

FREE/Low-Fee Community Services

Urgent Care Clinics

Note: These services are for non-life threatening, non-emergency urgent needs. Please call the Information Resource Collective at the Berkeley Free Clinic (510) 548-2570 with any questions. Our info and referral line is open M-F 3-9pm/Sat 8:30-5:30/Sun 4-7pm.

Access Community Health Center

3311 Pacific Ave.
Livermore 94538
(925) 447-1881

Alameda County Medical Center-Newark

6066 Civic Terrace Ave.
Newark 94560
(510) 505-1600

Arbor Free Clinic (Stanford)

795 Willow Rd.
Menlo Park
(650) 493-5000 ext-22222
(650) 724-1332 workday voicemail
Sundays 9am-2pm—first come, first serve—priority given to more urgent concerns.
Free. Spanish translation available.

Berkeley Free Clinic

2339 Durant St.
Berkeley
(510) 548-2570
www.berkeleyfreeclinic.org
M/W-F Call at 5:30pm if homeless; 5:45 if not, to make appt for later that same evening.
Treats colds, flus, skin concerns, male STDs, female UTIs, minor wounds/burns, ear infections. Also provides TB testing, pregnancy testing, STD screening.

Berkeley Primary Care Access Clinic

2001 Dwight Way
Berkeley
(510) 704-6010
Wed 6-8pm. Call to make an appt before Wednesday. No appointments can be made on Wednesdays, but drop-ins are sometimes available. Homeless youth (under 25) can always drop in. All sexual health services and all services for homeless clients are free.

East Oakland Health Center

7450 International Blvd.
Oakland 94621
(510) 430-9401

Haight Ashbury Free Clinic/Walden House

558 Clayton St.
San Francisco
(415) 746-1950

T/W 8:45 am. M/Th 4:45pm. Free drop-in for upper respiratory infections, skin conditions, flu symptoms, substance abuse. Can make appts only one day in advance.

Pacific Free Clinic (Stanford)

1835 Cunningham Ave.
San Jose

Sat 9am, appt or drop-in. Spanish, Vietnamese and Mandarin translation available. Free, including lab work and medications.

Richmond Health Center (via Contra Costa Health Services)

100 38th St.
Richmond
(510) 231-1240 Dental Clinic
(877) 905-4545 Preventative Health Care
(800) 495-8885 Appointments
(877) 616-8674 Women's Health

M-F Call between 7-7:30am—they will respond by 9:30 if they can see you. They do everything but orthodontics. For ages 5+. Multi-lingual.

RotaCare Free Medical Clinic

3081 Tea Garden St.
San Leandro
(510) 347-4620

www.rotacarebayarea.org

Mon 4:30-7pm—first come, first serve. Sees nothing below the waist. Services by doctors. Line starts at 1:30pm. Referrals for free X-rays and blood work if needed. Only sees 8 patients per day.

RotaCare Free Pediatric Clinic

3081 Tea Garden St.
San Leandro
(510) 347-4620

www.rotacarebayarea.org

Tues 4:30-7pm—first come, first serve. Sees nothing below the waist. Services by doctors. Line starts at 1:30pm. Immunizations available. Referrals for free X-rays and blood work if needed.

Save a Life Wellness Center

2580 San Pablo Ave

Oakland

(510) 444-9155

T/Th 6-8pm drop-in and free except for lab work, prescriptions, and physicals; as long as you're there by 8, they'll see you.

Suitcase Clinic

2300 Bancroft St. (St. Mark's Episcopal Church across UCB campus)

Berkeley

(510) 303-7793

Mon 6-9pm. Line starts early. Provides professional and volunteer-run health and social services to the underserved, low income, and homeless youth populations (25 and under).

Tri-City Health Center

39500 Liberty St.

Fremont 94538

(510) 770-8040

Family planning, behavioral psychologists...

West Oakland Health Center

700 Adeline St.

Oakland 94607

(510) 835-9610

M-F 8:30am—first ten clients seen; priority to homeless clients. Line forms early. Dental for clients w/swollen face or obvious pain.

Women's Health

Berkeley Women's Health Center

2908 Ellsworth Street

Berkeley, CA 94705

(510) 843-6194

M/T/F, 9-6:00; Wed 12-5:00

Must make appointment

May be eligible for "CMSP" program thru the county for free services

Mental health counseling also available

Central Hayward Health Center

Planned Parenthood

1866 B Street

Hayward, CA 94541

(510) 300-3800

(800) 967-7526

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=4004&a=90130&v=details>

Highland Hospital

Women's Services

1411 E. 31st Street

Oakland, CA 94602

(510) 437-4778

For women w/no insurance; must live in Alameda County

Women's Community Clinic

1833 Fillmore Street, 3rd Floor

San Francisco, CA 94115

(415) 379-7800

(415) 379-7804 fax

www.womenscommunityclinic.org

Free services for women with no insurance; generally provide annual pap smears, but can do more frequent exams; near public transportation

Mental Health

Alameda County Behavioral Care Access Hotline

(800) 491-9099

Child and Youth Crisis Team

2060 Fairmont Dr.

San Leandro 94578

(510) 618-3432

www.alameda.networkofcare.org

Services for family, children, substance abuse

Alameda Family Service Agency

2325 Clement Ave.

Alameda 94501

(510) 629-6300

www.xanthos.org

Counseling, head start, anger management groups for men, substance abuse issues.

