

ORGANIZATIONS THAT CAN HELP WITH MENTAL ILLNESS

ALAMEDA COUNTY PSYCHOLOGICAL REFERRAL SERVICE

ALAMEDA/CCC MEDICAL ASSOCIATION

6230 Claremont Ave., Oakland, CA 94618

(Free) Referrals to psychiatrists/medical providers

CONCORD ADULT MENTAL HEALTH CENTER

1420 Willow Pass Rd., Concord, CA 94520

Provides services to mentally ill adults. Fees are Sliding Scale

CONTRA COSTA MENTAL Access Line

CONTRA COSTA COUNTY PSYCHOLOGICAL ASSOCIATION I & R SERVICE

CONTRA COSTA EMPLOYMENT AND HUMAN SERVICES DEPARTMENT

Medical Information

F.I.R.S.T. (Family Information & Referral Service)

1801 Adeline Suite 203, Oakland, CA 94607

(Free) Information & referrals for families.

Hospitals-----

ALTA BATES MEDICAL CENTER, HERRICK CAMPUS

2001 Dwight Way, Berkeley, CA 94705

Acute psychiatric disorders, no alcohol or drug therapy.

Inpatient: locked ward, open ward, adolescent ward.

CC COUNTY HOSPITAL/REGIONAL MEDICAL CENTER

2500 Alhambra, Martinez, CA 94553

Provides inpatient and outpatient mental health treatment.

GLADMAN MHRC

2633 East 27th St., Oakland, CA 94601

Psychological Services (Alameda County Clients)

JOHN MUIR BEHAVIORAL HEALTH

2740 Grant St., Concord, CA 94520

Inpatient psychiatric treatment

Drug & alcohol treatment

Children and Adults

VA Northern CA Health Care System

150 Muir Rd., Martinez, CA 94553

Full range of services for military veterans

Casa Serena Intensive Outpatient Program for Eating Disorders

1868 Clayton Rd, Suite 123, Concord, CA 94520 phone: 925-682-8252. www.casaserenaedp.com

Crisis Services-----

A SAFE PLACE

P.O Box 23006, Oakland, CA 94623

Battered women and their children shelter, support groups,
counseling (free)

STAND (Formally known as BATTERED WOMEN'S ALTERNATIVE)

1410 Danzig Plaza, Suite 200, Concord, CA 94520

Transitional housing, legal assistance, emergency shelter,
counseling, support groups, domestic violence treatment, youth
groups, and speakers for events.

CONCORD ADULT MENTAL HEALTH CENTER

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Fees are sliding scale.

CHILDREN AND FAMILY SERVICES

2530 Arnold Drive, Suite 200, Martinez, CA 94553

Child abuse investigations, 24 hrs. availability (Free)

CONTRA COSTA CRISIS CENTER

Telephone counseling and referrals (Free)

PSYCHIATRIC EMERGENCY SERVICES (COUNTY HOSPITAL)

2500 Alhambra Ave., Martinez, CA 94553

Drop in and 5150 holds for the county.

GRIEF COUNSELING HOTLINE

Telephone Counseling and referrals (Free)

HOMELESS HOTLINE

First point of contact for access to Contra Costa County
continuum of care for homeless families (Free)

SCHOOL VIOLENCE TIP LINE

Anonymous reporting of weapons, threats, bullying, homophobic behavior, other acts of violence at
school

FAMILY PASS

Families are at risk of abusing children or actively using children. out-of-home placement Parent
education classes and counseling; sliding scale; early childhood mental health;
out-of-home placement

RAPE CRISIS

Telephone Counseling and referrals (Free)

CONTRA COSTA CRISIS CENTER – Formerly SUICIDE PREVENTION

P.O. Box 3364 Walnut Creek, CA 94598

Child Care-----

BAY AREA CRISIS NURSERY (24 HRS)

1506 Mendocino Dr., Concord, CA 94521

Birth to 11 years residential care, while parents in crisis; children stay a minimum of 24 hrs.

COCO KIDS

1035 Detroit Ave., Suite 200, Concord, CA 94518 925-676-KIDS (5437)

Council offers a wide variety of childcare programs and services to support and empower parents and child care providers. The Child Care Council also educates decision-makers and the general public about childcare trends and issues.

Child Abuse/Protection-----

CHILD ABUSE PREVENTION COUNCIL

1485 Treat Blvd, Suite 202, Walnut Creek, CA 94597

Referrals to prevent child abuse, information sharing, Education, advocacy (Free)

CHILDREN'S PROTECTIVE SERVICES

2530 Arnold Drive, Suite 200, Martinez, CA 94553

Investigations into child abuse (Free)

FAMILY STRESS CENTER

2086 Commerce Ave., Concord, CA 94520

110 G Street, Antioch, CA 94509

Parenting, child care, respite nursery, teen parents program, head start programs and support groups for children who have been sexually abused, individual therapy (sliding scale, low to no fee based on income).

