

# **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](http://www.bti.org)

### **Blue Oak Therapy Center**

3101 Telegraph Avenue

Berkeley, CA 94705

(510) 649-9818

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

### **The Psychotherapy Institute Community Clinic**

2232 Carleton Street

Berkeley, CA 94709

(510) 548-2250 ext. 107

[www.tpi-berkeley.org](http://www.tpi-berkeley.org)

**Note:** Expedited intake is available for JST students. Contact Paul Kircher, Assistant Dean of Students, [pkircher@scu.edu](mailto: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](http://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