

Mental Health Resources for JST

If you are experiencing a mental health crisis, please call 911.

You may also reach out to any of the following crisis support services:

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

- 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.

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.

Crisis Support Services of Alameda County
1 (800) 309-2131

National Suicide Prevention Lifeline
1 (800) 273-8255

National Domestic Violence Hotline
1 (800) 799-7233

Rape, Abuse & Incest National Network
1 (800) 656-4673

Below Are Some Additional Mental Health Resources And Support Services

Counseling & Psychological Services (CAPS) at the Cowell Center, SCU

For information on how to schedule a telehealth visit, see:

<https://www.scu.edu/cowell/telehealth-visit-tips/>

<https://www.scu.edu/cowell/cowell-center-fees/> (pricing information)

Agencies and Centers that are contracted with SCU Student Health Insurance

Bay Psychiatric Associates
2020 Milvia Street, Suite 300
Berkeley, CA 94704
(510) 204-4635
<https://www.baypsychiatric.com/>

Baywell Psychiatry Group
2920 Domingo Avenue, Suite 202
Berkeley, CA 94705
(415) 922-9122
www.baywellpsych.com

Community Psychiatry Associates
3000 Colby Street, Suite 202
Berkeley, CA 94705
(510) 899-6220
<http://www.communitypsychiatry.com/> (also sliding scale option)

Foresight Mental Health
2855 Telegraph Ave, Suite 205
Berkeley, CA 94705
(510) 926-6677
www.foresightmentalhealth.com

Psychiatric Alternatives and Wellness Center
2045 Francisco Street
Berkeley, CA 94709
(415) 237-0377
www.psychiatricalternatives.com

Spectrum Practice of Berkeley
2006 Dwight Way, Suite 204
Berkeley, CA 94704
(510) 841-1100
www.spectrumpractice.com

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 contracted with SCU insurance)
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 * (see below – expedited intake)
2232 Carleton Street
Berkeley, CA 94709
(510) 548-2250 ext. 107
www.tpi-berkeley.org

***Note:** *Expedited intake* is available for JST students with Psychotherapy Institute Community Clinic. 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>