**Contra Costa County Resources**

http://www.cocopsych.org/index.php?Target=Resources

**Referral Services**

ALAMEDA COUNTY PSYCHOLOGICAL REFERRAL SERVICE

[www.alamedapsych.org](http://www.alamedapsych.org/%22%20%5Ct%20%22_blank)

ALAMEDA/CCC MEDICAL ASSOCIATION

510-654-5383

6230 Claremont Ave., Oakland, CA 94618

(Free) Referrals to psychiatrists/medical providers

CONCORD ADULT MENTAL HEALTH CENTER

925-646-5480 x6306

1420 Willow Pass Rd., Concord, CA 94520

Provides services to mentallyill adults. Fees are Sliding Scal

CONTRA COSTA MENTAL Access Line

1-888-678-7277

CONTRA COSTA COUNTY PSYCHOLOGICAL ASSOCIATION I & R SERVICE

925-939-9024

CONTRA COSTA EMPLOYMENT AND HUMAN SERVICES DEPARTMENT

925-313-7987

Medical Information

F.I.R.S.T. (Family Information & Referral Service)

510-835-0188

1801 Adeline Suite 203, Oakland, CA 94607

(Free) Information & referrals for families.

**Hospitals**

ALTA BATES MEDICAL CENTER, HERRICK CAMPUS

510-204-1303

2001 Dwight Way, Berkeley, CA 94705

510-204-4444

Acute psychiatric disorders, no alcohol or drug therapy. Inpatient: locked ward, open ward, adolescent ward. Partial hospitalization: older adult, adult, adolescent.

CC COUNTY HOSPITAL/REGIONAL MEDICAL CENTER

925-370-5000

2500 Alhambra, Martinez, CA 94553

Provides inpatient and outpatient mental health treatment.

GLADMAN MHRC

510-536-8111

2633 East 27th St., Oakland, CA 94601

Psychological Services (Alameda County Clients)

JOHN MUIR BEHAVIORAL HEALTH

925-680-6500

2740 Grant St., Concord, CA 94520

Inpatient psychiatric treatment
Drug & alcohol treatment
Children and Adults

VA Northern CA Health Care System

925-372-2000

150 Muir Rd., Martinez, CA 94553

1-800-382-8387

Full range of services for military veterans

Casa Serena Intensive Outpatient Program for Eating Disorders

925-682-8252

1868 Clayton Rd, Suite 123 Concord, CA 94520

1868 Clayton Rd, Suite 123, Concord, CA 94520 phone: 925-682-8252. www.casaserenaedp.com

**Crisis Services**

A SAFE PLACE

P.O Box 23006, Oakland, CA 94623

510-536-7233

Battered women and their children shelter, support groups, counseling (free)

STAND (Formally known as BATTERED WOMEN’S ALTERNATIVE)

1-888-215-5555

1410 Danzig Plaza, Suite 200, Concord, CA 94520

925-676-2968

925-676-2845

Transitional housing, legal assistance, emergency shelter, counseling, support groups, domestic violence treatment, youth groups, speakers for events.

CONCORD ADULT MENTAL HEALTH CENTER

925-646-5480

1420 Willow Pass Rd., Concord, CA 94520

Provides services to mentally ill adults.
Fees are sliding scale.

CHILDREN AND FAMILY SERVICES

925-646-1680

2530 Arnold Drive, Suite 200, Martinez, CA 94553

Child abuse investigations, 24 hrs. availability (Free)

CONTRA COSTA CRISIS CENTER

1-800-833-2900

Telephone counseling and referrals (Free)

[www.crisiscenter.org](http://www.crisiscenter.org/%22%20%5Ct%20%22_blank)

Telephone counseling and referrals (Free)

PSYCHIATRIC EMERGENCY SERVICES (COUNTY HOSPITAL)

925-646-2800

2500 Alhambra Ave., Martinez, CA 94553

Dropin and 5150 holds for the county.