Contra Costa County Community Services Department HEAD START Program

2425 Bisso Lane, Suite 120, Concord, CA 94520

A federally funded comprehensive child and family development program designed to meet the needs of low-income families with preschool children. The primary target population is children between the ages of 3 - 5 from families living below the federal prove

AIDS-----

AIDS/HIV SUPPORT

Mary Richards provides supportive materials to help those diagnosed with HIV/AIDS

HIV/AIDS SUPPORT GROUP

Meets biweekly in Concord. Partners, caregivers, friends, family
Welcome.

SENIOR OUTREACH SERVICE

Frozen meals for anyone, AIDS patients included. \$2 for five meals

or more. Home delivery. Meals on Wheels, Friendly Visitors, Jobs,
Care Management. Retired and Senior Volunteer Programs,
Registry for those who will work in the home with seniors.

CALIFORNIA HIV/AIDS HOTLINE

English, Filipino, Spanish

Parenting-----

PLANNED PARENTHOOD

We are serving men and women. Broad scope services.

SAFE EXCHANGE

Arranges safe custody exchanges in domestic violence situations,
and provides supervised visitation.

Gay & Lesbian Resources-----

THE TREVOR HELPLINE

Established in 1998 to coincide with the HBO airing of the award
winning short film "Trevor," hosted by Ellen DeGeneres, The
Trevor Helpline is the only national 24-hour, tollfree suicide
prevention hotline aimed at gay and questioning youth.

LESBIAN, GAY, AND BISEXUAL YOUTH HOTLINE

PEER LISTENING LINE

25 and under

PFLAG (Parent and Friends of Lesbians and Gays)

P. O. Box 640223, San Francisco, CA 94164

pflagsf@aol.com

EAST BAY PFLAG

RAINBOW COMMUNITY CENTER

2637 Pleasant Hill Rd. Pleasant Hill, CA 94523

SPECTRUM CENTER FOR GAY, LESBIAN, AND BISEXUAL CONCERNS

Adolescents-----

CONTRA COSTA COUNTY MENTAL HEALTH, AB 3632 PROGRAM SPECIAL EDUCATION
PUPILS

1026 Oak Grove Rd, Suite 11, Concord, CA 94518

Provides outpatient mental health services for school-aged children. AB 3632 Program services are
accessed by referral and may include: assessment; individual, group, and collateral therapy;

consultation with school staff; day treatment, residential treatment
R.E.A.C.H. Rehabilitation, Education & Awareness for Community Humanitarianism
1915 D Street, Antioch, CA 94509

Primary: Adolescents/Parents support groups. Staffed by MFCC interns. Program with Antioch police for adolescents to avoid probation. Do not take sexual abuse cases. (No Fee)

Parent Support Groups-----

C.A.R.E. (Center for Access to Resources & Education)
1350 Arnold Drive, Suite 203, Martinez, CA

Resource center for families of children with special needs (Free).

Alcohol & Drugs-----

ALCOHOL & DRUG COUNCIL OF CONTRA COSTA
Education, information, referrals, & counseling
CONTRA COSTA COUNTY HEALTH SERVICES LINE
Drug and alcohol addiction, triage, and referral
EAST COUNTY COMMUNITY DETOX CENTER
500 School Street, Pittsburgh, CA 94565

ETOH and Drug detox program funded by County & state. Serves all income levels. Detox service is nonmedical, with no methadone. Have three female beds and seven male beds.

FREDERICK OZANAM CENTER
2931 Prospect St., Concord, CA 94518

Recovery program for women 18+. Clients stay up to 6 months. Self-paid or through county assistance.

MERRIT PERALTA INSTITUTE
3012 Summit St., 5th Floor, C wing, Oakland, CA 94609
Inpatient treatment, adults.

PEUBLO DEL SOL
2090 Commerce Ave., Concord, CA 94520
Age 18+, 35-day inpatient, nonmedical detox center (social detox model), and referral service for men. Fee: \$7.00 / day or sliding scale.

SUNRISE HOUSE
135 Mason Circle, #M, Concord, CA 94520
90-day, live-in social detox model drug/etoh therapy facility. 18+ yearold men & women; accepts third party reimbursement; also has indigent services.

THE OTHER BAR
P.O. Box 318006, San Francisco, CA 94131-8006

Provides help to people who have legal problems with drugs or alcohol (Free)

WOLLUM HOUSE

Women's detox program; 90-day living program and 30-60 days reentry (sliding scale fee)

Adoption-----

PACER (Post Adoption Center for Education & Research)

Volunteer-staffed; program offering workshops and training on subjects related to adoptions. Some support groups.

Seniors-----

DIABLO VALLEY FOUNDATION FOR AGING DVFA

1936 Tice Valley Blvd., Walnut Creek, CA 94596

10:00 a.m. 2:00 p.m.

