

## COMMUNITY MENTAL HEALTH COUNSELING RESOURCES

### SAN MATEO COUNTY

#### North:

Daly City Youth Health Center <a href="http://www.dalycityyouth.org">www.dalycityyouth.org</a>	2780 Junipero Serra Blvd. Daly City, CA, 94015 Counseling: 350 90 <sup>th</sup> St., 3 <sup>rd</sup> FL, Daly City	Main: 650-985-7000 Counseling: 650-877-5733	Counseling up to age 24	Serves uninsured or publicly insured (Medi-Cal) with no copay (Cannot be privately insured)
StarVista <a href="http://www.star-vista.org">www.star-vista.org</a>	480 Manor Plaza, Pacifica, CA, 94044	650-355-8787	Counseling all ages, couples	\$5-\$120 sliding scale

#### Central:

Rape Trauma Services <a href="http://www.rapetraumaservices.org">www.rapetraumaservices.org</a>	1860 El Camino Real , Ste. 406 Burlingame, CA, 94010	650-652-0598 Crisis line: 650-692-7273	Sexual assault crisis intervention, counseling for all ages	
Mills Peninsula Health Services <a href="http://www.mills-peninsula.org/behavioralhealth/">www.mills-peninsula.org/behavioralhealth/</a>	100 S. San Mateo Dr., San Mateo CA., 94401	650-696-4666	Intensive outpatient, Detox, Partial hospitalization program; Mental health and substance abuse	
Mental Health Access Team <a href="http://www.smchealth.org/bhrs">www.smchealth.org/bhrs</a>	1950 Alameda de las Pulgas, San Mateo, CA, 94403	1-800-686-0101	Information, referrals, assessments. Available to all San Mateo County residents without any private insurance, and with Medi-Cal	

#### Southern:

Star Vista <a href="http://www.star-vista.org">www.star-vista.org</a>	1021 S. El Camino Real San Mateo, CA 94402	650-830-1765	Counseling for all ages	\$5-\$120 sliding scale
Gronowski Clinic <a href="https://www.paloalto.edu/gronowski-center">https://www.paloalto.edu/gronowski-center</a>	5150 El Camino Real Bldg. C, Ste. 15, Los Altos, CA, 94022	650-961-9300	Counseling all ages, Psychiatrist on staff	Intake fee \$25-\$80; Counseling fee \$5-\$100 sliding scale

**SAN FRANCISCO COUNTY**

San Francisco Mental Health Access Team <a href="http://www.sfdph.org">www.sfdph.org</a>	Located throughout San Francisco	415-255-3737	Mental health referral service for SF residents	Must have Medi-Cal, Healthy SF, or SF Health Plan
Trauma Recovery Center <a href="http://traumarecoverycenter.org/">http://traumarecoverycenter.org/</a>	2727 Mariposa St., Suite 100, SF, CA 94110	415-437-3000	Services for victims of violent crime, rape recovery	Self-referrals accepted but best if clinician can make linkage
Access Institute <a href="http://www.accessinst.org">www.accessinst.org</a>	110 Gough St. Ste. 301, San Francisco, CA, 94102	415-861-5449	Counseling, medication, No MediCal or Medicare	Sliding scale starts at \$35
Integral Counseling Center <a href="http://www.integralcounseling.org">www.integralcounseling.org</a>	2140 Pierce St. SF, CA, 94115	415-776-3109	Counseling	Sliding scale \$25-100
Golden Gate Integral Counseling Center <a href="http://www.goldengatecounseling.org">www.goldengatecounseling.org</a>	507 Polk St. Ste. 450, SF, CA, 94117	415-561-0230	Counseling	Sliding scale based on income
Integral Counseling Center <a href="http://www.integralcounselingcenter.org">www.integralcounselingcenter.org</a>	1782 Church St. SF, CA, 94131	415-648-2644	Counseling	Sliding scale \$25-100
Psychological Services Center <a href="http://www.psychservicescenter.com">www.psychservicescenter.com</a>	507 Polk St. Ste 420, SF, CA, 94102	415-346-1011	Counseling	\$40-\$110 sliding scale
C.G. Jung Institute <a href="http://www.sfjung.org">www.sfjung.org</a>	2040 Gough St. San Francisco, CA 94109	415-771-8055	Counseling - individuals & couples	\$30-\$90 sliding scale ( <i>wait list summer '18; new clients accepted Sep. '18</i> )
Liberation Institute <a href="http://www.liberationinstitute.org">www.liberationinstitute.org</a>	3150 18 <sup>th</sup> St., San Francisco, CA 94110 and 1227A Folsom St., San Francisco, CA 94103	415-606-5296, ext. 102	Counseling for all ages	Sliding scale starting at \$20, but no one is turned away for lack of funds
RAMS (Richmond Area Multicultural Services) <a href="http://www.ramsinc.org">www.ramsinc.org</a>	3626 Balboa St. San Francisco, CA, 94121	415-668-5955	Counseling –all ages with an emphasis on serving Asian & Pacific Islander Americans	Need authorization through SF MH ACCESS, or RAMS Intake