GRIEF COUNSELING HOTLINE

1-800-837-1818

[www.crisiscenter.org](http://www.crisiscenter.org/%22%20%5Ct%20%22_blank)

Telephone Counseling and referrals (Free)

HOMELESS HOTLINE

1-800-808-6444

[www.crisiscenter.org](http://www.crisiscenter.org/%22%20%5Ct%20%22_blank)

First point of contact for access to Contra Costa County continuum of care for homeless families (Free)

SCHOOL VIOLENCE TIP LINE

1-800-863-7600

[www.crisiscenter.org](http://www.crisiscenter.org/%22%20%5Ct%20%22_blank)

Anonymous reporting of weapons, threats, bullying, homophobic behavior, other acts of violence at school

FAMILY PASS

1-800-829-3777

Families at risk of abusing children or actively abusing children. Parent education classes and counseling; sliding scale; early childhood mental health; out of home placement

RAPE CRISIS

1-800-670-7273

510-307-4127

Telephone Counseling and referrals (Free)

CONTRA COSTA CRISIS CENTER – Formerly SUICIDE PREVENTION

1-800-833-2900

P.O. Box 3364 Walnut Creek, CA 94598

925-939-1916

[www.crisiscenter.org](http://www.crisiscenter.org/%22%20%5Ct%20%22_blank)

**Child Care**

BAY AREA CRISIS NURSERY (24 HRS)

925-685-8052

1506 Mendocino Dr., Concord, CA 94521

Birth to 11 years residential care, while parents in crisis; children stay minimum of 24 hrs.

CONTRA COSTA CHILD CARE COUNCIL

925-778-KIDS

3104 Delta Fair Blvd., Antioch, CA 94509

Council offers a wide variety of child care programs and services to support and empower parents and child care providers. The Child Care Council also educates decision makers and the general public about child care trends and issues.

**Child Abuse/Protection**

CHILD ABUSE PREVENTION COUNCIL

925-798-0546

1485 Treat Blvd, Suite 202, Walnut Creek, CA 94597

Referrals to prevent child abuse, information sharing, Education, advocacy (Free)

CHILDREN�S PROTECTIVE SERVICES

925-646-1680

2530 Arnold Drive, Suite 200, Martinez, CA 94553

925-427-8811

510-374-3324

925-646-2881

Investigations into child abuse (Free)

FAMILY STRESS CENTER

925-827-0212

2086 Commerce Ave., Concord, CA 94520

925-706-8477

110 G Street, Antioch, CA 94509

Parenting, child care, respite nursery, teen parents program, head start program, support groups for children who have been sexually abused, individual therapy (sliding scale, low to no fee based on income).

Contra Costa County Community Services Department HEAD START Program

925-646-5540

2425 Bisso Lane, Suite 120, Concord, CA 94520

A federally funded comprehensive child and family development program designed to meet the needs of lowincome families with preschool children. The primary target population is children between the ages of 3 - 5 from families living below the federal pove

**AIDS & HIV SUPPORT**

AIDS/HIV SUPPORT

925-945-0941

Mary Richards provides supportive materials to help those diagnosed with HIV/AIDS

HIV/AIDS SUPPORT GROUP

925-674-2190

Meets biweekly in Concord. Partners, caregivers, friends, family welcome.

SENIOR OUTREACH SERVICE

925-937-8311

Frozen meals for anyone; AIDS patients included. $2 for 5 meals or more. Home delivery. Meals on Wheels, Friendly Visitors, Jobs, Care Management. Retired and Senior Volunteer Programs, Registry for those who will work in the home with seniors.

CALIFORNIA HIV/AIDS HOTLINE

1-800-367-2437

English, Filipino, Spanish

Parenting

PLANNED PARENTHOOD

925-676-0300

925-838-2108

925-935-3010

Serving men and women. Broad scope services.

SAFE EXCHANGE

800-799-7233

Arranges safe custody exchanges in domestic violence situations, and provides supervised visitation.