Provides various services for seniors age 60+, including conservatorship services, case management, money management, trustee, and power of attorney services.

SENIOR SERVICES DIVISION

Frozen meals for anyone, AIDS patients included. \$2 for five meals or more. Home delivery. Meals on Wheels, Friendly Visitors, Jobs, Care Management. Retired and Senior Volunteer Programs, Registry for those who will work in the home with seniors.

Low Fee & Special Service Counseling Agencies-----

ANTIOCH MENTAL HEALTH CLINIC (FOR CHILDREN)

2400 Sycamore Drive, Suite 33, Antioch, CA 94509

Children only. Psychologists, MFCCs, MD. Take Medi-Cal, Contra Costa Health Plan, and Sliding scale fees.

BAY AREA PSYCHOTHERAPY TRAINING INSTITUTE

3468 Mt. Diablo Blvd., Ste B201, Lafayette, CA

Individual, couple & family therapy. Eating disorders. Gay & Lesbian Issues, AIDS, and Addictions. \$60 - \$120.

CATHOLIC COUNSELING SERVICE

Individual, couple, family & children. Occasional groups. Premarital counseling. \$10 - \$75. Spanish /English. Mostly MFCCs.

COMMUNITY PRESBYTERIAN COUNSELING CENTER

375 Diablo Rd., Ste. 109, Danville, CA 94526

Individuals, couples, family & adolescents. Eating disorders & addictions, women's issues, divorce, recovery. Groups on divorce, relationships, anger management, etc. Interns: \$65, Licensed Therapist: \$85 with a sliding scale

CHILDREN'S MENTAL HEALTH SERVICES

Have to be a Contra Costa County resident. Medi-Cal or Contra Costa Health Plan accepted. 5 - 18 years old.

CONCORD ADULT MENTAL HEALTH
DIABLO VALLEY COLLEGE COUNSELING CENTER
321 Golf Club Rd., Pleasant Hill, CA 94523

For DVC students only: academic, personal, and vocational counseling, usually short-term (Free)

DIABLO VALLEY COUNSELING CENTER
3000 Citrus Circle, Ste. 110, Walnut Creek, CA 94598
Individual, couple & family. Play therapy, EMDR. \$40 - \$75.

DISCOVERY CENTER

115A Town and Country Drive Danville, CA 94526

Individual, couple, or family. Short-term & long-term counseling. Groups for stress management, codependency, midlife transition, and mood disorder. \$86 - 120 dollars per session. \$25 - \$30 for groups. Low fees are \$36 - \$60 per session, depending on the family.

FAMILY SUPPORT SERVICES OF THE BAY AREA
401 Grand Ave., Suite 500, Oakland, CA 94610

Provides respite care, kinship support, and intensive home-based services to families.

FAMILY STRESS CENTER

2086 Commerce Avenue, Concord, CA 94520
315 G Street, Antioch, CA 94509

Individual, couples, child, family, and adult therapy. Low to no fee sliding scale. Respite care services, STEP parenting groups, and various groups.

HAIGHT-ASHBURY PSYCH. SERVICES
2166 Hayes St., San Francisco, CA

IMPULSE TREATMENT CENTER

1226 Contra Costa Blvd., Pleasant Hill, CA 94523

Sex addiction treatment, anger management (women & men). Groups for both. Also, groups for spouses of sex addicts. \$40 - \$85

JOHN F. KENNEDY UNIVERSITY COMMUNITY COUNSELING CENTER
380 Civic Dr. Ste 200, Pleasant Hill, CA 94523

Individuals, couples, families & children. \$8 - \$40. Therapists are MFCC trainees.

LIFESTYLES COUNSELING ASSOCIATES
3478 Buskirk Ave., Pleasant Hill, CA 94523

Group, couple, individual, ACOA, addictions, women♦s, and codependency groups.

MAITRI PSYCHOTHERAPY INSTITUTE

2930 Camino Diablo, #305, Walnut Creek, CA 94596

Low to moderate fees for individuals, couples, and families. Various groups are available.

Mediation is offered to the community. (Contact Sue Wong)

CONTRA COSTA COUNTY ACCESS LINE

PORCHEBELL HUME CENTER - NEURO-BEHAVIORAL AND PSYCHOLOGICAL
INSTITUTE

2151 Salvio St., Ste. T, Concord, CA 94520

Adolescents and adults. Multicultural mediation groups. Languages include English, Hindi, Punjabi, Urdu, Persian, and Arabic. Therapy in other languages can be arranged.

NEW DIRECTIONS COUNSELING

996 Oak Grove Rd., Concord, CA 94518

Individuals, families, couples & children. No drug or alcohol use. Clients must be clean and sober for 60 days—low-cost counseling.

