Therapy Resources: Sliding Scale Psychotherapy Agencies

**Berkeley locations:**

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<tr>
<th><strong>Therapy Providers</strong></th>
<th><strong>Contact Information</strong></th>
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| **Berkeley Therapy Institute** | 1749 Martin Luther King Way Berkeley  
Info: Couples, family, individual, addiction, stress, trauma and psych assessment. Psychiatrists on staff.  
Website: [http://bti.org/](http://bti.org/) |  
Scale: $20-up  
Medi-Cal accepted  
(510) 841-8484 |
| **CBT clinic (Cognitive Behavioral Therapy) of Wright Institute** | 3220 Sacramento St. Berkeley CA  
Info: Individual and group therapy (mindfulness, DBT, ACT, mind and emotions groups)  
Website: [http://www.wi.edu/training-cbt](http://www.wi.edu/training-cbt) |  
Scale: $10-15 and up  
(510) 923-2241 |
| **The Psychotherapy Institute** | 2232 Carleton Street Berkeley  
Info: Couples, individual and group therapy  
Website: [https://www.tpi-berkeley.org/](https://www.tpi-berkeley.org/) |  
Sliding scale based on income and family size  
(510) 548-2250 |
| **UC Berkeley Psychology Clinic** | 2205 Tolman Hall Berkeley  
Website: [http://psychology.berkeley.edu/clinics/psychology-clinic](http://psychology.berkeley.edu/clinics/psychology-clinic) |  
Scale: $20-120  
(510) 642-2055 |
| **Wright Institute – Addison Clinic** |  
Info: Psychodynamic psychotherapy clinic) Individual therapy. Call for intake appt.  
Website: [http://www.wi.edu/addison-clinic](http://www.wi.edu/addison-clinic) |  
Scale: $15-up  
(510) 548-9716 |
| **Women’s Therapy Center** | 2105 Martin Luther King Jr. Way Berkeley  
Info: Therapy for women (Trans women welcome). Also do couples and adolescent girl therapy.  
Website: [http://www.womenstherapy.org/index.php](http://www.womenstherapy.org/index.php) |  
Scale: $25-up  
(510) 524-8288 |
| **Bay Area Trauma Recovery Clinic** | 3220A Sacramento St, Berkeley  
Info: Post-traumatic stress disorder (PTSD) focus  
Website: [http://www.traumarecoveryclinic.org/](http://www.traumarecoveryclinic.org/) |  
$15-up  
(510) 660-1493 |
| **Grief Counseling program of Crisis Support Svs.** |  
Info: For bereavement after traumatic loss through suicide, homicide, or sudden loss.  
Website: [www.crisissupport.org](http://www.crisissupport.org) |  
Flexible fees  
(800) 260-0094 |
| **Blue Oak Counseling** | 3101 Telegraph, Berkeley  
Info: Individual, couples, family, child  
Website: [http://www.blueoaktherapycenter.org/index.php](http://www.blueoaktherapycenter.org/index.php) |  
Sliding scale based on gross family income  
(510) 649-9818 |