**Gay & Lesbian Resources**

THE TREVOR HELPLINE

866-4U-TREVOR

Established in 1998 to coincide with the HBO airing of the award winning short film "Trevor", hosted by Ellen DeGeneres, The Trevor Helpline is the only national 24hour, tollfree suicide prevention hot line aimed at gay and questioning youth.

LESBIAN, GAY, BISEXUAL YOUTH HOTLINE

1-800-268-YOUTH

416-962-9688

PEER LISTENING LINE

1-800-399-PEER

25 and under

PFLAG (Parent and Friends of Lesbians and Gays)

415-921-8850

P. O. Box 640223, San Francisco, CA 94164

[www.pflag.org](http://www.pflag.org/%22%20%5Ct%20%22_blank)

PFLAGSF@aol.com

EAST BAY PFLAG

510-562-7692

RAINBOW COMMUNITY CENTER

N/A

2637 Pleasant Hill Rd. Pleasant Hill, CA 94523

SPECTRUM CENTER FOR GAY, LESBIAN, AND BISEXUAL CONCERNS

415-457-1115

Adolescents

CONTRA COSTA COUNTY MENTAL HEALTH, AB 3632 PROGRAM SPECIAL EDUCATION PUPILS

925-646-5665

1026 Oak Grove Rd, Suite 11, Concord, CA 94518

Provides outpatient mental health services for school aged children. AB 3632 Program services are accessed by referral and may include: assessment; individual, group and/or collateral therapy; consultation with school staff; day treatment, residential tre

R.E.A.C.H. Rehabilitation, Education & Awareness for Community Humanitarianism

925-754-3673

1915 D Street, Antioch, CA 94509

Primary: Adolescents/Parents support groups. Staffed by MFCC interns. Program with Antioch police for adolescents to avoid probation. Do not take sexual abuse cases. (No Fee)

**Parent Support Groups**

C.A.R.E. (Center for Access to Resources & Education)

925-313-0999

1350 Arnold Drive, Suite 203, Martinez, CA

1-800-281-3023

[www.contracostaarc.com/html/care.html](http://www.contracostaarc.com/html/care.html%22%20%5Ct%20%22_blank)

Resource center for families of children with special needs (Free).

**Alcohol & Drugs**

ALCOHOL & DRUG COUNCIL OF CONTRA COSTA

925-932-8100

Education, information, referrals, & counseling

CONTRA COSTA COUNTY HEALTH SERVICES LINE

1-800-846-1652

Drug and alcohol addiction, triage, and referral

EAST COUNTY COMMUNITY DETOX CENTER

925-427-1384

500 School Street, Pittsburgh, CA 94565

ETOH and Drug detox program funded by County & state. Serves all income levels. Detox service is non medical, no methadone. Have 3 female beds, 7 male beds.

FREDERICK OZANAM CENTER

925-676-4840

2931 Prospect St., Concord, CA 94518

Recovery program for women 18+. Clients stay up to 6 months. Selfpaid or through county assistance.

MERRIT PERALTA INSTITUTE

510-652-7000

3012 Summit St., 5th Floor, C wing, Oakland, CA 94609

510-869-8850

Inpatient treatment, adults.

PEUBLO DEL SOL

925-676-2580

2090 Commerce Ave., Concord, CA 94520

Age 18+, 35 day inpatient, nonmedical detox center (social detox model), and referral service for men. Fee: $7.00 / day or sliding scale.

SUNRISE HOUSE

925-825-7049

135 Mason Circle, #M, Concord, CA 94520

90-day, livein social detox model drug/etoh therapy facility. 18+ yearold men & women; accepts third party reimbursement; also has indigent services.

THE OTHER BAR

1-800-222-0767

P.O. Box 318006, San Francisco, CA 94131-8006

Provides help to people who have legal problems with drugs or alcohol (Free)

WOLLUM HOUSE

925-458-1978

Women�s detox program; 90-day livein program and 30-60 days reentry (sliding scale fee)

Adoption

PACER (Post Adoption Center for Education & Research)

[www.pacer-adoption.org](http://www.pacer-adoption.org/%22%20%5Ct%20%22_blank)

Volunteer staffed; program offering workshops and training on subjects related to adoptions. Some support groups.

