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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.suttervnaandhospice.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.sfbaacct.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 with 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.ebcrp.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](http://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](http://www.dhcs.ca.gov/services/medi-cal/Pages/Medi-Cal-HowtoApply.aspx)

**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!

*Compiled June 2012. LPino*