

Alameda County Health Care
Services Resources:

URGENT CARE

Berkeley Free Clinic Hours

Monday – Friday 5:30 - 9:00pm

Saturday- 11am - 5pm

Sunday: 4-8pm

Phone Hours

(510) 548-2570 or (800) 6-CLINIC

2339 Durant Ave.

WALK-IN URGENT HELP

Sausal Creek Outpatient Clinic
2620 26th Ave., Oakland

A psychological crisis walk-in
service for adults 18 and older

510-473-2363

M-F. 8a-8p

Sat. & Holidays 8-4:30pm

CRISIS INTERVENTION AND BRIEF TREATMENT

BHCS Crisis Response Program
M-F, 8:30am-5pm

North County

(Alameda, Oakland and
Emeryville)

510-383-5020

South County

(All county areas not included)

Only Berkeley & Albany residents

MOBILE CRISIS TEAM

510-981-5254

11:30am-10pm, 7 Days a week,
including holidays

BERKELEY MENTAL HEALTH SERVICES

Day-to-day skills and support for
individuals with serious mental
illnesses.

510-981-5290

(18 or older)

510-981-5280

(youth and family)

SUICIDAL PREVENTION

For people having suicidal thoughts
and feelings or who have specific plan
to end their life.

24-hour crisis line: 1-800-309-2131

Or

Text “safe” to 20121 4p-11p, 7 days a week

PARENT SUPPORT HOTLINE

Hotline for parents and caregivers of
children 0-21 years of age. Call
anonymously for support, resources,
and positive parenting tips. English and
Spanish spoken. Multilingual
translation. Multiple Phone session
available.

24-hours a day

7 days a week

1-800-829-3777

SUPPORT SERVICES

WELLNESS CENTERS

Welcoming an accessible drop-in
service. Offering classes and programs,
skills-building, and behavioral health
services for people with a known or
suspected mental illness. No
appointment is necessary.

Alameda, Four Bridges

510-827-2097

Oakland, Towne House

510-658-9480

Fremont, South County

510-657-7425

Pleasanton, Valley Wellness Center

925-484-8457

Hayward, Hedco House

510-247-8235