

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

166 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: 510-595-5500 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: 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 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