

OTHER BEHAVIORAL HEALTH CARE RESOURCES

CRISIS LINES AVAILABLE 24/7:

- **Alameda County Crisis Number:** 988 or 800-309-2131
- **Crisis Text Line:** 714714
- **National Suicide Hotline:** 800-273-8255
- **Suicide & Crisis line:** 988
- **Spanish Lifeline :** 888-628-9454
- **CA Youth Crisis line:** 800-843-5200
- **National Domestic Violence:** 800-779-7233
- **National Sexual Assault:** 800-656-HOPE
- **National Maternal Mental Health Hotline:** 833-943-5746
- **LGBTQ Hotline:** 866-488-7386
- **Family Paths Stress Helpline:** 800-829-3777

BH CLINICS AND SERVICES

1. **Alameda County Behavioral Health Services (Uninsured Only)**
Phone: 510-567-8100
2. **Axis Community Health**
Phone : 510-568-2080 (Mental Health Urgent Care)
3. **Appletree Psychological Services (ADHD Evaluations ; takes insurance)**
Address: 39210 State Street #109
Fremont, CA 94538
Phone: 510-818-0892
4. **Bay Area Community Health, Mental Health Services**
Address: 1890 Mowry Avenue,
Suite 400
Fremont, CA 94538
Phone: 510-770-8040
5. **Brain Wellness Center (2 Locations)**
Phone: 925-231-0633 (Main line)
San Ramon Location
5401 Norris Canyon Rd, Suite 304
San Ramon, CA 94583
Phone: 925-837-1100
San Jose Location
3031 Tich Way, Suite 309
San Jose, CA 95128
Phone: 408-740-3100
6. **Comprehensive Psychiatric Services**
Address: 39420 Liberty Street, #265
Fremont, CA 94538
Phone : 510-744-3688
7. **East Bay Therapy Center**
45 Quail Court, Suite 204
Walnut Creek, Ca 94596
Phone: 925-956-4636
8. **Family Education & Resource Center**
Phone: 510-790-1010
9. **Fremont Counseling Services (Multiple locations call main # to schedule)**
Phone : 510-342-3263
10. **Mindpath Health (Multiple locations call # to schedule)**
Phone: 855-501-1004
11. **Tiburcio Vasquez Health Center: Behavioral & Mental Health**
Phone: 510-690-6057

12. Gateway Psychiatric Services (2 Locations)

Mountain View Location

800 West El Camino Real, Suite 180

Mountain View, CA 94040

Phone: 650-350-2100

Pleasanton Location

6200 Stoneridge Mall Rd

Pleasanton, CA 94588

Phone: 925-262-1183

13. Hume Center

Address : 39420 Liberty Street, #252

Fremont, CA 94538

Phone: 510-745-9151 Ext. 409

14. La Cheim Education & Mental Health Services

Address: 3031 Telegraph Avenue

Oakland, CA 94609

Phone: 510-596-8125

15. La Familia Counseling Service

Address: 26081 Mocine Avenue

Hayward, CA 94544

Phone: 510-881-5921

16. Mindset Counseling Group (2 Locations)

Fremont Location

39845 Paseo Padre Parkway

Fremont, CA 94538

Phone: 510-273-9126

San Jose Location

400 South Monroe Street

San Jose, CA 95128

Phone: 510-273-9126

17. Oakland LGBTQ Community Center

Address: 3207 Lakeshore Avenue

Oakland, CA 94610

Phone: 510-882-2286

18. Ocean Psychiatry

Address: 39210 State St.

Fremont, CA 94538

Phone : 510-451-2000

19. Pathways to Wellness (3 Locations)

Union City Location

33456 Alvarado Niles-Road

Union City, CA 94587

Phone: 510-675-0600

Oakland Location

1970 Broadway, Suite 250

Oakland, CA 94612

Phone: 510-273-4200

Pleasanton Location

5674 Stoneridge Drive, Suite 205

Pleasanton, CA 94588

Phone: 925-520-0066

20. Sausal Creek Outpatient Clinic

Address: 2620 26th Avenue

Oakland, CA 94601

Phone: 510-473-2363

21. Schuman-Liles Clinic

Address: 39155 Liberty Street,

Suite G700

Fremont, CA 94538

Phone: 510-505-9141

22. Vortex Psychiatry Group

Address: 4155 Blackhawk Plaza Circle,
Suite 240

Danville, CA 94506

Phone: 925-648-2650

**23. UCSF Center for Sexual & Reproductive
Health (1 main line – call # to schedule)**

Phone: 415-353-7475

SEX THERAPISTS:

24. Beth Anstandid, MFT

Address: 200 Middlefield Road, #100

Menlo Park, CA 94025

Phone: 650-352-52355

25. Bryna Barksy, PhD

Fremont Location

Address: 39270 Paseo Padre Pkwy #653

Fremont, CA 94538

Phone: 510-913-4588

POSTPARTUM RESOURCES:

26. Postpartum Support International

Website: <https://postpartum.net/>
(Main website link)

Website: <https://postpartum.net/get-help/psi-online-support-meetings/>
(Support group website link)

Phone: 800-944-4773 (Help line)

DRUG & ALCOHOL RESOURCES:

**27. Silicon Valley Recovery (2 locations/1 main
contact #)**

Address: 1179 Curtner Ave,

San Jose, CA 95125

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Phone: (408) 752-5585

