

## **Agencies and Centers who offer low fee/sliding scale services**

### **Argosy Assessment and Intervention Clinic at Argosy University**

1005 Atlantic Avenue

Alameda, CA 94501

(510) 217-4876

<https://www.argosy.edu/clinical-psychology/locations/san-francisco/aaic>

Argosy offers individual, family and couples support and treatment, assessment tests for learning disabilities, ADHD, learning accommodation eligibility, cognitive and neuropsychological screening, psychodiagnostic testing and psychotherapy. Practitioners are students at the University. Fees are low cost, with sliding scale options for assessments.

### **Asian Community Mental Health Services**

310 8<sup>th</sup> Street, Suite 201

Oakland, CA 94607

(510) 869-6000

[www.acmhs.org](http://www.acmhs.org)

This health center specializes in multilingual and multicultural services for those with origins in East Asia and the Pacific Rim.

### **Bay Area Clinical Associates (BACA)**

111 Myrtle Street, Suites 102 and 300

Oakland, CA 94607

(510) 922-9757

<http://www.baca.org>

Bay Area Clinical Associates, P.C., specializes in mental health services to youth (26 years and younger) and their families in the San Francisco Bay Area. They offer highly integrated care with psychiatrists and psychotherapists working together under one roof. They have developed a series of specialized Intensive Outpatient Programs (IOPs) to provide youth and families increased intensity of services when clinically indicated.

### **Berkeley Christian Counselors**

2407 Dana Street, McKinley Hall

Berkeley, CA 94709

(510) 548-5858

[www.berkeleychristiancounselors.org](http://www.berkeleychristiancounselors.org)

Housed at the First Presbyterian Church of Berkeley, Berkeley Christian Counselors include supervised advanced graduate students as well as licensed clinicians. They provide individual, pre-marriage, couples, family, and group therapy in a confidential Christian context. Workshops and professional support groups are offered on a wide spectrum of spiritual, emotional, and psychological issues, including loneliness, conflict, marital problems, low self-esteem, abuse/trauma, addiction, and more. Low-fee/sliding scale donation based services and scholarships are available.

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**\*Berkeley Therapy Institute**

1749 Martin Luther King Jr. Way

Berkeley, CA 94709

(510) 841-8484

[www.bti.org](http://www.bti.org)

A community mental health clinic, Berkeley Therapy Institute specializes in couples work, family therapy, psychological assessment, psychiatry, addictive disorders, stress management, trauma and more. BTI is a training institute for psychotherapy interns.

**Berkeley Mobile Crisis Team**

(510) 981-5900 (police non-emergency)

(510) 981-5254 (phone message)

[https://www.cityofberkeley.info/Health\\_Human\\_Services/Mental\\_Health/Mobile\\_Crisis\\_Team\\_\(MCT\).aspx](https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/Mobile_Crisis_Team_(MCT).aspx)

The Berkeley Mobile Crisis Team offers an immediate response to crisis situations at the street level and through coordination and consultation with local public safety organizations, hospitals and other community groups. Serving the residents of Berkeley and Albany, primarily those referred by the Berkeley police and fire departments, hospital emergency rooms, other city agencies and residents, the services are free and offered in English, Spanish and Vietnamese.

**Blue Oak Therapy Center**

3101 Telegraph Avenue

Berkeley, CA 94705

(510) 649-9818

[www.blueoaktherapycenter.org](http://www.blueoaktherapycenter.org)

Therapy at Blue Oak can help with depression and anxiety, grief and loss, intimacy and relationships, trauma, addictions, parent-child conflict, eating and body issues, building self-esteem, and deepening spirituality. Therapists are marriage and family interns supervised by licensed clinicians. Sliding scale fees are based on family income.

**Center for Creative Growth**

1221 Marin Avenue

Berkeley, CA 94706

(510) 527-2100

[www.creativegrowth.com](http://www.creativegrowth.com)

The Center for Creative Growth offers group and individual counseling, as well as workshops on healing, personal growth and healthy relationships. The Center integrates John Bradshaw's nationally acclaimed teachings on the inner child, codependency, and toxic shame with a humanistic, transpersonal, and family systems perspective; is grounded in the 12-step approach to recovery; and draws on the expressive arts and somatic therapy. A sliding scale clinic is available, although not with licensed clinicians.

### **Center for Somatic Psychotherapy**

California Institute of Integral Studies

220 Montgomery Street, Suite 600

San Francisco, CA 94104

(415) 217-8895

<https://www.ciis.edu/counseling-and-acupuncture-clinics/center-for-somatic-psychotherapy>

The Center offers high quality body-mind-spirit psychotherapy, welcoming individuals, couples and partners, youth and families of all ages, genders, racial and cultural backgrounds, bodily expressions and sexual orientation. The approach integrates basic therapeutic models with movement and breath practices, sensory awareness and other somatic modalities. Practitioners are advanced pre-licensed graduate students. Fees are based on a sliding scale.

