

East Bay- Alameda County Counseling Clinics

*Sliding fee scales & languages at each location are subject to change. (Summer 2019)

Axis Community Health

Pleasanton, Livermore CA (appointments are scheduled in one of their offices in Alameda County)

Office line: 925-462-1755 (#2)

http://www.axishealth.org/mental_health/m_health.html

- Services: Individual, Couple & Family therapy
- Fees: Sliding scale; accepts some insurance including Medi-Cal; no one denied services due to inability to pay
- Hours: Mon-Saturday; day & evening hours
- Other: CBT, DBT, EMDR; Medication Assisted Treatment (MAT) for substance use

Bay Area Trauma Recovery Clinic

3220 A Sacramento Street, Berkeley, CA 94702

Office Line: 510-660-1493

<http://www.traumarecoveryclinic.org/>

- Services: Individual & Group therapy--
- Fees: Sliding scale range \$25-\$80; intake fee \$20; Group fees \$10 or less; does NOT accept VOC funds but their affiliate clinic in SF does
- Hours: Mon-Friday 8am-8pm
- Other: EMDR therapy

Berkeley Free Clinic

2339 Durant Avenue, Berkeley, CA 94704

Office line: 510-548-2570 (limited hours)

<http://www.berkeleyfreeclinic.org/>

- Services: Peer counseling based model for women and trans-inclusive clients only
- Hours: Mon-Fri 6:30pm - 8:30pm, drop-in all genders. Sat 12pm - 2:30pm, drop-in, women and trans-inclusive clients only.

Berkeley Therapy Institute

1748, 1749, 1801 Martin Luther King Way, Berkeley, CA

Office: 510-841-8484

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

- Specialties: Multidisciplinary approach; long-term psychotherapy
- Services: Individual, Couples, Family & Group therapy—all ages; psychological and neuropsychological testing and assessment
- Fees: Sliding scale available (determined by therapist)
- Hours: Administrative Mon-Fri 8:30-12:30 & 1:30-5:15pm

Blue Oak Therapy

3101 Telegraph Ave., Berkeley, CA 94705

Office line: 510-649-9818

<http://blueoaktherapycenter.org/>

- Specialties: Holistic approach to therapy; anxiety & depression; grief & loss; intimacy & relationships; trauma; addictions; parent/child conflict; eating & body issues; building self-esteem; deepening spirituality
- Services: Individual, Couples & Family therapy— all ages
- Fees: Sliding scale based on income
- Hours: Mon-Friday day & evening appointments; limited Saturday appointments

Grateful Heart Holistic Therapy Center

Satellite offices in Oakland, Emeryville, Alameda, and Berkeley (also have offices SF, Santa Rosa, Concord)

Office line: 510-394-5065 (intake voicemail)

<https://gratefulhearttherapy.org/>

- Services: Individual, Couples, Family & Group therapy—all ages.
- Fees: Sliding scale: \$50-\$140 (therapists set rate)
- Languages: Cantonese, French, Hebrew, Spanish, Russian, Portuguese
- Hours: Vary according to therapist avail.
- Other: Can search for therapists on website/can also fill out a referral form on-line

The Hume Center

Services in Alameda County offered at the Fremont Clinic or Satellite Offices in Pleasanton & Hayward (also have offices in Contra Costa County)

Office Line: 510-745-9151

<http://www.humecenter.org/>

- Specialties: Individuals and families facing moderate to severe mental health issues
- Services: Individual, family, group therapy—all ages; Psychiatric consultation and medication management; case management; partial hospitalization program through Concord Clinic
- Fees: Sliding scale with income verification, Medi-Cal, Medicare, Medi-Medi, and some private health insurance with pre-authorization.
- Languages: 14 languages +
- Hours: Vary depending on office location

Living Arts Counseling Center

1265 65th St. Emeryville, CA 94608

Intake Line: 510-595-5500 ext. 10

<http://www.livingartscounseling.org/>

- Specialties: All therapists use talk therapy but some incorporate drama & expressive arts therapy if desired
- Services: Individual, Couples & Group therapy
- Fees: Sliding scale available
- Hours: Vary according to therapist avail.

