0495

Address: Varies based on provider (see website)

- Offers full range screening of mental health issues before referring out to local providers
- Services available for children, youth, and adults experiencing psychiatric crisis, addiction, or significant disability from mental and emotional issues
- Services provided through Telehealth, Telephone, and In-Person, and able to assist in English, Spanish, and Tagalog with country provided interpreters upon request

### **StarVista Counseling Center** - <https://star-vista.org/>

Cost: Accepts Medi-Cal, fees for other individuals are based on a sliding scale beginning at \$40 for individuals and \$60 for couples and families

Contact: 650-355-8787

Address: 1021 South El Camino Real, San Mateo, CA, 94402 (see website for other locations)

- Offers individual counseling for children, adolescents, and adults as well as family and couples counseling
- Services provided through Telehealth and In-Person and able to assist in English, Spanish, Mandarin, and Cantonese

## **YWCA Golden State Silicon Valley Healing Center**

<https://yourywca.org/our-services/healing-justice-for-survivors/therapy-services/>

Cost: Free of charge

Contact: 800-572-2782

24/7 Bilingual Crisis Line: 408-295-4011 ext. 3151

Address: 375 South Third Street, San Jose, CA, 95112

- Offers both short and long-term individual, couples, family, and group counseling for children, teens, and adults
- Primary areas of focus are family issues, domestic violence, sexual abuse, and trauma-related issues
- Available therapists consist of master's level marriage and family therapists, social work associates, and trainees working under supervision of a licensed therapist
- Services provided In-Person

## **Additional Mental Health Resources**

### **South Bay Sliding Scale Counseling**

<https://www.sjsu.edu/ihouse/life/resources/South%20Bay%20Sliding%20Scale%20counselingTherapy.pdf>

Cost: Sliding scales for individuals with Medi-Cal or no insurance

Contact: 800-704-0900

- Variety of different services offered throughout the South Bay, **able to assist in various locations and languages** (see website)

### **Low-Cost/Sliding-Scale or No-Cost Mental Health Providers**

<https://myusf.usfca.edu/dean-of-students/ocrs/sliding>

Cost: Low or no-cost and sliding scale fees based on individual income and ability to pay, insurance may be accepted depending on provider

- Variety of mental health resources offered throughout the San Francisco area

### **Low-Cost/Sliding-Scale Community Mental Health Resources**

[https://vspa.berkeley.edu/sites/default/files/low\\_cost\\_community\\_mental\\_health\\_resources.pdf](https://vspa.berkeley.edu/sites/default/files/low_cost_community_mental_health_resources.pdf)

- Various mental health services offered throughout the Bay Area

### **Well Beings: Bay Area Mental Health Resource Toolkit**

[https://wellbeings.org/wp-content/uploads/2021/07/Well-Beings-Resource-Toolkit\\_Bay-Area.pdf](https://wellbeings.org/wp-content/uploads/2021/07/Well-Beings-Resource-Toolkit_Bay-Area.pdf)

- Local and national resources for mental health

## Family Service Resources

**National Resource for Local Services** - <https://211bayarea.org/>

Contact: Dial 211 (available 24/7)

- Comprehensive and confidential source of information for local resources (mental health, crisis/disaster, food, housing, medical and utility payments, etc.)
- Services provided only through telephone

**Bill Wilson Center** - [www.billwilsoncenter.org](http://www.billwilsoncenter.org)

Contact: 408-243-0222

Young Adult Support Line: 408-850-6140

Address: 3490 The Alameda, Santa Clara, CA, 95050

- Offers services for all ages, primarily focusing on runaway youth support and housing as well as supporting parents with children
- Services provided through Telehealth, and Telephone, able to assist in Chinese, English, Greek, Hindi, Japanese, Punjabi, Spanish, Vietnamese, and Urdu

**Catholic Charities (Santa Clara)** - <https://www.ccsc.org/>

Contact: 408-468-0100

Address: 2625 Zanker Road Suite 201, San Jose, CA, 95134

- Offers behavioral health services, family development programs, economic development programs, and services for older adults

**Caminar** (formerly Family & Children Services of Silicon Valley)

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

Contact: 650-372-4080

Deaf and Hard-of-Hearing Treatment: 408-200-8617

Cognitive Behavioral Intervention Services: 408-841-4109

Substance Use Treatment: 800-704-0900

Address: Multiple locations throughout the Bay Area (see website)

- Offers preventative programs for wrap-around services, and education for children, adults, and families
- Services provided through Telehealth and Telephone

### **Department of Family and Children's Services - Santa Clara County**

<https://www.sccgov.org/sites/ssa/Pages/ssa.aspx>

Contact: 408-501-6300

Address: 373 West Julian Street, San Jose, CA, 95110

- Offers a wide range of services and programs that reflect the ethnic and cultural need of the county's diverse communities
- Includes counseling, family enrichment classes, health education and support
- Able to assist in English, Spanish, and Vietnamese

### **FIRST 5 Family Resource Centers**

<https://www.first5kids.org/what-we-fund/family-strengthening-initiative/family-resource-center/>

Contact: 408-260-3700

Address: Multiple locations throughout the Bay Area (see website)