**Seniors**

DIABLO VALLEY FOUNDATION FOR AGING DVFA

925-945-8040

1936 Tice Valley Blvd., Walnut Creek, CA 94596

10:00 a.m. 2:00 p.m.
Provides a variety of services for seniors, age 60+, including conservatorship services, case management, money management, trustee and power of attorney services.

SENIOR SERVICES DIVISION

925-937-8311

Frozen meals for anyone; AIDS patients included. $2 for 5 meals or more. Home delivery. Meals on Wheels, Friendly Visitors, Jobs, Care Management. Retired and Senior Volunteer Programs, Registry for those who will work in the home with seniors.

**Low Fee & Special Service Counseling Agencies**

ANTIOCH MENTAL HEALTH CLINIC (FOR CHILDREN)

925-427-8664

2400 Sycamore Drive Suite 33, Antioch, CA 94509

Children only. Psychologists, MFCCs, MD. Take Medi-Cal , Contra Costa Health Plan, Sliding scale fees.

BAY AREA PSYCHOTHERAPY TRAINING INSTITUTE

925-284-2298

3468 Mt. Diablo Blvd., Ste B201, Lafayette, CA

Individual, couple & family therapy. Eating disorders. gay & Lesbian Issues, AIDS, and addictions. $60 - $120.

CATHOLIC COUNSELING SERVICE

925-825-3135

925-825-3099

Individual, couple, family & children. Occasional groups. Premarital counseling. $10 - $75. Spanish /English. Mostly MFCCs.

COMMUNITY PRESBYTERIAN COUNSELING CENTER

925-820-1467

375 Diablo Rd., Ste. 109, Danville, CA 94526

Individual, couple, family & adolescents. Eating disorders & addictions, women�s issues, divorce, recovery. Groups on divorce, relationships, anger management etc. Interns: $65, Licensed Therapist: $85 with sliding scale

CHILDREN�S MENTAL HEALTH SERVICES

925-646-5468

Have to be Contra Costa County resident. Medi-Cal or Contra Costa Health Plan accepted. 5 - 18 years old.

CONCORD ADULT MENTAL HEALTH

925-646-5480

DIABLO VALLEY COLLEGE COUNSELING CENTER

925-685-1230

321 Golf Club Rd., Pleasant Hill, CA 94523

For DVC students only: academic, personal and vocational counseling, usually short term (Free)

DIABLO VALLEY COUNSELING CENTER

925-210-1414

3000 Citrus Circle, Ste. 110, Walnut Creek, CA 94598

Individual, couple & family. Play therapy, EMDR. $40 - $75.

DISCOVERY CENTER

925-837-0505

115A Town and Country Drive Danville, CA 94526

Individual, couple, family. Short term & long term counseling. Groups for stress management, codependency, midlife transition, mood disorder. $86 - $120 dollars per session. $25 - $30 for groups. Low fees are $36 - $60 per session depending on the family

FAMILY SUPPORT SERVICES OF THE BAY AREA

510-834-2443

401 Grand Ave., Suite 500, Oakland, CA 94610

Provides respite care, kinship support, and intensive homebased services to families.

FAMILY STRESS CENTER

925-827-0212

2086 Commerce Avenue, Concord, CA 94520

925-706-8477

315 G Street, Antioch, CA 94509

Individual, couples, child, family, adult therapy. Low to no fee sliding scale. Respite care services, STEP parenting groups, various groups.

HAIGHT-ASHBURY PSYCH. SERVICES

415-221-4211

2166 Hayes St., San Francisco, CA

IMPULSE TREATMENT CENTER

925-680-4477

1226 Contra Costa Blvd., Pleasant Hill, CA 94523

Sex addiction treatment, anger management (women & men). Groups for both. Also groups for spouses of sex addicts. $40 - $85

JOHN F. KENNEDY UNIVERSITY COMMUNITY COUNSELING CENTER

925-798-9240

380 Civic Dr. Ste 200, Pleasant Hill, CA 94523

Individual, couple, families & children. $8 - $40. Therapists are MFCC trainees.

