

San Mateo Mental Health Resources

*Sliding fee scales & languages at each location are subject to change (last update January 2020).

Access San Mateo Mental Health

<https://www.smchealth.org/mentalhealth>

Phone: 800-686-0101, TDD 800-943-2833

- Services: Mental health, Substance abuse services, Psychiatry
- Fees: **Medi-Cal and Health Plan of San Mateo**—several clinics in the county (does not take private insurance or those who chose Kaiser with Medi-Cal)
- Hours: Call center 24/7
- Provides free health coverage screening to connect clients with insurance (legal immigration status not required)

Adolescent Counseling Services

<http://www.acs-teens.org/>

Bayport Marina Plaza

643 Bair Island Road, Suite 301 Redwood City, CA (Counseling offered in Redwood City & Palo Alto)

Phone: 650-424-0852

- Services: Therapy for youth up to 25 yrs
- Fees: Sliding scale (range \$5-\$105); **Medi-Cal San Mateo County**
- Hours: Mon-Friday 9am-8pm
- Other: Outlet Program with locations in San Mateo, Redwood City and Mountain View provides free, walk-in groups for LGBTQQ+ youth (10-18) and young adults (18-25); also provide individual counseling based on sliding scale fee

Bay Area Clinical Associates (BACA)

<https://www.baca.org/menlo-park/>

1162 & 1166 El Camino Real, Menlo Park 94025

(other locations in Berkeley (opening in next few months) and San Jose)

Phone: 650-304-3906

- Services: Free needs assessment for 26 & under looking for psychiatric services; Individual & Family therapy, psychiatry, medication management, parent training, Adolescent IOP (intensive outpatient program) 12-17 years old and Young Adult IOP (ages 18-26)

- Fees: **Accept insurance**; offer financial assistance counselors to help determine insurance coverage; financial assistance for co-pays if necessary (see website)
- Hours: Mon-Thurs 9-6pm; Fri 8-12pm
- Languages: Call in inquire
- Other: not able to work with eating disorders or substance use disorders

Coastside Clinic

<https://www.smchealth.org/location/coastside-clinic>

225 South Cabrillo Highway

Half Moon Bay, CA 94019

Phone: 650-573-3941

<https://www.smchealth.org/location/coastside-clinic>

- Services: Individuals, Couples & Family therapy—all ages
- Fees: **Accept Medi-Cal**; Insurance enrollment assistance available. May need referral from primary care provider.
- Hours: 8am-5pm

Christian Counseling Centers, Inc.

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

Bridgepoint Office Park

1510 Fashion Island Blvd., #110, San Mateo 94404

(offices in various bay area cities)

Phone: 650-570-7273

- Services: Individual, Couples, Family & Group therapy; psycho diagnostic testing; teletherapy—all ages **regardless of religion**.
- Fees: \$20-\$200 (see website for breakdown); if seeing licensed therapist may be covered by insurance if therapist is “in network”
- Languages: call to inquire
- Hours: call to inquire

Jewish Family & Children Services

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

Eleanor Haas Koshland Center

2001 Winward Way, Suite 200, San Mateo

(offices in various bay area cities)

Phone: 650-688-3034

- Services: Individual, Couples & Family therapy
- Specialties: Counseling services for LGBTQ; grief counseling
- Fees: Sliding scale if meet criteria; if not meet criteria for sliding scale \$165 per hour; will provide superbill for insurance
- Hours: 9-5pm

Mid-Peninsula Health Services Behavioral Health Services

<https://www.sutterhealth.org/mills/services/behavioral-health>

100 S. San Mateo Dr., San Mateo, 94401

Phone: 650-696-4666

Emergency psychiatric: 650- 696-5915

- Services: Inpatient, partial hospitalization, intensive outpatient and outpatient programs for adolescents, adults and the elderly.
- Also provide substance use and dual diagnosis programs
- Fees: **Accepts private insurance** (check with insurance provider)
- Hours: 8:30-5pm

One Life Counseling Center

www.onelifecounselingcenter.com

1303 San Carlos Ave, San Carlos (other office locations in San Carlos, San Mateo and SF)

Phone: 650-394-5155

- Services: Individual, Group & Family therapy
- Fees: Every budget is accommodated-sliding scale \$10+; **also accept SF and San Mateo County Medi-Cal**
- Languages: Spanish, Tagalong, Cantonese, Hindi, Punjabi
- Hours: 9am-9pm Mon-Fri (some weekends available)
- Other: eating disorder support; EMDR; CBT; Emotional Support Animal letters

Open Path Psychotherapy Collective-San Mateo

<https://openpathcollective.org/city/san-mateo/>

Nonprofit serves clients who lack health insurance or whose health insurance doesn't provide adequate mental health benefits. Pay lifetime membership fee of \$59 and then sliding scale sessions based on financial need.

- Services: Individual, couples & family therapy
- Fee: \$30-\$60 per session for individual; up to \$80 for couples or family

Sequoia Counseling Services

<https://www.sequoiacounseling.com/>

165 Arch St. Redwood City (office locations throughout Bay Area)

Intake: 650-503-4357

Office: 650-363-0383

- Services: Individual, Couples, Family & Group therapy—all ages
- Fees: fee for service, sliding scale available, **most insurances accepted** (Tricare accepted)
- Languages: call for more info
- Hours: days, evenings, weekend
- Other: treatment for eating disorders, substance abuse, sexual issues; groups for adults who experiences child abuse; spiritual counseling; Somatic Experiencing, CBT

Star Vista

<https://star-vista.org/>

333 Gellert Blvd. Ste 206, Daly City, 94015

(locations also in Pacifica & San Mateo)

Intake Line for Counseling: 650-355-8787

- Services: Individual & Family counseling-ages 6 and older
- Fees: sliding scale, accepts **Medi-Cal**
- Hours: 8am-8pm
- Languages: Mandarin, Cantonese,
- Other: Substance abuse treatment; transitional housing for young adults; intensive support services for LGBTQ community; free mindfulness groups 15-25 yrs

Crisis Services:

Family Assertive Support Team (FAST)

Phone: (650) 368-3178

- Services: In-home outreach service that offers assessment, consultation, and support services to adults 18+ experiencing a severe mental health problem
Fees: free
- Languages: Spanish, Mandarin and other upon request
- Hours: 9am-9pm

Psychiatric Emergency Services:

San Mateo Medical Center: (650) 573-2662

222 West 39th Avenue, San Mateo, CA

Mills-Peninsula Medical Center: (650) 696-5915

1501 Trousdale Drive, Burlingame, CA