

Mental Health & Wellness Resources (Berkeley)

Family, Youth and Children's Services (FYC)

Family, Youth & Children's Services (FYC) provides Comprehensive Care Services to the residents of Berkeley and Albany. Outpatient services are provided with an individualized, strength-based, client and family-centered perspective that involves interagency and community collaboration. Our approach seeks to empower children, youth, and families and promote healthy development and wellbeing. FYC Staff provide services in confidential, caring, respectful ways that are sensitive to age, culture, religion, language, gender, education, socio-economic status, and sexual orientation.

SERVICES

- Outpatient Counseling Services (including individual, family therapy, or brief treatment)
- Psychological Assessment and/or Testing
- Medication Evaluation or Psychiatric Consultation
- Crisis Intervention
- Intensive Stabilization and Mental Health Support Services (0-18 years)
- School-based Services (Preschool-12th Grade)
- Transitional Age Youth Services (16-24 years)
- Case Management and Resource Coordination
- Parent Groups and Community Workshops
- Bilingual (Spanish) services

General Hours of Operation

Outpatient Services

Monday - Friday, 8:00 AM - 5:00 PM

Crisis Response Hours

Sunday – Saturday, 11:30 AM – 10:00 PM

Phone: (510) 981-5254 (Voice message)

Location

3282 Adeline Street

Berkeley, CA 94704

Phone: (510) 981-5280 Or 981-5900

Fax: (510) 981-5255

TDD: (510) 981-6903

The Wright Institute Berkeley Cognitive Behavioral Therapy Clinic

The Wright Institute Berkeley Cognitive Behavioral Therapy Clinic provides brief and long-term, solution-focused, low-fee therapy for children, adolescents, adults and couples. All clinicians are doctoral students of clinical psychology who are supervised by licensed clinical psychologists. The Clinic is dedicated to alleviating suffering and improving the quality of life in the community by providing affordable, empirically supported therapy services.

What are Cognitive-Behavioral and Mindfulness-Based Therapies?

Cognitive, behavioral and mindfulness-based therapies are a diverse group of therapies shown in controlled research trials to be effective in helping people overcome or cope with many common and challenging problems of living.

While the therapy relationship is a crucial part of these therapies, the cognitive and behavioral therapies are problem-focused. Some of the best-known evidence-based treatments offered at the CBT Clinic include Cognitive Therapy; Behavioral Activation; Relaxation Training; Interoceptive and In Vivo exposure; Communication Training; Prolonged Exposure; Exposure and Response Prevention for OCD; Schema Therapy; Dialectical Behavior Therapy (DBT); and Acceptance and Commitment Therapy (ACT).

Cognitive, behavioral and mindfulness-based therapies have been developed on the basis of research and their efficacy tested in controlled experiments. Therapy outcomes tend to be significant resulting in valuable quality of life improvements.

Fees

Initial Intake: \$30 for a three-hour session

Group Therapy: \$12 per session for all groups; DBT family component is \$20 per family

Individual Therapy: Sliding scale of \$15-\$50 for 50-minute sessions based on income; students pay a reduced fee of \$15.

Contact:

(510) 923-2241

Crisis Support Services of Alameda County (CSS)

Since 1982, Crisis Support Services of Alameda County (CSS) has provided low-fee counseling to bereaved members of the community. CSS also plays a vital role in responding to traumatic events and post-disaster services throughout the community. Losing someone important to us is one of the most confusing and frightening experiences we ever have to face.

CSS provides low-fee counseling to adults who are bereaved or affected by the traumatic loss through suicide, homicide, or sudden loss. Our support groups for suicide survivors and those who have attempted suicide are vital for isolated and at-risk individuals during times of loss.

Our goal is to provide a safe and supportive environment for people who are grieving the death of a significant other. We appreciate how difficult it may be for you to come in and talk to us during this time of loss. We specialize in working with those affected by traumatic loss: accidental death, suicide, and homicide. Many survivors who make use of our services find individual and/or group counseling experiences supportive and reassuring.

Structure

Many of the individuals we serve have been affected by traumatic experiences. Our service incorporates evidence about the prevalence and impact of traumatic events across the life span in order to exceed best-practice standards of public service agencies. CSS provides individual, family, and group counseling and debriefing services. Counseling is provided by mental health interns who receive specialized, ongoing training in grief and trauma. Our interns are all supervised by licensed professionals with expertise in grief and trauma work.

Whom We Serve

CSS provides counseling services to residents of Alameda County of all ages. Bereavement groups are provided to adults 18 years of age and older. Individual Bereavement Counseling is provided to individuals, couples, families, and children.

Support Groups

- **SURVIVORS OF SUICIDE**

This group provides a safe, therapeutic environment for people to explore and process their feelings about having lost a loved one to suicide.

- **SUICIDE ATTEMPT SURVIVORS**

This group offers people with suicidal thoughts and feelings, a safe, confidential, and supportive environment to explore their experiences, identify coping strategies, and create their own safety plans.

- **HOMICIDE SURVIVORS SUPPORT GROUP**

This group provides support and coping strategies for people who have lost a friend or relative to homicide. Death by homicide can be especially difficult for survivors, who are often re-traumatized by the criminal justice system and may feel stuck in the experience of helplessness, intense sadness, and rage.

- **ANTICIPATORY GRIEF**

A confidential place for exploring feelings that arise when we are faced with the anxiety and stress that the long-term and terminal illness of a loved one brings.

- **BEREAVEMENT SUPPORT GROUP**

A safe and confidential support group for coping with loss and life transitions. This group provides education, support, and practical strategies to help individuals move toward healing in their personal grief experience.

Fees

- “Victims of Crime” funding is available
- Sliding scale based upon ability to pay
- No one turned away for lack of financial resources

Contact: 1-800-260-009

Alameda County 24-Hour Crisis line

If you or someone you know is struggling with difficult life circumstances or uncomfortable thoughts and emotions we are here to help. You do not need to be experiencing suicidal thoughts or feelings to call. Trained crisis intervention counselors are available to receive crisis calls and give supportive counseling 24 hours a day, every day. Translation is available in more than 140 languages. We also offer teletype (TDD) services for deaf and hearing-impaired individuals.

Contact: 1-800-309-2131

Soulful Youth

<http://www.soulfulyouth.com>

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*This list is provided as a courtesy and does not constitute an endorsement