**Other (non-Berkeley) locations:**

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| **Ann Martin’s Center** | 1375 55th Street, Emeryville, CA  
Info: Families, youth & children focus  
Website: [http://www.annmartin.org/](http://www.annmartin.org/) |  
Medi-Cal accepted  
(510) 655-7880 |
| **Alameda Family Services – Behavioral Healthcare** | 2325 Clement Ave, ste A, Alameda CA  
Website: [http://www.alamedafhs.org/](http://www.alamedafhs.org/) |  
Scale $20 – 80  
Medi-Cal accepted  
(510) (510) 629-6300 |
| **Asian Community Mental Health** | 310 8th St Suite 201 Oakland, CA  
Info: Adult and children behavioral health  
Website: [http://www.acmhs.org/](http://www.acmhs.org/) |  
Based on income  
Medi-Cal accepted  
(510) 451-6729 |
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<th>Service</th>
<th>Address</th>
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<th>Website</th>
<th>Scale</th>
<th>Phone</th>
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<tr>
<td>Catholic Charities of East Bay</td>
<td>433 Jefferson St. Oakland</td>
<td>Website: <a href="http://www.cceb.org/programs-and-services.htm">http://www.cceb.org/programs-and-services.htm</a></td>
<td>Scale: $10 and up (510) 768-3100, Press 3, client services</td>
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<td>Clearwater Counseling &amp; Assessment Services (Psychological Testing- Spanish)</td>
<td>345 38th St Oakland</td>
<td>Info: DBT therapy, Website: <a href="http://www.clearwaterclinic.com/">http://www.clearwaterclinic.com/</a></td>
<td>Scale: $140 and up (510) 596-8137</td>
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<td>Community Health for Asian Americans</td>
<td>268 Grand Ave, Oakland 94610</td>
<td>Info: clinicians speak range of Asian languages Website: <a href="http://www.chaaweb.org/home">http://www.chaaweb.org/home</a></td>
<td>Medi-Cal accepted (510) 835-2777</td>
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<td>Earth Circles Counseling Center</td>
<td>560 Oakland Ave. Suite C Oakland</td>
<td>Info: Leave message, they will call back in 24 hours Website: <a href="http://earthcirclescenter.com/">http://earthcirclescenter.com/</a></td>
<td>Scale: $30 and up Medi-Cal accepted (510) 601-1929</td>
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<td>La Familia Counseling (Spanish)</td>
<td>26081 Mocine Ave. Hayward</td>
<td>Info: Adult and child therapy Website: <a href="http://lafamiaciacounseling.org">http://lafamiaciacounseling.org</a></td>
<td>Scale: $25 and up Medi-Cal accepted (510) 881-5921</td>
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<td>Family Path Inc. (Eng- Spanish)</td>
<td>1727 Martin L King Jr. Way Suite #109 Oakland</td>
<td>Info: Individual and family counseling Website: <a href="http://www.familypaths.org/">http://www.familypaths.org/</a></td>
<td>Scale: $25 and up (Based on Income) Medical accepted (510) 893-9230</td>
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<td>JFK Ctr for Transpersonal &amp; Holistic Counseling</td>
<td>2501 Harrison St. Oakland</td>
<td>Info: Individual and group counseling Website: (see JFKU.edu)</td>
<td>Scale: $5 and up Group $15 and up (510) 444-3344</td>
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<td>La Clinica de la Raza-Casa del Sol</td>
<td>1501 Fruitvale Ave. Oakland CA</td>
<td>Services for Spanish Speaking Website: <a href="http://www.laclinica.org/CasaDelSol/">http://www.laclinica.org/CasaDelSol/</a></td>
<td>Scale: $37 and up Medi-Cal full scope accepted (510) 535-6200</td>
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<td>Multi-lingual Counseling</td>
<td>1330 Broadway, #732, Oakland 94612 (Spanish, Farsi, other languages) Website: <a href="http://multilingualcounseling.com/">http://multilingualcounseling.com/</a></td>
<td>Medi-Cal accepted (510) 451-0662</td>
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<td>Pathways Counseling</td>
<td>13666 E. 14th St. San Leandro</td>
<td>Info: Part of Girls, Inc. – families and children Website: <a href="http://www.girlsinc-alameda.org/programs-services/outpatient-mental-health-clinic">http://www.girlsinc-alameda.org/programs-services/outpatient-mental-health-clinic</a></td>
<td>Scale: $15 and up Medical/VOC/Private (510) 357-5515</td>
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HOTLINES
Family Paths (family/parenting issues) 800-829-3777
Crisis Support Services of Alameda County 800-309-2131

OTHER HEALTHCARE CONTACT NUMBERS
Access Program (entry point for publically-funded mental health services in Alameda County): (800) 491-9099
Beacon Health (for A.C. Medi-Cal with Alameda Alliance): (855) 856-0577
Anthem Blue Cross (for A.C. Medi-Cal with Anthem Blue Cross): (888) 831-2246 or (800) 407-4627
Healthcare Options (county program for problem-solving Medi-Cal health insurance issues): (800) 430-4263
Berkeley Mental Health (primary responsibility for Berkeley/Albany residents): (510) 981-5290