- Offers programs and services for educational, nutrition and health, developmental screenings, and professional development for parents and their children
- Additionally they strive to increase family access to services and provide parents and caregivers with opportunities to become more involved in their child's development and school readiness
- Able to assist in English, Spanish, and Vietnamese

### **Goodwill of Silicon Valley - Veteran Family Services Program**

<https://goodwillsv.org/vfs-program/>

Contact: 408-869-9127

Address: 1080 North 7th Street, San Jose, CA, 95112

- Provides access to public benefits financial assistance, child care, employment services, counseling, and housing to veterans who are homeless or at risk of becoming homeless

### **Grail Family Services - <http://www.gfsfamilyservices.org/>**

Contact: 408-347-7892

Address: 2003 East San Antonio Street, San Jose, CA, 95116

- Serves families with young children in the primarily-Latino community of East San Jose Alum Rock Union School District

### **Jewish Family and Children's Services - Mid/North Peninsula**

<http://www.jfcs.org/find-help/adults-families/counseling-consultation/>

Contact: 415-449-1212

San Mateo: 650-931-1800

San Francisco: 415-449-1200

Palo Alto: 650-688-3030

Address: Multiple locations throughout the Bay Area (see website)

- Offers mental health services to individuals, couples, families, and older adults
- Additionally provides general support programs for families facing personal crisis or challenges
- Services provided through Telehealth and Telephone

### **Pacific Clinics** (formerly Uplift Family Services) - <https://www.pacificclinics.org/>

Contact: 408-379-3790

Crisis Hotline: 877-412-7474

Address: 232 East Gish Road, San Jose, CA, 95112

- Offers pro-bono, and sliding-scale programs for children, families, adults, and communities to assist with behavioral health and well-being
- Services provided through Telehealth and Telephone

## Hotline Resources

### **Suicide and Crisis Lifeline**

Contact: 988 (Call or text, available 24/7)

TTY: Dial 711 and then 988

- Offers free suicide and mental health prevention resources
- Able to assist in English, Spanish, and those Deaf/hearing impaired

### **Veterans Crisis Line**

Contact: Dial 988 (option 1, available 24/7) or Text 838-255

- Associated with the Suicide and Crisis Lifeline, specifically focusing on veterans issues

### **Crisis Text Line**

Contact: Text "HOME" (or any single word) to 741-741 (available 24/7 in US & Canada)

- Non-profit serving anyone in any type of crisis through trained volunteers
- Able to assist in English, Spanish or other languages may also be available depending on the language abilities of the volunteers

### **California Youth Crisis Line**

Contact: 800-843-5200 (available 24/7)

- Free confidential phone, text, and chat counseling services available statewide to youth (ages 12-24) or adults supporting youth
- **Translation services available**

### **Young Adult Support Hotline - Bill Wilson Center**

Contact: 408-850-6140 (available 24/7)

- Offers immediate mental health services for people ages 16-24 that may be experiencing a mental health crisis
- Initial phone call may lead to potential in-person contact and stabilization if necessary
- **Able to assist in English, Spanish or other languages may also be available depending on the language abilities of the volunteers**

### **The Trevor Project**

Contact: 866-488-7386 (all services available 24/7)

Online: <https://www.thetrevorproject.org/get-help/>

Text: "START" to 678-678

- American non-profit organization focusing on suicide prevention efforts particularly among lesbian, gay, bisexual, transgender, queer, and questioning youth
- Offers a confidential service using trained counselors

### **National Domestic Violence Hotline**

Contact: 800-799-7233 (all services available 24/7)

Text: "START" to 88788

- **Able to assist in English, Spanish, and over 200 other languages through translation services**

### **Santa Clara County Suicide & Crisis Hotline**

Contact: 988 or 800-704-0900 (all services available 24/7)

Text: "RENEW" to 741-741

- **Able to assist in English, Spanish, and Deaf/hearing impaired**

### **San Francisco Suicide Prevention & Crisis Hotline**

Contact: 415-781-0500 (all services available 24/7)

Text: "CRISIS", "YOUTH", or "HIV" to 415-200-2920

- **Able to assist in numerous languages through translation services**

### **San Mateo County Crisis Intervention & Suicide Prevention Center (Star Vista)**

Contact: 650-579-0350 (available 24/7)

- Able to assist in English and Spanish

### **San Mateo Psychiatric Emergency Services**

Dial 911: “I’m calling about a mental health emergency and request a CIT (Crisis Intervention Trained) Officer”

Contact: 650-573-2662 (available 24/7)

- For individuals who wish to be voluntarily committed

### **Santa Clara County Emergency Psychiatric Service (EPS)**

Contact: 408-885-6100 (available 24/7)

- For individuals who wish or need to be committed in Santa Clara County
- EPS is the only 24-hour locked psychiatric emergency room which provides emergency psychiatric care to Santa Clara County residents
- Available psychiatrists will evaluate and make a diagnosis and determine the plan of care (crisis intervention, medication and stabilization, or medication and subsequent hospitalization)

**Disclaimer:** Our information is compiled from numerous sources and should not be considered complete. It is also important to recognize that our information cannot substitute for medical care, and should not be used for the purposes of diagnosis or treatment. Each medical condition is unique. We strongly advise you to consult your physician with questions about your own situation, or about any of the information we have provided as it may relate to your specific case.

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