### **\*Community Psychiatry Associates**

3000 Colby Street, Suite 202

Berkeley, CA 94705

(510) 899-6220

1212 Broadway, 12<sup>th</sup> floor

Oakland, CA 94612

(510) 834-2049

<http://www.communitypsychiatry.com/>

Community Psychiatry Associates focuses primarily on medication management, working closely with primary health care physicians and psychotherapists to ensure well-coordinated care. Besides medication management, they also provide telemedicine and a mindfulness program.

### **Earth Circles Counseling Center**

166 Santa Clara Avenue

Oakland, CA 94610

(510) 601-1929

[www.earthcirclescenter.com](http://www.earthcirclescenter.com)

Earth Circles clients work on many issues, including: Self Esteem, Depression, Isolation, Grief, Relationship Conflicts, Anxiety and Panic Disorders, Addiction and Eating Disorders, Childhood Trauma and Sexual Abuse, Issues of Adult Children of Alcoholics, Life Transitions and Concerns of Aging, Body Image Issues, Cross Cultural Issues, Spiritual Growth and Transformation, LGBTQIA Issues. Marriage and family therapists and interns offer a wide array of fees.

### **Family Paths, Inc.**

1727 Martin Luther King Jr Way, Suite 109

Oakland, CA 94612

(510) 893-9230

[www.familypaths.org](http://www.familypaths.org)

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Family Paths practitioners strengthen family relationships by providing mental health treatment and supportive services with respect, integrity, compassion and hope. They provide a 24/7 Parenting Hotline at 800-829-3777. Culturally sensitive services are provided on a sliding scale.

**Golden Gate Integral Counseling Center**

California Institute of Integral Studies

507 Polk Street, Suite 450

San Francisco, CA 94102

(415) 561-0230

<https://www.ciis.edu/counseling-and-acupuncture-clinics/golden-gate-integral-counseling-center>

The Center provides a supportive and inclusive environment and services designed to facilitate healing during times of emotional stress, confusion and pain. Seeing each person as essentially whole, they include all aspects of the person in the healing process, serving people of all backgrounds. Practitioners are advanced graduate students in the Integral Counseling Psychology Program, and interns registered with the CA Board of Behavioral Sciences. Fees are based on a sliding scale.

**Grateful Heart Holistic Therapy Center**

360 Grand Avenue #46

Oakland, CA 94610

(510) 394-5065

[www.gratefulhearttherapy.org](http://www.gratefulhearttherapy.org)

Grateful Heart offers affordable, sliding-scale psychotherapy to individuals, couples and families. Clinicians are advanced level graduate and post-graduate interns who work with a holistic philosophy. The main office is in Oakland, but clinicians serve in various cities throughout the Bay Area, including Berkeley, Walnut Creek, Richmond and Alameda.

**JFK University Community Counseling Centers for Holistic Counseling**

**Oakland Community Counseling Center**

2501 Harrison Street

Oakland, CA 94612

(510) 444-3344

<https://www.jfku.edu/Locations/Community-Counseling-Centers/Oakland-Community-Counseling-Center.html>

This community center staffed by JFK interns provides a safe setting where adults, children, adolescents and seniors can find inner strength and direction through affordable personal counseling. Their counselors are advanced MA Counseling Psychology graduate students working under the supervision of licensed, professional psychotherapists. Low-fee therapy groups are also offered, focusing on women's and men's issues, intimacy, depression and creativity.

### **Oak Creek Relational Counseling Center**

2901 Shattuck Avenue  
Berkeley, CA  
(888) 637-7404  
[www.oakcreekcenter.org](http://www.oakcreekcenter.org)

Therapists reflect the diversity of the community so that clients can connect with a therapist with whom they can feel comfortable knowing their unique cultural, ethnic, and socio-economic backgrounds will be respected and honored. Flexible hours; weekends and evenings in addition to weekdays. Therapeutic counseling is provided by registered marriage and family therapy interns and professional clinical counselor interns who are participating in OCRC's clinical training program. Sliding scale.

### **Pacific Center for Human Growth (services for LGBT community)**

2712 Telegraph Avenue  
Berkeley, CA 94705  
(510) 548-8283  
[www.pacificcenter.org](http://www.pacificcenter.org)

All clinicians at the Pacific Center work on a yearly contract basis and are supervised by licensed clinicians who are members or allies of the LGBTQ community. Therapists not only have a strong desire to work with those in the LGBTQ community but have taken extra steps to be well-trained and sensitive to their concerns. All services are offered with an understanding and sensitivity to issues specific to the queer community at affordable sliding scale fees. Though they cannot accept insurance, they do accept **MediCal**.

### **\*Pathways to Wellness**

1700 Broadway, Suite 500  
Oakland, CA 94612  
(510) 273-4200  
[www.pathwaystowellness.net](http://www.pathwaystowellness.net)

The mission of Pathways to Wellness is to provide services that are client-centered, focusing on individual needs and concerns in the context of clients' lives outside the treatment setting. Clients' autonomy and choices are always maximized. Treatment is strength-based; recovery-oriented and incorporates available client and community resources. Treatment includes multiple modalities as needed such as medication support, psychotherapy, case management, mobilization of community resources, crisis prevention and crisis management to prevent higher levels of care. Pathways to Wellness supports the Health and Wellness model of care, and is committed to employing evolving models of behavioral health integration in primary care.

