

Mental Health Agencies in the East Bay

Sliding Scale Agencies in the Berkeley Area

The following is a partial listing of mental health agencies and centers that offer low fee or sliding scale fee (scaled to client's income) for counseling:

Berkeley Therapy Institute

(Also accepts SCU insurance through UnitedHealthCare)

1749 Martin Luther King Jr. Way

Berkeley, CA 94709

(510) 841-8484

www.bti.org

Blue Oak Therapy Center

3101 Telegraph Avenue

Berkeley, CA 94705

(510) 649-9818

www.blueoaktherapycenter.org

The Psychotherapy Institute Community Clinic

2232 Carleton Street

Berkeley, CA 94709

(510) 548-2250 ext. 107

www.tpi-berkeley.org

Note: Expedited intake is available for JST students. Contact Paul Kircher, Assistant Dean of Students, pkircher@scu.edu for more information on this.

Typical fee for JST student will be \$40-\$75, depending on student's income; sliding scale goes up to \$120/hour.

UC Berkeley Psychology Clinic

2121 Berkeley Way

Berkeley, CA 94720

(510) 642-2055 or (510) 642-4459

<https://psychology.berkeley.edu/clinics/our-services>

Clinicians are Ph.D. students in the UC Berkeley Clinical Science Program, who are closely supervised.

The Wright Institute Community Clinic

1918 University Avenue

Berkeley, CA 94704

(510) 548-9716

<https://www.wi.edu/wi-clinical-services>

Agencies and Centers that accept SCU Student Health Insurance with UnitedHealthcare

Bay Psychiatric Associates

2020 Milvia Street, Suite 300

Berkeley, CA 94704

(510) 204-4635

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

Community Psychiatry Associates

3000 Colby Street, Suite 202

Berkeley, CA 94705

(510) 899-6220

<http://www.communitypsychiatry.com/> (also sliding scale option)

Psychiatric Alternatives and Wellness Center

Multiple locations in Berkeley

(415) 237-0377

www.psychiatricalternatives.com

Online Resources

BetterHelp Counseling

Access therapists online via text, chat, phone, or video conference. \$40-\$70/week. Provided free of charge to those covered on the SCU student health insurance.

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

SilverCloud Health

Online platform with modules and programs designed to help students think and feel better.

Access is available for students enrolled in the SCU student health insurance.

<https://gsh.silvercloudhealth.com/signup/>

If you are in crisis, please call one of these numbers:

If you are having a psychiatric emergency, call 911.

Crisis Text Line (and Steve Fund in Partnership with Crisis Text Line for People of Color)

Texts are answered by trained, supervised volunteer counselors within a few minutes of your texting. Text messages are free for AT&T, T-Mobile, Sprint, and Verizon customers.

- **text HOME to 741741** from anywhere in the USA, any time, about any type of crisis.
- **text STEVE to 741741** if you are a person of color who would like to text with another person of color.

Crisis Support Services of Alameda County

1 (800) 309-2131

National Domestic Violence Hotline

1 (800) 799-7233

National Suicide Prevention Lifeline

1 (800) 273-8255

Rape, Abuse & Incest National Network

1 (800) 656-4673