Sliding scale fee; MediCal insurance; Limited no-cost sessions available for families eligible under the Alameda County Delinquency Prevention services.

Ann Martin Children's Center

1250 Grand Ave.

Piedmont 94610

(510) 655-7880

www.annmartin.org

Berkeley Youth Alternatives Counseling Center

1255 Allston Way

Berkeley 94702

(510) 845-9010

www.byaonline.org

M-F 9am-6pm. Drop-ins are welcome

Blue Oak Therapy Center

3101 Telegraph Avenue

Berkeley 94705

(510) 649-9818

Center for Family Counseling

9925 International Blvd., Ste #6

Oakland 94603

(510) 562-3731

M-Th 10am-8pm; Fri 10am-5pm; free services

California State University, East Bay

Community Counseling Center

Department of Educational Psychology

Arts & Education Building, Room 260

Hayward, California

(510) 885-3007

<http://edschool.csuhayward.edu/services/cccenter/index.html>

T/W/Th 9am-8pm; closed during winter/summer academic quarters and holidays.

Children's Hospital & Research Center Oakland

747 52nd Street

Oakland 94609

(510) 428-3571 Psychiatry Dept.

Community Health for Asian Americans

(formerly Asian Pacific Psychological Services)

Oakland

(510) 835-2777

MediCal accepted; 13 different languages offered.

***Davis Street Family Resource Center
(formerly San Leandro Community Counseling)***

3081 Teagarden St.
(510) 347-4620
M/T 8am-8pm, Fri 8am-6pm
MediCal accepted; sliding fee scale; multi-lingual

Earth Circles Counseling

Oakland (Piedmont)
(510) 601-1929
Long Term; graduate interns offering sliding scale from \$20-\$30

East Bay Counseling

1600 S. Main St., Suite 240
Walnut Creek 94596
(510) 915-2647
www.east-bay-counseling.com
fran@east-bay-counseling.com

East Bay Counseling Choices

Free quality referrals service
(510) 525-6678
(877) 525-6678
www.counselingchoices.org
For individual, couples, group counseling referrals via phone intake.

Family Path

(formerly Parental Stress Service)
(800) 829-3777 or 893-5444

Heart Imbalance

Bkly/Oakland
(510) 496-6002
Long Term; graduate interns offering sliding scale from \$20-\$30

Holos Institute

Offices in SF, Oakland, Marin, Petaluma
(415) 750-0478 confidential intake interview
(415) 750-0478 general inquiries
www.holosinstitute.net
info@holosinstitute.net
A non-profit ecopsychology counseling and education

***Jewish Family & Children Services of East Bay
(formerly Jewish Family Services)***

(510) 704-7475

MediCal accepted; sliding fee scale \$25-\$110

La Clinica de la Raza, Mental Health

(510) 535-4170

M/T 8:30am-7:00pm, Fri 8:30am-6:00pm, no weekends

MediCal accepted, no private insurance; sliding fee scale; bilingual

La Familia Counseling

2608 Mocine Ave.

Hayward

(510) 881-5921

MediCal only for school-aged children; sliding fee scale \$25-\$80; bilingual

Pacific Center for Human Growth

2712 Telegraph St.

Berkeley

(510) 548-8283

MediCal accepted; sliding fee scale; HIV services, youth services, counseling

Sausal Creek Clinic

2620 26th Avenue (near Fruitvale)

Oakland

(510) 437-2363

No-fee (county funded), takes MediCal

Emergency care; not for regular visits, but discharge plan included for follow-up

Drop-in; call before coming

Open 24 hrs/7 days a week

Psychiatrist on site 8 hrs/day

Will not start medications, but will refer to clinics that do

Psychiatric testing only

Sutter Care at Home

(formerly Sutter VNA & Hospice of Northern California)

Administrative Offices

1900 Powell St., Ste. 300

Emeryville 94608

(800) 698-1273 general info

(866) 652-9178 hospice info

www.sutternvaandhospice.org

Bereavement support

The Center for Holistic Counseling

JFK University
2501 Harrison Street
Oakland, CA 94612
(510) 444-3344
www.jfku.edu
Sliding fee scale

The Psychotherapy Institute

2232 Carleton Street
Berkeley 94704
(510) 548-2250
www.tpi-berkeley.org

The Wright Institute Clinic

Berkeley
(510) 548-9716 Addison Street Clinic
(510) 486-8998 Parker Street Clinic
www.wi.edu (click on community clinics)

Center for Family Counseling

9925 International Blvd, Suite 6
Oakland 94603.
(510) 562-3731
www.cffc.biz
Free services for families of East Oakland

Almaden Valley Counseling Services

6529 Crown Blvd., Suite D
San Jose, CA 95120
(408) 997-0200
www.avcounseling.org
av@avcounseling.org

San Francisco Bay Area Center for Cognitive Therapy

Oakland (Rockridge)
(510) 652-4455
www.sfbacct.com

Crisis Intervention Hotlines

Alanon & Alateen

(510) 276-2270

A fellowship of wives, husbands, relatives and friends of problem drinkers who share their experience, strength and hope in order to solve their common problems.

