

LOCAL COMMUNITY RESOURCES

CLICK ON EACH LINK FOR MORE INFORMATION

[Alameda County Behavioral Health ACCESS Line](#): Alameda County's system wide point of contact for screening & referrals for mental health treatment for those that have medi-cal. There will be a brief phone intake and then a connection to available local community clinics for therapy and other resources..

[Multilingual Counseling Center](#): Free mental health counseling for medi-cal recipients. Mental health providers have a wide range of language capacity (Spanish, Farsi, Italian,etc). See website for up-to-date information.

[Familias Unidas](#): Culturally relevant services for Latinx: individual & group therapy, case management and wrap around support.

[Resource Guide For Immigrants & Refugees](#): List of legal support, health care services, and transportation services in the bay area

[Sankofa Counseling Services](#): BIPOC therapists providing therapy, coaching, and counseling for individuals, families, & couples.

[Korean Community Center Of The East Bay](#): Provides comprehensive services, education, community resource development & advocacy for immigrants in the bay area, focus is on East Asians.

[Community Psychiatry](#): Psychiatrists & psychiatric nurse practitioners available. Take over 20+ insurance options and over 18 languages spoken by staff.

LOCAL COMMUNITY RESOURCES CONTINUED

[LGBTQ+ Center](#) : Includes social, educational, & holistic health related programs, services, & activities geared towards diverse LGBTQ+ community

[East Bay Meditation Center](#): Program offers meditation classes, daylong retreats, workshops & classes

[Crisis Support Services](#): Trained crisis counselors available to receive emotional crisis calls 24/7 @ #1-800-309-2131

[7 Cups-Peer Support 24/7](#) & [SF Peer Run Warm Line Chat/Text 24/7](#): Caring volunteer listeners available to provide free emotional support

[Family Violence Law Center](#): Provides legal & crisis intervention to help folks heal from domestic violence & sexual assault

[211 Housing & Food Resources](#) : Contact to learn more about local resources (housing, food, service providers, etc)

[Immigrants Rising](#): Empowers undocumented young people achieve educational & career goals. Offers support around making money, going to college, mental health, etc.