NORTHERN CALIFORNIA FAMILY CENTER

1621 North Broadway, Walnut Creek

2244 Pacheco Blvd., Martinez, CA 94553

Individuals, couples, families, and children. Primary emphasis on runaways. Special assessment and diversion program for youth 10 to 18 called ♦Right Direction Project♦. \$5 - \$80 and CCHP. Short-term crisis placement for runaway children no older than 18.

PSYCHOTHERAPY INSTITUTE

2232 Carlton St., Berkeley, CA 94704

Individual and couple, long-term therapy. \$20 - \$65. Consultation to professionals: \$35

REDWOOD CENTER PSYCHOLOGY ASSOCIATES

2428 Dwight Way, Berkeley, CA

Affiliated office in Walnut Creek.

Serving: Individuals, couples, families, & children. Languages: Spanish, Japanese, Contemporary Hebrew. Specialties: Mediation, custody, divorce, dissociative disorders, hypnotherapy, systems orientation. Interns available

TURNING POINT COUNSELING CENTER

1399 Ygnacio Valley Rd., Ste 12, Walnut Creek, CA

Individual, couple, and family therapy for child molestation issues. Groups for victims (adults & children) and perpetrators. Long & shortterm treatment. Teen groups for sexually abused girls. \$20 - \$60.

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES: ACCESS PROGRAM

Information, consultation, and referral for mental health and substance abuse. We are serving Alameda County only.

WOMEN♦S THERAPY CENTER & COUPLES CLINIC

501 Kearney St, El Cerrito, CA 94530

Individual therapy for women of all ages. Counseling for couples of all kinds. Please respond within 24 hrs—wheelchair access.

WEST COAST CHILDREN♦S CLINIC

510-527-7249

545 Ashbury Ave., El Cerrito, CA 94530

510-269-9030

3301 12th St. #259, Oakland, CA 94601

Children, families, groups. Medi-Cal is a low fee full fee.

WRIGHT INSTITUTE

510-548-9716

2728 Durant St., Berkeley, CA 94701

Individual therapy for one year by doctoral interns. Some Spanish spoken. \$15 - \$67

Self-Help & Support Groups-----

AMERICAN CANCER SOCIETY

1885 Oak Park Blvd., Pleasant Hill, CA 94523

Provide information on treatment & other needs for cancer patients or their families.

ANXIETY DISORDERS ASSOCIATION OF AMERICA

Referrals for therapists across the nation specializing in the treatment of anxiety disorders.

AUTISM SOCIETY OF AMERICA

Groups for parents and guardians of autistic children

CENTER FOR HUMAN DEVELOPMENT

391 Taylor Blvd # 120, Pleasant Hill, CA 94523

Adolescents and parents. Support groups for teens with substance abuse issues and parents coping with acting-out teens.

CONTRA COSTA CRISIS CENTER

24 hr line. Individual and group grief counseling.

JOHN MUIR MEDICAL CENTER

2540 East St., Concord, CA 94520

Support groups Heart to Heart,
cardiac patients and families,
strokes survivors and families.

CENTER FOR HUMAN DEVELOPMENT

391 Taylor Boulevard, Suite 120, Pleasant Hill,
CA 94523

301 W. 10th Street, Antioch, CA 94509

Mobilizes peer pressure to promote positive
change through prevention and early intervention
educational support groups for adolescents. Teen
family support, drug/etoh.

UNITED WAY HELPS LINKS

Community service referral, serving S.F., Napa, and Solano
counties

EDEN

Community service referral serving Alameda County

CROSSROADS PROGRAM SERVICES of RECOVERY MANAGEMENT SERVICES, INC.

2449 Pacheco Street, Concord, CA 94520

Help if someone has difficulty with substance abuse. Monday

through Friday, 8:00 am to 5:00 pm. Arrange for assessment and admissions counseling, or leave a message after hours or on weekends.

WOMEN FOR SOBRIETY

Orinda Community Church, 10 Irwin Way, Orinda, CA 94563

Self-help group for women with chemical dependency problems.

Meets at Orinda Community Church. Saturday morning, 9:30 and 11:00.

12-STEP SELF-HELP GROUPS

Websites-----

CONTRA COSTA PSYCHOLOGICAL ASSOCIATION

APA WEBSITE

CPA WEBSITE

NATIONAL DEPRESSIVE-MANIC DEPRESSIVE ASSOCIATION

ASSOCIATION FOR BEHAVIORAL AND COGNITIVE THERAPIES

BREAST CANCER

NATIONAL INSTITUTE OF MENTAL HEALTH

LEARNING DISABILITIES OF AMERICA

LEARNING DISABILITIES ASSOCIATION OF CALIFORNIA

NATIONAL DISSEMINATION CENTER FOR CHILDREN WITH DISABILITIES

PARENT-TO-PARENT SUPPORT