

Community Resources: Mental Health Services & Counseling

MENTAL HEALTH SERVICES FOR CHILDREN WITH MEDI-CAL COVERAGE

For children with health insurance other than Medi-Cal, call your health care or insurance provider for referrals for services.)

EARLY CHILDHOOD MENTAL HEALTH PROGRAM

Serves children from birth to age 6 living in West County and their families. Services include child and family therapy, comprehensive therapeutic nursery (preschool), wrap-around program for families with multiple service needs, parent support, parenting skills training. Offers limited services for children without Medi-Cal from low-income families.

Phone: 510-412-9200

Web site: www.ecmhp.org

LYNN CENTER MENTAL HEALTH SERVICES

Serves children from birth to age 5 living in East County and their families. Services include clinic for child therapy, child and parent therapy (including drug/alcohol services), and parent support, therapeutic preschool, wrap-around program for families with multiple service needs. Offers limited services for children without Medi-Cal from low-income families.

Phone: 925-439-9628

Web site: www.ContraCostaARC.org

WE CARE SERVICES FOR CHILDREN MENTAL HEALTH PROGRAM

Serves children from birth to age 5 living in Central County and their families. Services include early childhood mental health services, therapeutic services (individual, family, classroom-based), and wrap-around program for families with multiple service needs. Offers limited services for children without Medi-Cal from low-income families.

Phone: 925-671-0777

Web site: www.wecarechildren.org

COMMUNITY HEALTH FOR ASIAN AMERICANS (serves all families, not just Asian Americans)

Mental health treatment services for children and adolescents, adults at risk of homelessness and adults who have experienced domestic violence.

Phone: 925-778-1667 ext. 315

Web site: www.chaaweb.org/

CONTRA COSTA COUNTY MENTAL HEALTH SERVICES

Regional mental health clinics provide counseling for children and families. Staff can provide information about mental health resources including the County's specialized services for people who are seriously emotionally disturbed.

For psychiatric emergencies go to Contra Costa Regional Medical Center (north side), 2500 Alhambra Ave., Martinez.

Phone: 888-678-7277 (anytime day or night) for emergency or appointments.

Web site: www.cchealth.org/groups/mental_health/

BEHAVIORAL SUPPORT FOR CHILDREN IN EARLY EDUCATION/CARE

CHILD CARE SOLUTIONS

Serves children from birth to age 5 in licensed early education/care programs in Contra Costa County. Free consultation for teachers, providers and parents when a child is experiencing behavioral challenges in his/her early education or care program. Parental permission is required for consultation.

Early education/care programs located in West County, call Early Childhood Mental Health Program

Phone: 510-412-9200

Web site: www.ecmhp.org

Early education/care programs located in East County, call Lynn Center

Phone: 925-439-9628

Web site: www.ContraCostaARC.org

Early education/care programs located in Central County, call We Care Services for Children

Phone: 925-685-0207

Web site: www.wecarechildren.org

Any inclusion in Care Parent Network materials does not constitute a recommendation or endorsement. Any reference to specific commercial products, process, or service by trade name, trademark, or manufacturer, does not constitute an endorsement or recommendation by Care Parent Network. Families are urged to exercise independent judgment and request references when considering any provider, resource, treatment, therapy or the provision of services.



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COMMUNITY COUNSELING PROGRAMS FOR CHILDREN & FAMILIES

DIABLO VALLEY COUNSELING CENTER

Individual, couple, child and family counseling. Sliding fee scale.
Address: 3000 Citrus Circle, #112, Walnut Creek, CA
Phone: 925-210-1414

JEWISH FAMILY AND CHILDREN SERVICES OF THE EAST BAY

Individual, child & family counseling. All religions, cultures and races welcome. Sliding fee scale.
Contra Costa County office: 1855 Olympic Blvd., Suite 200, Walnut Creek
Phone: 925-927-2000 Web site: www.jfcs-eastbay.org

JOHN F. KENNEDY UNIVERSITY CONCORD COMMUNITY COUNSELING CENTER

Adult, child, couples, and family. Sliding fee scale.
Address: 2702 Clayton Road, Concord CA 94519
Phone: 925-798-9240
Web site: www.jfku.edu/Locations/Community-Counseling-Centers/Community-Center-Concord.html

NAMI-- NATIONAL ALLIANCE FOR MENTAL ILLNESS

Support groups for families of individuals with mental illness. NAMI provides emotional support, education and advocacy for individuals with mental illness and their families. NAMI does not provide counseling.
Address: Crestwood Healing Center, 550 Patterson Blvd., Pleasant Hill, 94523
Phone: 925-942-0767 Web site: www.namicontracosta.org

SECOND NATURE BEHAVIORAL HEALTH SERVICES

Therapy for children, adults, couples and families. Free initial consultation.
Address: offices located in Walnut Creek, Martinez and Berkeley.
Phone: 925-338-0937 or 925-349-8249 Web site: <http://www.secondnaturebhs.net/>

TOUCHSTONE COUNSELING SERVICES, INC

Individual, couple, child and family counseling. Sliding fee scale.
Address: 140 Mayhew Way, Suite 606, Pleasant Hill 94523
Phone: 925-932-0150 x300 Web Site: www.touchstonecounseling.com

WEST COAST CHILDREN'S CLINIC

Outpatient mental health services for children & families. Sliding fee scale, accepts Medi-Cal & some insurance.
Address: 3301 E. 12th St., Suite 259, Oakland, CA 94601
Phone: 510-269-9030 Web site: www.westcoastcc.org

CRISIS NUMBERS (24 hr.)

CONTRA COSTA CRISIS CENTER

Crisis counseling and suicide prevention: 800-833-2900 Grief counseling: 800-837-1818

POISON HELP 800-222-1222

STAND! FOR FAMILIES FREE OF VIOLENCE 888-215-5555

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