East Bay- Alameda County Counseling Clinics
*Sliding fee scales & languages at each location are subject to change. (Updated June 2021)*

Axis Community Health
Pleasanton, Livermore CA (appointments are scheduled in one of their offices in Alameda County)
Office line: 925-462-1755
https://axishealth.org/counseling-services

- Services: Individual, Couple & Family therapy;
- Fees: Sliding scale; accepts many insurance plans; 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-call to inquire; does NOT accept VOC funds but their affiliate clinic in SF does
- Hours: Mon-Friday 8am-8pm
- Other: EMDR therapy

Berkeley Therapy Institute
1748, 1749, 1801 Martin Luther King Way, Berkeley, CA
2196 Union St. San Francisco, CA
Office: 510-841-8484
https://www.bti.org/

- Special clinical interests: eating disorders; alcohol & substance use; trauma; (see website for others)
- Services: Individual, Couples, Family & Group therapy—all ages; sex therapy; psychological testing & neuropsychological testing; ADHD and learning disability evaluation; psychiatric treatment & medication consultation
- Fees: Sliding scale available
- 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, Group & Family therapy; all ages
- Fees: Sliding scale based on income (not a low fee clinic)
- Hours: Mon-Friday day & evening appointments; limited Saturday appointments

Earth Circles Counseling Center
156 Santa Clara Avenue, Oakland, CA
Office Line: 510-601-1929
https://www.earthcirclescenter.com/

- Services: Individual, Couples, Group & Family therapy
- Fees: Sliding scale $40-$100
- Hours: inquire
- Other: EMDR, Somatic, CBT, Mindfulness Expressive Arts

Grateful Heart Holistic Therapy Center
Satellite offices in Oakland, Emeryville, Alameda, and Berkeley (also have offices SF, Marin, Santa Rosa, Concord, Walnut Creek)
Office line: 510-394-5065 (intake voicemail)
https://gratefulhearttherapy.org/

- Services: Individual, Couples, Family & Group therapy—all ages.
- Fees: Sliding scale: therapists take 3 clients (individuals, couples or families) at reduced fee $50-$80
- Languages: call to inquire
- Hours: Vary according to therapist avail.
- Other: Can search for therapists on website

The Hume Center
Services in Alameda County offered at the Fremont Clinic or Satellite Offices in Pleasanton & Hayward
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: 510-595-5300 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: Not faith-based but 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: Mission is to enhance health & well
  being of LGBTQIA+ and QTBIPOC communities; culturally responsive therapy
• Services: Individual, Couples, Polyamory
  Relationship, Family, Group therapy—all ages
• Fees: Sliding scale & Medi-Cal
• Hours: 10am-7pm Mon-Friday (as of 6/21 not accepting new clients for sliding scale slots)

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 (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, Family & Group
  therapy—all ages; psychological & learning
disability assessments
• 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 /closed for intakes until Fall 2021

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
  (Psychodynamic) 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 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

Crisis Support Services Alameda County
24-Hour Crisis Lin: 1-800-309-2131
National Suicide Prevention Lifeline: 1-800-273-8255

County & Medi-Cal Mental Health Referrals Line
1-800-491-9099
*screening and referrals for mental health and substance
use services
*Berkeley and Albany residents are eligible to receive
mental health services through the Mental Health
Department of the City of Berkeley. Residents only may
call 510-981-5290 for information about services.

On-Line Listings for Sliding Scale Therapists:
Open Path Collective: 1-800-268-2833
www.openpathcollective.org
Sliding scale: $30-$60 Individual; $30-$80 for couples or
family/must start paying $59 lifetime membership fee