### **Psychological Services Center**

California Institute of Integral Studies  
507 Polk Street, Suite 420  
San Francisco, CA 94102  
(415) 246-1011

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<https://www.ciis.edu/counseling-and-acupuncture-clinics/psychological-services-center>

PSC is a community-based mental health clinic serving the greater San Francisco Bay Area, providing psychotherapy and psychological assessments for a broad range of mental health issues. Their specialty is in-depth, traditional talk therapy focused on mind, body and spirit. Practitioners are Clinical Psychology doctoral students. Fees are based on a sliding scale.

**The Psychotherapy Institute Community Clinic**

2232 Carleton Street  
Berkeley, CA 94709  
(510) 548-2250 ext. 1  
[www.tpi-berkeley.org](http://www.tpi-berkeley.org)

The Community Clinic is staffed by therapists with advanced degrees in psychology, social work, counseling, or related mental health fields who are participating in TPI's Postgraduate Training Program. Fees are adjusted based on family size and income.

**Sausal Creek Outpatient Stabilization Clinic**

2620 26<sup>th</sup> Avenue  
Oakland, CA 94601  
(510) 437-2363  
<http://www.telecarecorp.com/sausal/>

Sausal Creek provides services to any adult who feels that they cannot wait for routine mental health outpatient care. The clinic is open to referrals and walk-ins. Services are provided for people in acute distress or discomfort as a result of mental illness, difficulty with medications or personal/family crisis. They offer case management and medication management services for individuals with serious mental illness referred by Alameda County ACCESS, and walk in crisis services for Alameda County residents who do NOT have a current mental health provider and who are uninsured or covered by MediCal. It is temporarily closed between June 30-July 17, 2018.

**UC Berkeley Psychology Clinic**

2121 Berkeley Way  
Berkeley, CA 94720  
(510) 642-2055  
<https://psychology.berkeley.edu/clinics/our-services>

Clinicians are Ph.D. students in the UC Berkeley Clinical Science Program, closely supervised by faculty members. They provide therapy services on a sliding scale fee and assessment services at a reduced cost. Common issues address depression, anxiety, grief and bereavement, trauma, sleep and other health concerns, relationship and family issues, school problems, parenting difficulties and significant life transitions. They offer assessments for giftedness, ADHD, learning disabilities and mild cognitive impairment.

### **Women's Therapy Center**

2105 Martin Luther King Jr. Way

Berkeley, CA 94704

(510) 524-8288

<http://www.womenstherapy.org>

The Women's Therapy Center of Berkeley, California, is a non-profit organization founded in 1979 to offer in-depth psychodynamic relational therapy training and provide affordable mental health services for adult women of all ages, ethnicities, and sexual orientations as well as adolescent girls, couples, transgender, and gender non-conforming individuals in the San Francisco Bay Area community. Fees are on a sliding scale based on income and resources.

### **The Wright Institute Community Clinic**

1918 University Avenue

Berkeley, CA 94704

(510) 548-9716

[www.wi.edu/clinics](http://www.wi.edu/clinics)

The Wright Institute Clinic specializes in serving adults, older adults, couples, and older adolescents who are seeking psychotherapy to assist with emotional and interpersonal issues of all kinds. The Wright Institute Clinic specializes in: relationship and interpersonal difficulties, work and school related situational stressors, anxiety, depression, loss and bereavement, immigration and cultural adjustments, traumatic life experiences, self-exploration, transitions of all sorts: going to college, marriage, divorce, career changes, and issues related to sexuality and gender expression. A teaching clinic, services are provided on a sliding scale based on income and family size.

### **The Wright Institute Cognitive Behavioral Therapy Clinic**

1918 University Avenue, Suite 2B

Berkeley, CA 94704

(510) 923-2241

[www.wi.edu/clinics](http://www.wi.edu/clinics)

The Wright Institute Berkeley Cognitive Behavioral Therapy Clinic provides individual and group therapy in a training program of The Wright Institute and is staffed by student clinicians pursuing their doctoral degree (Doctorate of Clinical Psychology) who receive training and supervision from licensed psychologists. Clinicians work with issues such as: depression, stress, generalized anxiety, specific phobias, obsessive-compulsive disorder, body image and eating problems, emotional dysregulation, bipolar disorder, anger problems, Trauma and Post-traumatic Stress Disorder (PTSD), chronic interpersonal problems, body-repetitive focused behaviors, and hoarding. Sliding scale.

**If you are in crisis or feel this is an emergency, please call one of these two numbers.**

**Crisis Support Services of Alameda County**

1 (800) 309-2131

**National Suicide Prevention Lifeline**

1 (800) 273-8255