

# Community Resources: Mental Health Services & Counseling

## MENTAL HEALTH SERVICES FOR CHILDREN WITH MEDI-CAL COVERAGE

For children with health insurance other than Medi-Cal, call your health care or insurance provider for referrals for services.)

### **EARLY CHILDHOOD MENTAL HEALTH PROGRAM**

Serves children from birth to age 6 living in West County and their families. Services include child and family therapy, comprehensive therapeutic nursery (preschool), wrap-around program for families with multiple service needs, parent support, parenting skills training. Offers limited services for children without Medi-Cal from low-income families.

Phone: 510-412-9200

Web site: [www.ecmhp.org](http://www.ecmhp.org)

### **LYNN CENTER MENTAL HEALTH SERVICES**

Serves children from birth to age 5 living in East County and their families. Services include clinic for child therapy, child and parent therapy (including drug/alcohol services), and parent support, therapeutic preschool, wrap-around program for families with multiple service needs. Offers limited services for children without Medi-Cal from low-income families.

Phone: 925-439-9628

Web site: [www.ContraCostaARC.org](http://www.ContraCostaARC.org)

### **WE CARE SERVICES FOR CHILDREN MENTAL HEALTH PROGRAM**

Serves children from birth to age 5 living in Central County and their families. Services include early childhood mental health services, therapeutic services (individual, family, classroom-based), and wrap-around program for families with multiple service needs. Offers limited services for children without Medi-Cal from low-income families.

Phone: 925-671-0777

Web site: [www.wecarechildren.org](http://www.wecarechildren.org)

### **COMMUNITY HEALTH FOR ASIAN AMERICANS** (serves all families, not just Asian Americans)

Mental health treatment services for children and adolescents, adults at risk of homelessness and adults who have experienced domestic violence.

Phone: 925-778-1667 ext. 315

Web site: [www.chaaweb.org/](http://www.chaaweb.org/)

### **CONTRA COSTA COUNTY MENTAL HEALTH SERVICES**

Regional mental health clinics provide counseling for children and families. Staff can provide information about mental health resources including the County's specialized services for people who are seriously emotionally disturbed.

For psychiatric emergencies go to Contra Costa Regional Medical Center (north side), 2500 Alhambra Ave., Martinez.

Phone: 888-678-7277 (anytime day or night) for emergency or appointments.

Web site: [www.cchealth.org/groups/mental\\_health/](http://www.cchealth.org/groups/mental_health/)

## BEHAVIORAL SUPPORT FOR CHILDREN IN EARLY EDUCATION/CARE

### **CHILD CARE SOLUTIONS**

Serves children from birth to age 5 in licensed early education/care programs in Contra Costa County. Free consultation for teachers, providers and parents when a child is experiencing behavioral challenges in his/her early education or care program. Parental permission is required for consultation.

**Early education/care programs located in West County**, call Early Childhood Mental Health Program

Phone: 510-412-9200

Web site: [www.ecmhp.org](http://www.ecmhp.org)

**Early education/care programs located in East County**, call Lynn Center

Phone: 925-439-9628

Web site: [www.ContraCostaARC.org](http://www.ContraCostaARC.org)

**Early education/care programs located in Central County**, call We Care Services for Children

Phone: 925-685-0207

Web site: [www.wecarechildren.org](http://www.wecarechildren.org)

Any inclusion in Care Parent Network materials does not constitute a recommendation or endorsement. Any reference to specific commercial products, process, or service by trade name, trademark, or manufacturer, does not constitute an endorsement or recommendation by Care Parent Network. Families are urged to exercise independent judgment and request references when considering any provider, resource, treatment, therapy or the provision of services.



# Community Resources: Mental Health Services & Counseling

## COMMUNITY COUNSELING PROGRAMS FOR CHILDREN & FAMILIES

### **DIABLO VALLEY COUNSELING CENTER**

Individual, couple, child and family counseling. Sliding fee scale.  
Address: 3000 Citrus Circle, #112, Walnut Creek, CA  
Phone: 925-210-1414

### **JEWISH FAMILY AND CHILDREN SERVICES OF THE EAST BAY**

Individual, child & family counseling. All religions, cultures and races welcome. Sliding fee scale.  
Contra Costa County office: 1855 Olympic Blvd., Suite 200, Walnut Creek  
Phone: 925-927-2000 Web site: [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)

### **JOHN F. KENNEDY UNIVERSITY CONCORD COMMUNITY COUNSELING CENTER**

Adult, child, couples, and family. Sliding fee scale.  
Address: 2702 Clayton Road, Concord CA 94519  
Phone: 925-798-9240  
Web site: [www.jfku.edu/Locations/Community-Counseling-Centers/Community-Center-Concord.html](http://www.jfku.edu/Locations/Community-Counseling-Centers/Community-Center-Concord.html)

### **NAMI-- NATIONAL ALLIANCE FOR MENTAL ILLNESS**

Support groups for families of individuals with mental illness. NAMI provides emotional support, education and advocacy for individuals with mental illness and their families. NAMI does not provide counseling.  
Address: Crestwood Healing Center, 550 Patterson Blvd., Pleasant Hill, 94523  
Phone: 925-942-0767 Web site: [www.namicontracosta.org](http://www.namicontracosta.org)

### **SECOND NATURE BEHAVIORAL HEALTH SERVICES**

Therapy for children, adults, couples and families. Free initial consultation.  
Address: offices located in Walnut Creek, Martinez and Berkeley.  
Phone: 925-338-0937 or 925-349-8249 Web site: <http://www.secondnaturebhs.net/>

### **TOUCHSTONE COUNSELING SERVICES, INC**

Individual, couple, child and family counseling. Sliding fee scale.  
Address: 140 Mayhew Way, Suite 606, Pleasant Hill 94523  
Phone: 925-932-0150 x300 Web Site: [www.touchstonecounseling.com](http://www.touchstonecounseling.com)

### **WEST COAST CHILDREN'S CLINIC**

Outpatient mental health services for children & families. Sliding fee scale, accepts Medi-Cal & some insurance.  
Address: 3301 E. 12<sup>th</sup> St., Suite 259, Oakland, CA 94601  
Phone: 510-269-9030 Web site: [www.westcoastcc.org](http://www.westcoastcc.org)

## CRISIS NUMBERS (24 hr.)

### **CONTRA COSTA CRISIS CENTER**

Crisis counseling and suicide prevention: 800-833-2900 Grief counseling: 800-837-1818

**POISON HELP** 800-222-1222

**STAND! FOR FAMILIES FREE OF VIOLENCE** 888-215-5555

Any inclusion in Care Parent Network materials does not constitute a recommendation or endorsement. Any reference to specific commercial products, process, or service by trade name, trademark, or manufacturer, does not constitute an endorsement or recommendation by Care Parent Network. Families are urged to exercise independent judgment and request references when considering any provider, resource, treatment, therapy or the provision of services.

