

ALAMEDA COUNTY Mental Health Resources

acoe.org/mentalhealth



Crisis Hotlines & Textlines

A Safe Place Crisis Line

Domestic Violence and Teen Dating Violence support

English, language interpreters as needed

510-536-SAFE (7233)

Bay Area Women Against Rape (BAWAR)

24 Hour Crisis Line

English and Spanish

510-845- RAPE (7273)

Crisis Support Services of Alameda County

24 Hour Crisis Line

English, language interpreters as needed

1-800-309-2131

Text message support from 4pm to 11pm

English

Text "SAFE" to 20121

Crisis Text Line

24 Hour Crisis Line

English

Text "HOME" to 741-741

Family Violence Law Center

24 Hour Crisis Line

English, language interpreters as needed

1-800-947-8301

National Suicide Prevention Lifeline

24 Hour Crisis Line

English, Spanish, language interpreters as needed

Call/Text 988

Teen Line (Teens Helping Teens)

English

Call: **1-800-TLC-TEEN (852-8336)** from 6PM-10PM

Text: **Text "TEEN" to 839863** from 6PM-9PM



Serving All of Alameda County

ACCESS

Information, screening and referral line for mental health, drug/alcohol services and treatment in Alameda County

English, Spanish

1-800-491-9099

Family Paths Parent Support Hotline

24-hour support and mental health referrals, with offices in Oakland & Hayward

English and Spanish

1-800-829-3777



North Alameda County

BERKELEY

A Better Way

English and Spanish

510-601-0203

Berkeley Youth Alternatives

English and Spanish

510-845-9010

City of Berkeley Family, Youth & Children Services

English and Spanish

510-981-5280

Jewish Family & Community Services of the East Bay

English and Spanish

510-704-7475

OAKLAND

Asian Community Mental Health Services

English, Mandarin, Cantonese

510-869-6000

Brighter Beginnings Mental Health Services

English and Spanish

510-437-8950

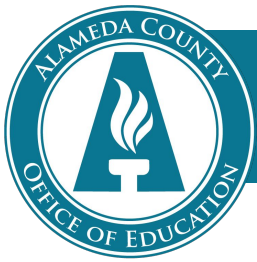
Kaiser Permanente Oakland Child and Family Services

English, Spanish, Mandarin, Dutch, Hindi and language interpreters

510-752-1075, option 4 for Child and Family



View our
resources online



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N North Alameda County *continued*

OAKLAND *(continued)*

Pathways Counseling Center at Seneca
English and Spanish
510-504-6836

UCSF Benioff Children’s Hospital Psychiatry
Youth Uprising/Castlemont Health Center
English, Spanish, and language interpreters as needed
510-428-3556

Chappell Hayes/McClymond’s Health Center
English, Spanish, and language interpreters as needed
510-835-1393

West Coast Children’s Clinic
English and Spanish
510-269-9030

La Clinica de la Raza
English and Spanish
510-535-6200

Multi-lingual Counseling Center
English, Spanish, Farsi, Hindi, Dari, Korean
510-451-0661

Native American Health Center
English and Spanish
510-434-5421

West Oakland Health Center
English, language interpreters as needed
510-835-9610

Youth Uprising
English
510-777-9909

S South Alameda County

ALAMEDA

Alameda Family Services
English and Spanish
510-629-6300

Community Health for Asian
Americans (CHAA)
Bengali, Bhutanese, Burmese, Cantonese,
English, Hindi, Lao, Mandarin, Mien,
Mongolian, Nepalese, Rakhaing, Russian,
Spanish, Thai, Tibetan, Tongan, Urdu, and
Vietnamese
510-835-2777

HAYWARD

Hayward Youth and Family
Services
English and Spanish
510-293-7048

La Familia Counseling Services
English and Spanish
510-881-5921

NEWARK

Multi-lingual Counseling Center
English, Spanish, Farsi, and Dari
510-451-0661

SAN LEANDRO

Hively (formerly known as Family
Service Counseling and Community
Resource Center)
English and Spanish
510-483-6715

REACH Counseling Center
English, Spanish, and language interpreters as
needed
510-481-4556

UNION CITY

Kaiser Permanente Union City
Child and Family Services
English, Spanish, Cantonese, and language
interpreters as needed
510-675-3080

Union City Youth and Families
English and Spanish
510-675-5217
510-675-5821 (for Spanish)

CASTRO VALLEY

Eden Counseling Services
English, Spanish, Portuguese, Japanese
510-247-9831

Sequoyah Counseling
Center
English
510-646-0123

FREMONT

City of Fremont Youth and
Family Services
English, Spanish, Mandarin, Hindi, and
Dari
510-574-2100

Hume Center
English, Cantonese, Hokkian, Malay,
Mandarin, and Punjabi
510-745-9151

Kaiser Permanente Fremont
Child and Family Services
English, Spanish, Mandarin, Taiwanese,
Urdu, Punjabi, Hebrew, Hindi,
Cantonese, ASL, language interpreters
as needed
510-248-3060