

MENTAL HEALTH ASSISTANCE

CHILDREN'S HOSPITAL

A nationally renowned center for treatment and research in children's mental health. The Pediatric Psychiatry & Psychology Clinic provides treatment for emotional, psychological, and cognitive problems in kids, 5-18. They offer brief and long-term individual psychotherapy, group psychotherapy and family psychotherapy for ages 5-11.

www.ucsfbenioffchildrens.org/clinics/psychiatry-and-psychology-clinic

MENTAL HEALTH ASSOCIATION OF ALAMEDA COUNTY (MHAAC)

MHAAC is a nonprofit organization that advocates for individuals with mental illness. They offer free support, education, and mental health resources to family and caregivers.

(510) 835-5010

954 60th Street, Suite 10, Oakland

www.mhaac.org

NAMI OF THE TRI-VALLEY (NATIONAL ALLIANCE OF MENTAL HEALTH)

NAMI Tri-Valley is a grassroots organization comprised of families, consumers, and mental health professionals that offer support, resources, and education.

(925) 980-5331

www.nami-trivalley.org

BAY AREA COMMUNITY SERVICES (BACS)

BACS provides innovative behavioral health and housing services for teens, adults, older adults, and their families.

(925) 484-8457

3900 Valley Avenue, Suite B, Pleasanton

www.bayareacs.org

BAY AREA COMMUNITY HEALTH (BACH)

BACHs provides medical, dental, behavioral health, vision, specialty care, and support programs for people regardless of their immigration status, ethnicity, disabilities, or ability to pay.

(510) 770-8040

www.bach.health.com

MENTAL HEALTH ASSISTANCE

JOHN GEORGE PSYCHIATRIC HOSPITAL

JGPH provides psychiatric emergency and acute care services to adults experiencing severe and disabling mental illnesses and treats all who seek care regardless of their economic or social status. JGPH houses several inpatient units for both involuntary and voluntary patients who have an acute psychiatric illness.

(510) 346-1300

2060 Fairmont Drive, San Leandro

www.crisissupport.org/get-help-now/alameda-county-crisis-referrals

WILLOW ROCK CENTER

Willow Rock is located on the John George Campus. They provide psychiatric crisis stabilization and initial psychiatric treatment for adolescents aged 12-17 who have limited or no insurance, or who are referred by Kaiser.

(510) 895-5502

2050 Fairmont Drive, San Leandro

www.crisissupport.org/get-help-now/alameda-county-crisis-referrals

ALAMEDA COUNTY CRISIS SUPPORT SERVICES

Medi-Cal and Uninsured only

(800) 309-2131

www.crisissupport.org

EILEEN NICHOLS

Mental health resource specialist who specializes in finding inpatient residential care, outpatient, family programs, sober living, therapists, and adult & adolescent programs for those in need with insurance.

(925) 642-5017



MENTAL HEALTH RESOURCE GUIDE

Pleasanton Police Department

4833 Bernal Avenue

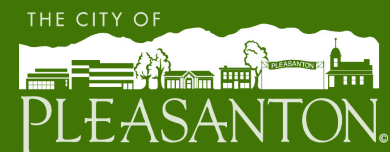
Pleasanton, CA 94566

Non-Emergency Number

925-931-5100

Emergency Number

925-931-5122



MENTAL HEALTH ASSISTANCE

ALAMEDA COUNTY MOBILE CRISIS

Alameda County Behavioral Health (ACBH) operates a variety of crisis services and Mobile Crisis Teams to respond to individuals in the community experiencing an acute behavioral health crisis. ACBH also operates an Acute Care Management Team to assist in arranging care transitions between levels of care within the behavioral health care system.

Monday-Friday: 8am-6pm

(510) 891-5600

www.acbhcs.org

HORIZONS FAMILY COUNSELING

Horizons serves youth and families through counseling, education, and support services to find safety, hope and success in life.

(925) 371-4747

1110 S. Livermore Avenue, Livermore

www.cityoflivermore.net/government/horizons

BAY AREA COMMUNITY SERVICES (BACS) AMBER HOUSE AND WOODROE PLACE

A short-term residential alternative to psychiatric hospitalization, or support following hospitalization, for individuals in active psychiatric distress who need support to cope and heal.

