

# Mental Health Community Resources

The following are community resources for mental health. Psychological services at De Anza college provides registered with services, however it may sometimes be easier to get an appointment with an outside service. Additionally, other clinics may provide more specialized services such as assessment, medication, medication management, or long-term therapy.

## **In an emergency, call 9-1-1**

**Suicide and Crisis Service Santa Clara County** | 1.855.278.4204 (Toll Free) | Crisis Text Line Text 741-741

**National Suicide Prevention & Hotline for Veterans** | 1.800.273.TALK (8255) (Toll Free)

## **South County**

<p><b>Goodwill Wellness Center</b> 1080 N 7<sup>th</sup> St. San Jose CA 408.869.9160 Website: <a href="http://www.goodwillsv.org/mission-services/wellness-center/">http://www.goodwillsv.org/mission-services/wellness-center/</a></p>
<p><b>Asian American for Community Involvement:</b> <i>Serves ALL communities. Counseling, Medication, Psychological Testing.</i> 2400 Moorpark Ave., Suite #300 San Jose, CA 95128 408.975.2730 Website: <a href="http://aaci.org/">http://aaci.org/</a></p>
<p><b>Bill Wilson Center</b> 3490 The Alameda, Santa Clara, CA 95050 408.243.0222 Website: <a href="http://www.billwilsoncenter.org/">http://www.billwilsoncenter.org/</a></p>
<p><b>Christian Counseling Center</b> 3880 S Bascom Ave #202, Campbell, CA 95124 408.559.1115 Website: <a href="http://cccsanjose.com/">http://cccsanjose.com/</a></p>

## **Mid-Peninsula**

<p><b>CHAC Community Health Awareness Council,</b> 711 Church St. Mt. View, CA 94041 650.965.2020 Website: <a href="http://www.chacmv.org/">http://www.chacmv.org/</a></p>
<p><b>Community Center for Health &amp; Wellness,</b> 744 San Antonio Rd, Palo Alto, CA 94303 650.493.5006 Website: <a href="https://sofiacounseling.com/">https://sofiacounseling.com/</a></p>
<p><b>Family and Children Services,</b> 375 Cambridge Ave., Palo Alto, CA 650.326.6576 Website: <a href="http://www.fcservices.org/individual-and-family-counseling-services/">http://www.fcservices.org/individual-and-family-counseling-services/</a></p>
<p><b>Gronowski Clinic</b> <i>Counseling</i>   5150 El Camino Real C22, Los Altos, CA 94022 650.961.9300 Website: <a href="https://www.paloaltou.edu/gronowski-center">https://www.paloaltou.edu/gronowski-center</a></p>

# Mental Health Community Resources

**Health Plan of San Mateo**

*Mental Health Access Team*

1.800.686.0101 Website: <http://www.smchealth.org/mentalhealth>

## North County

**Access Institute for Psychological Services** Counseling and Medication

110 Gough St, San Francisco, CA 94102

415.861.5449 Website: <http://accessinst.org/>

**California Pacific Medical Center**

|Counseling & Medication |

Castro & Duboce St. San Francisco, CA 94114

415.600.6000 Website: <http://www.cpmc.org/>

**Richmond Area Multi-Services Inc.**

|Counseling, Medication, & Psychological Testing |

3626 Balboa St. San Francisco, CA 94121

415.668.5955 Website: <http://ramsinc.org/>

## East County

**Wright Institute Clinics**

1918 University Ave #2b

Berkeley, CA 94704

510.548.9716 Website: <https://www.wi.edu/clinics>

**La Familia Counseling Service**

26081 Mocine Ave

Hayward, CA 94544

510.881.5921 Website: <https://www.lafamiliacounseling.org/>

**Bay Area Psychological Services Center**

1440 Broadway Ste 610

Oakland, CA 94612

510.881.5921 Website: <https://alliant.edu/>

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## **East County**

Portia Bell Hume Center Behavioral Health and Training Clinic <http://humecenter.org/i-want-to-receive-services-at-the-hume-center> Call (510) 745-9151. Programs by location:

Languages: English, Cantonese, Czech, Dari, Farsi, Gujarati, Hindi, Hokkian, Japanese, Malay, Mandarin, Punjabi, Romanian, Slovakian, Spanish, Tamil, Telugu, and Urdu.

## **Fremont Clinic**

South Asian Community Health Promotion Services | School Based Program | Neurobehavioral Evaluation Services | Early Childhood and Family Services | Alameda County Adult Services | Intensive Integrated Community Outpatient Program (IICOP) | Behavioral Consulting Services

## **Hayward Satellite Clinic**

South Asian Community Health Promotion Services | Neurobehavioral Evaluation Services | Early Childhood and Family Services | Alameda County Adult Services

## **Pleasanton Satellite Clinic**

School Based Program | South Asian Community Health Promotion Services Neurobehavioral Evaluation Services | Alameda County Adult Services | Intensive Integrated Community Outpatient Program (IICOP)

## **Richmond Clinic**

Community Support Program | Community Integrated Outpatient Services

## **Concord Clinic**

Contra Costa Outpatient Program | Partial Hospitalization Program | Neurobehavioral Evaluation Services | Behavioral Consulting Services | Community Support Program

## **Pittsburg Satellite Clinic**

Contra Costa Outpatient Program | Community Support Program | Behavioral Consulting Services | Neurobehavioral Evaluation Services