LIFESTYLES COUNSELING ASSOCIATES

925-746-7178

3478 Buskirk Ave., Pleasant Hill, CA 94523

Group, couple, individual, ACOA, addictions, women�s and codependency groups.

MAITRI PSYCHOTHERAPY INSTITUTE

925-934-8246

2930 Camino Diablo, #305, Walnut Creek, CA 94596

Low to moderate fee for individuals, couples, families. Various groups available. Mediation offered to the community. (Contact Sue Wong)

CONTRA COSTA COUNTY ACCESS LINE

1-888-678-7277

PORCHEBELL HUME CENTER - NEURO-BEHAVIORAL AND PSYCHOLOGICAL INSTITUTE

925-825-1793

2151 Salvio St., Ste. T, Concord, CA 94520

Adolescents, and adults. Multicultural mediation groups. Languages spoken include English, Hindi, Punjabi, Urdu, Persian, and Arabic. Therapy in other languages can be arranged.

NEW DIRECTIONS COUNSELING

925-798-7500

996 Oak Grove Rd., Concord, CA 94518

Individual, family, couples & children. No drug or alcohol use. Clients must be clean and sober 60 days. Low cost counseling.

NORTHERN CALIFORNIA FAMILY CENTER

925-939-8050

1621 North Broadway, Walnut Creek

925-370-1990

2244 Pacheco Blvd., Martinez, CA 94553

Individual, couple, family and children. Primary emphasis on runaways. Special assessment and diversion program for youth 10 to 18 called �Right Direction Project�. $5 - $80 and CCHP. Shortterm crisis placement for runaway children no older than 18.

PSYCHOTHERAPY INSTITUTE

510-548-2250

2232 Carlton St., Berkeley, CA 94704

Individual and couple, longterm therapy. $20 - $65. Consultation to professionals: $35

REDWOOD CENTER PSYCHOLOGY ASSOCIATES

510-843-1396

2428 Dwight Way, Berkeley, CA

Affiliated office in Walnut Creek.
Serving: Individuals, couples, family, & children. Languages: Spanish, Japanese, Contemporary Hebrew. Specialties: Mediation, custody, divorce, dissociative disorders, hypnotherapy, systems orientation. Interns availa

TURNING POINT COUNSELING CENTER

925-934-8925

1399 Ygnacio Valley Rd., Ste 12, Walnut Creek, CA

Individual, couple, and family therapy for child molestation issues. Groups for victims (adults & children) and perpetrators. Long & shortterm therapy. Teen groups for sexually abused girls. $20 - $60.

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES: ACCESS PROGRAM

1-800-491-9099

Information, consultation and referral for mental health and substance abuse. Serving

Alameda county only.

WOMEN�S THERAPY CENTER & COUPLES CLINIC

501 Kearney St, El Cerrito, CA 94530

510-524-8288

510-524-4822

Individual therapy for women of all ages. Counseling for couples of all kinds. Response within 24 hrs. Wheelchair access.

WEST COAST CHILDREN�S CLINIC

510-527-7249

545 Ashbury Ave., El Cerrito, CA 94530

510-269-9030

3301 12th St. #259, Oakland, CA 94601

Children, families, groups. Medi-Cal, low fee, full fee.

WRIGHT INSTITUTE

510-548-9716

2728 Durant St., Berkeley, CA 94701

Individual therapy for one year by doctoral interns. Some Spanish spoken. $15 - $67

**Self-Help & Support Groups**

AMERICAN CANCER SOCIETY

925-934-7640

1885 Oak Park Blvd., Pleasant Hill, CA 94523

1-800-227-2345

Provide information on treatment & other needs for cancer patients or their families.

ANXIETY DISORDERS ASSOCIATION OF AMERICA

240-485-1001

Referrals for therapists across the nation specializing in the treatment of anxiety disorders.