Pleasanton Community Counseling Center
4444 Black Ave., Pleasanton, CA 94588
(located in office wing of the Lynnewood United
Methodist Church but not faith based)
Office Line: 925-600-9762

<https://www.pleasantonccc.org>

- Services: Individual, Couples & Family therapy— all ages
- Fees: Sliding scale; they emphasize affordable
- Hours: Vary according to therapist avail.
- Other: Can accommodate spiritual counseling if requested

The Pacific Center for Human Growth

2712 Telegraph Ave, Berkeley, CA
Intake line: 510-548-8283 ex. 250 (intake line)

<http://pacificcenter.org/>

- Specialty: All services are offered with an understanding and sensitivity to issues specific to the queer community
- Services: Individual, Couples, Polyamory Relationship, Family, Group therapy— all ages
- Fees: Sliding scale & Medi-Cal
- Hours: 9am-9pm Mon-Friday

The Psychotherapy Institute

2232 Carleton St., Berkeley, CA
Office line: 510-548-2250

<https://www.tpi-berkeley.org/>

- Specialty: Psychodynamic therapy
- Services: Individual, Couples— adults only
- Fees: Sliding scale options but NOT a low fee clinic
- Hours: by appointment

UC Berkeley Psychology Clinic

2121 Berkeley Way, Suite 2160, Berkeley, CA
Office line: 510-642-2055

<https://psychology.berkeley.edu/clinics/our-services>

- Services: Individual, Couples & Group therapy— all ages; Assessments (ex: ADHD; learning disabilities; personality, & other psychological; mild cognitive impairment & other neurological)
- Fees: Sliding scale /they emphasize affordability
- Hours: Mon, Wed, Friday 9am-5pm; Tues & Thurs 9am-7pm
- Other: Open to the community not just UC Berkeley community

Women's Therapy Center

2105 Martin Luther King Way, Berkeley CA, 94704
Counseling Intake Line: 510-524-8288 ext. 1

<http://www.womenstherapy.org/client-services>

****Services only provided to women & adolescent girls, Trans* and gender-nonconforming individuals, ages 14 and older, the LGBTQIA community**

- Services: Individual, Couples therapy
- Fees: Sliding scale range \$40-\$150 for individuals and \$40-\$180 for couples
- Hours: Mon-Fri 9am-9pm; Saturday 9am-5pm
- Other: Services are extremely limited due to high demand

The Wright Center—offers several clinics

1950 Addison St. #109, Berkeley, CA

1918 University Ave, Berkeley, CA

Counseling Intake Line: 510-868-2260

<https://www.wi.edu/wi-clinical-services>

- Clinic: ***The Wright Institute Clinic*** offers individual & couples therapy to adults, older adults and older adolescents. Sliding scale range \$20-\$70; also accept Alameda County Medi-Cal with prior approval through Alameda County ACCESS line (800-491-9099). **Counseling Intake Line: 510-548-9716**
- Clinic: ***The Wright Center Assessment Services*** provides comprehensive psychological and neuropsychological testing services for children, adolescents and adults. Sliding scale fees range from \$500 to \$4000. Medi-Cal is NOT accepted for assessment services. **Counseling Intake Line: 510-239-2014**
- Clinic: ***The Wright Institute Recovery Clinic*** that provides individual & group therapy for people in recovery from addiction & substance abuse. Offer sliding scale range \$20-\$70; also accept Alameda County Medi-Cal with prior approval through Alameda County ACCESS line (800-491-9099) **Counseling Intake Line: 510-841-1262**
- Clinic: ***The Wright Institute Berkeley Cognitive Behavioral Therapy Clinic*** provides individual & group therapy. They offer a sliding scale range \$20-70, group is \$12 per session; first session intake \$30 fee. ***They also offer a DBT group.*** Medi-Cal is NOT accepted for this clinic. **Counseling Intake Line: 510-923-2241**