CPMC (California Pacific Medical Center) <a href="http://www.cpmc.org">www.cpmc.org</a>	2323 Sacramento St. 2 <sup>nd</sup> Floor SF, CA, 94115	415-600-3247	Counseling, medication services	<i>Temporarily stopped accepting new patients – summer '18</i>
Asian American Recovery Services/Health Right 360 <a href="http://www.aars.org">www.aars.org</a>	San Francisco, San Mateo locations	Check website for best contact number	Substance abuse services for adult & youth	Fees dependent on programs
Haight Ashbury Psychological Services <a href="http://www.hapsclinic.org">www.hapsclinic.org</a>	3330 Geary Blvd., 2 East, San Francisco, CA, 94118	415-221-4211	Counseling for individual adults and couples	\$20-\$90 based on income
San Francisco State Community Psychology Clinic	1600 Holloway Ave.SF, CA, 94132	415-338-2856 sfsupsyclin@gmail.com	Individual, couples, family and group therapy – academic year only (Sep through May)	Intake fee \$10; therapy fee \$10-\$50 based on income, but no one is ever turned away

#### EAST BAY

JFK Community Counseling Center <a href="https://www.jfku.edu/Locations/Community-Counseling-Centers.html">https://www.jfku.edu/Locations/Community-Counseling-Centers.html</a>	Oakland and Concord locations	510-444-3344	Counseling for adults, children, adolescents, seniors, and groups	Affordable, sliding scale fees; low fee groups
The Wright Institute Clinic <a href="https://www.wi.edu/addison-clinic">https://www.wi.edu/addison-clinic</a>	Berkeley, CA	510-548-9716	Counseling for adults, seniors, couples and older adolescents	Sliding scale fees based on income and family size

#### URGENT/EMERGENCY

Psychiatric Emergency Services – San Mateo Medical Center	650-573-2662	222 West 39 <sup>th</sup> Ave., San Mateo, CA 94403	Emergency mental health & substance abuse; walk-ins accepted
ZSFG Psychiatric Emergency (formerly SF General)	415-206-8125	1001 Potrero Ave, San Francisco, CA 94110	Emergency mental health & substance abuse; walk-ins accepted

Dore Urgent Care Center 24/7	52 Dore Street, San Francisco, CA 94110 415-553-3100	Accepts referrals from Mobile Crisis, SFPD, mental health clinics and providers, and medical emergency rooms.	Walk-ins/self-referrals accepted but provider referrals preferred; accepts psychiatric emergencies not requiring 5150
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National Suicide Prevention Lifeline: 800-273-TALK

Crisis Text Line: 741-741 (Text "COURAGE")

24/7 SF Suicide Prevention 415-781-0500

24/7 Crisis Hotline: 650-579-0350

24/7 Parent Support Line: 650-579-0358

24/7 Alcohol and Drug Line: 650-579-0356

24/7 HIV Information Hotline 415-434-2437

24/7 Drug Information and Referral 415-362-3400

24/7 Alcoholics Anonymous 415-674-1821

Narcotics Anonymous 7 Days/1-9pm 415-621-8600

24/7 Drug Relapse Line 415-834-1144

24/7 Friendship Line for Seniors 800-971-0016

24/7 Crisis Line Domestic Violence 415-864-4722

Glide Crisis Center Walk-ins 415-674-6000 M-Sun/7:30a.m. – 4 p.m.

24/7 TALK Line for Parents 415-441-5437