AUTISM SOCIETY OF AMERICA

800-328-8476

Groups for parents of autistic children

CENTER FOR HUMAN DEVELOPMENT

925-687-8844

391 Taylor Blvd # 120, Pleasant Hill, CA 94523

Adolescents and parents. Support groups for teens dealing with substance abuse issues and for parents dealing with acting-out teens.

CONTRA COSTA CRISIS CENTER

1-800-837-1818

24 hr line. Individual and group grief counseling.

JOHN MUIR MEDICAL CENTER

925-682-8200

2540 East St., Concord, CA 94520

925-674-2190

925-674-2351

925-674-2132

925-674-2077

925-674-2586

Support groups �Heart to Heart�,
cardiac patients and families,
stroke survivors and families.

CENTER FOR HUMAN DEVELOPMENT

925-687-8844

391 Taylor Boulevard, Suite 120, Pleasant Hill, CA 94523

925-753-1004

301 W. 10th Street, Antioch, CA 94509

Mobilizes peer pressure to promote positive change through prevention and early intervention educational support groups for adolescents. Teen family support, drug/etoh.

UNITED WAY HELP LINKS

1-800-273-6222

Community service referral, serving S.F., Napa and Solano counties

EDEN

510-537-2552

Community service referral serving Alameda County

CROSSROADS PROGRAM SERVICES of RECOVERY MANAGEMENT SERVICES, INC.

925-682-5704

2449 Pacheco Street, Concord, CA 94520

Help if someone has difficulty with substance abuse. Monday through Friday, 8:00 am to 5:00 pm. Arrange for assessment and admissions counseling, or leave a message after hours or on weekends.

WOMEN FOR SOBRIETY

510-758-7564

Orinda Community Church, 10 Irwin Way, Orinda, CA 94563

Self-help group for women with chemical dependency problems. Meets at Orinda Community Church. Saturday morning, 9:30 11:00.

12-STEP SELF-HELP GROUPS

925-932-6770

925-939-5371

925-939-4155

415-821-6155

1-800-347-8998

415-522-9099

[www.allone.com/12/ea](http://www.allone.com/12/ea%22%20%5Ct%20%22_blank)

1-800-287-8670

925-685-4357

925-825-0448

415-979-4715

215-536-8026

**Websites**

CONTRA COSTA PSYCHOLOGICAL ASSOCIATION

[www.cocopsych.org](http://www.cocopsych.org/%22%20%5Ct%20%22_blank)

APA WEBSITE

[www.apa.org](http://www.apa.org/%22%20%5Ct%20%22_blank)

CPA WEBSITE

[www.cpapsych.org](http://www.cpapsych.org/%22%20%5Ct%20%22_blank)

NATIONAL DEPRESSIVE-MANIC DEPRESSIVE ASSOCIATION

ASSOCIATION FOR BEHAVIORAL AND COGNITIVE THERAPIES

[www.aabt.org/aabt](http://www.aabt.org/aabt%22%20%5Ct%20%22_blank)

BREAST CANCER

[www.raceforthecure.com](http://www.raceforthecure.com/%22%20%5Ct%20%22_blank)

NATIONAL INSTITUTE OF MENTAL HEALTH

[www.nimh.nih.gov](http://www.nimh.nih.gov/%22%20%5Ct%20%22_blank)

LEARNING DISABILITIES OF AMERICA

[www.ldanatl.org](http://www.ldanatl.org/%22%20%5Ct%20%22_blank)

LEARNING DISABILITIES ASSOCIATION OF CALIFORNIA

[www.ldaca.org](http://www.ldaca.org/%22%20%5Ct%20%22_blank)

NATIONAL DISSEMINATION CENTER FOR CHILDREN WITH DISABILITIES

[www.nichcy.org](http://www.nichcy.org/%22%20%5Ct%20%22_blank)

PARENT TO PARENT SUPPORT

[www.NPPSIS.org](http://www.nppsis.org/%22%20%5Ct%20%22_blank)