

## Therapy Resources: Sliding Scale Psychotherapy Agencies

### Berkeley locations:

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

### Other (non-Berkeley) locations:

<b>Ann Martin's Center</b> 1375 55th Street, Emeryville, CA Info: Families, youth & children focus Website: <a href="http://www.annmartin.org/">http://www.annmartin.org/</a>	Medi-Cal accepted	(510) 655-7880
<b>Alameda Family Services – Behavioral Healthcare</b> 2325 Clement Ave, ste A, Alameda CA Website: <a href="http://www.alamedafs.org/">http://www.alamedafs.org/</a>	Scale \$20 – 80 Medi-Cal accepted	(510) (510) 629-6300
<b>Asian Community Mental Health</b> 310 8th St Suite 201 Oakland, CA Info: Adult and children behavioral health Website: <a href="http://www.acmhs.org/">http://www.acmhs.org/</a>	Based on income Medi-Cal accepted	(510) 451-6729

<b>Catholic Charities of East Bay</b> 433 Jefferson St. Oakland Website: <a href="http://www.cceb.org/programs-and-services.htm">http://www.cceb.org/programs-and-services.htm</a>	Scale: \$10 and up	(510) 768-3100, Press 3, client services
<b>Clearwater Counseling &amp; Assessment Services</b> (Psychological Testing- Spanish) 345 38 <sup>th</sup> St Oakland Info: DBT therapy, Website: <a href="http://www.clearwaterclinic.com/">http://www.clearwaterclinic.com/</a>	Scale: \$140 and up	(510) 596-8137
<b>Community Health for Asian Americans</b> 268 Grand Ave, Oakland 94610 Info: clinicians speak range of Asian languages Website: <a href="http://www.chaaweb.org/home">http://www.chaaweb.org/home</a>	Medi-Cal accepted	(510) 835-2777
<b>Earth Circles Counseling Center</b> 560 Oakland Ave. Suite C Oakland Info: Leave message, they will call back in 24 hours Website: <a href="http://earthcirclescenter.com/">http://earthcirclescenter.com/</a>	Scale: \$30 and up Medi-Cal accepted	(510) 601-1929
<b>La Familia Counseling (Spanish)</b> 26081 Mocine Ave. Hayward Info: Adult and child therapy Website: <a href="http://lafamiliacounseling.org">http://lafamiliacounseling.org</a>	Scale: \$25 and up Medi-Cal accepted	(510) 881-5921
<b>Family Path Inc. ( Eng- Spanish)</b> 1727 Martin L King Jr. Way Suite #109 Oakland Info: Individual and family counseling Website: <a href="http://www.familypaths.org/">http://www.familypaths.org/</a>	Scale: \$25 and up (Based on Income) Medical accepted	(510) 893-9230
<b>JFK Ctr for Transpersonal &amp; Holistic Counseling</b> 2501 Harrison St. Oakland Info :Individual and group counseling Website: (see JFKU.edu)	Scale: \$5 and up Group \$15 and up	(510) 444-3344
<b>La Clinica de la Raza-Casa del Sol</b> 1501 Fruitvale Ave. Oakland CA Services for Spanish Speaking Website: <a href="http://www.laclinica.org/CasaDelSol/">http://www.laclinica.org/CasaDelSol/</a>	Scale: \$37 and up Medi-Cal full scope accepted	(510) 535-6200
<b>Multi-lingual Counseling</b> 1330 Broadway, #732, Oakland 94612 (Spanish, Farsi, other languages) Website: <a href="http://multilingualcounseling.com/">http://multilingualcounseling.com/</a>	Medi-Cal accepted	(510) 451-0662
<b>Pathways Counseling</b> 13666 E. 14 <sup>th</sup> St. San Leandro 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>	Scale: \$15 and up Medical/VOC/Private	(510) 357-5515

**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**