Alcoholics Anonymous (AA)

(510) 839-8900, 24 hr.

Bay Area Women Against Rape (BAWAR)

(510) 845-7273

Berkeley Mental Health Mobile Crisis Team

(510) 981-5254

Child Abuse Reporting Hotline

(formerly Child Protective Services)

(510) 259-1800

Crisis Support Services of Alameda County

(800) 309-2131

(800) 784-2433 national suicide prevention hotline

(510) 889-1333 Hayward suicide prevention hotline

Grief counseling; sliding fee scale

Herrick Hospital

Berkeley

(510) 204-4405

Psychiatric intake

John George Psychiatric Emergency

(510) 346-1420

Voluntary, self-admit available

Narcotics Anonymous

(510) 444-4673

North County Crisis

(510) 268-7837

Richmond Mental Health (psychiatric emergency)

(510)374-3420

Substance Abuse

(also see Crisis Intervention Hotlines above)

Alameda County Behavioral Care Access Hotline

(800) 491-9099

www.acgov.org

Offers referrals to substance abuse services in Alameda County.

CommPre

A program of Horizon Services

(510) 885-8741

Offers prevention strategies to reduce alcohol and medication misuse among older adults.

www.Drug-Rehab.org

(888) 268-3714

A non-profit drug and alcohol rehab referral and placement service.

MPI Chemical Dependency Treatment Services

Summit Medical Center

3012 Summit St.

Providence Pavilion (South), 5th Floor

Oakland 94609

(510) 652-7000

A local organization that can be contacted 24/7; their mission is to provide affordable, high quality chemical dependency treatments including detoxification, inpatient and residential rehabilitation, day treatments and morning/evening intensive outpatient programs.

Recovery Programs and Treatment Centers

www.recoverycorps.org

An online resource for help w/drug and alcohol recovery and treatment programs. A very user-friendly site which allows you to search for resources in your area and provides names, addresses, phone numbers and descriptions of a variety of facilities.

Women On The Way Recovery Center

20424 Haviland Ave.

Hayward 94541

(510) 276-3661

www.wotwrc.org

A non-profit residential drug/alcohol recovery program; safe haven for abused, battered, addicted and betrayed women to become educated and empowered to take control of their lives.

East Bay Community Recovery Project

www.ebcrcp.org

Provides substance abuse, mental health and other health services in Hayward and Oakland to women and children. Helps underserved people of Alameda County with a focus on those dealing with substance abuse and psychiatric disorders.

Horizon Services, Inc.

(510) 582-2100

www.horizonservices.org

A safe, effective and affordable environment for drug and alcohol recovery, offering residential and non-residential programs. Offers a variety of programs and services throughout San Mateo, Santa Clara and Alameda Counties; including youth programs.

Humanistic Alternatives to Addiction Research and Treatment

20094 Mission Blvd.

Hayward 94541

(510) 727-9755

www.haarthayward.org

info@haarthayward.org

Offers both short/long-term treatments for problematic opioid use with methadone and suboxone, medical monitoring, counseling, psychotherapy.

Terra Firma Diversion/Educational Services

30086 Mission Blvd.

Hayward 94544

(510) 675-9362

<http://www.terrafirmadiv.com/aboutus.htm>

M-F 9:30am to 7pm

Saturdays 9am to 4pm

Offers a variety of resources and educational tools including a 20-week drug/alcohol counseling program for individuals who wish to abstain from drugs/alcohol and create a supportive environment for recovery.

Miscellaneous

Bay Area Legal Aid

1735 Telegraph Ave

Oakland 94612

(510) 663-4755 general line

(510) 250-5270 legal assistance line

www.baylegal.org

Mon-Fri, 9:00 am - 5:00 p.m.

California Health and Human Services Agency

MediCal <http://www.dhcs.ca.gov/services/medi-cal/Pages/Medi-Cal-HowtoApply.aspx>

Self Help <http://www.cdss.ca.gov/cdssweb/PG1985.htm>

Food Stamps <http://www.dss.cahwnet.gov/foodstamps/>

Hayward Oakland Food Bank

712 Blossom Way

Hayward 94541

Free Food Resources in Hayward. These resources include Food Banks, Food Pantries, Soup Kitchens, Food Shelves, Food Coupons and anything else we can find!

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