Amber House

(510)379-4179

390 40th Street, Oakland

Woodroe Place

(510)613-0330

22505 Woodroe Avenue, Hayward

www.bayareacs.org/crisis-residential-treatment

FAMILY EDUCATION AND RESOURCE CENTER

FERC is a family/caregiver-centered program that provides information, education, advocacy, and support services to family/caregivers of children, adolescents, transitional age youth, adults, and older adults with serious emotional disturbance or mental illness.

(510) 746-1700

7677 Oakport Street, Suite 100, Oakland

www.ferc.org

NATIONAL SUICIDE PREVENTION HOTLINE

(800) 273-8255

MENTAL HEALTH ASSISTANCE

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES (ACBHCS) ACCESS

(ACBHCS) ACCESS Program provides information, screening, and referrals for mental health and substance use services and treatment for Alameda County residents. ACCESS is a telephone service that supports both general behavioral health questions and determining eligibility for a range of outpatient services. ACCESS serves all ages. To qualify for Specialty Mental Health Services (SMHS) an individual must meet Medi-Cal's medical necessity criteria for specialty mental health services and have an ACBHCS insurance plan.

(800) 491-9099

www.crisissupport.org

www.acbhcs.org/acute-integrated-health-care/acute-crisis-services

AXIS COMMUNITY HEALTH BRIDGE PROGRAM

The Axis Bridge care team helps individuals and/or their families receive timely access to immediate, short-term treatment, guidance in navigating the mental health treatment system, assistance, and support in locating longer-term treatment, help in preventing an escalation of symptoms.

(925) 568-2080

5925 W. Las Positas Blvd, Suite 100, Pleasanton

www.axishealth.org

VETERANS ASSISTANCE

SWORDS TO PLOWSHARES

Swords to Plowshares is dedicated supporting homeless, low-income, and at-risk veterans in the Bay Area every year. They offer employment and job training, supportive housing programs, permanent housing placement, counseling, and case management, and legal services.

(415) 727-8387

330 Franklin Street, Suite 100, Oakland

www.swords-to-plowshares.org

VETERANS CONFIDENTIAL CRISIS LINE

(800) 273-8255

SUBSTANCE USE ASSISTANCE

CHERRY HILL

50 bed, co-ed facility, staffed 24/7/365. The sobering unit was specifically designed to assist those needing immediate sobering services for a briefer visit of 23 hours or less. The sobering unit has a central telephone screening process for both detoxification and sobering services. No walk-ins, must call in advance. Medicare, Medi-Cal only.

(866) 866-7496 (24 Hour)

2035 Fairmont Drive, San Leandro

www.crisissupport.org/get-help-now/alameda-county-crisis-referrals

C.U.R.A.

C.U.R.A., Inc. is a non-profit, tax-exempt behavior modification program, that gives men and women the opportunity to live lives free from drugs and alcohol. Clients are given the chance to change their past behavior by working on their core issues, getting an education, attending trade schools, and acquiring job experience. The final goal is for participants to graduate as contributing members of society.

(510) 713-3202

4510 Peralta Blvd., Suite 1, Fremont

www.curainc.com

AXIS COMMUNITY HEALTH

Drug testing and Medication Assisted Treatment (MAT) are available for those who are receiving substance use disorder treatment. AXIS provides a variety of programs.

(925) 462-1755

5925 W. Las Positas Blvd, Suite 100, Pleasanton

4361 Railroad Avenue, Pleasanton

www.axishealth.org/addiction-counseling

TRI-VALLEY ALCOHOLICS ANONYMOUS

Tri-Valley Fellowship

3701 Old Santa Rita Road, Pleasanton

www.trivalleyaa.org

EILEEN NICHOLS

Addiction and mental health resource specialist who specializes in finding inpatient residential care, outpatient, family programs, sober living, therapists, and adult & adolescent programs for those in need with insurance.

(925) 642-5017