

South Bay Sliding Scale Counseling/Therapy

Suicide Prevention and Crisis Hotline:

1-855-278-4204, toll-free, available 24 hours a day,
7 days a week

Hotline for Resources and Support: (408) 850-6125

For SJSU On-Campus Suicide assistance, please call
Campus Police: (408) 924-2222 or dial 911

Covered by Medi-cal or have no insurance?

Contact the Santa Clara County Mental Health
Referral Hotline: 1-800-704-0900

NAMI – National Alliance on Mental Illness

Website on locating therapy resources:

<http://www.namiantaclara.org/findingtherapy/>

Need Substance Abuse Treatment?

Gateway Referral Hotline:

1-800-488-9919

- **Services:** Telephone screening; residential, detox, outpatient, medication treatment
- **Fees:** M/C or uninsured
- **Other Languages:** English, Spanish and have access to translators
- **Hours:** M – F 8am – 5 pm, Detox Referral Information available after hours

COUNSELING SERVICES

Almaden Valley Counseling Services

6529 Crown Boulevard, Suite D, San Jose, CA 95120
(408) 997-0200 www.avcounseling.org

- **Services:** Individuals, couples, families, group therapy, parenting classes.
- **Fees:** Sliding scale begins at \$30/session with some flexibility.
- **Other Languages:** Spanish.
- **Hours:** Vary, include some nights and wknds.

Bill Wilson Center

3490 The Alameda, Santa Clara, CA 95050
(408) 243-0222 www.billwilsoncenter.org

- **Services:** Centre for Living with Dying offers grief counseling. Regular individual, couple, family and group therapy available
- **Fees:** Sliding scale begins at \$15/session (\$5 for residents of Santa Clara and Sunnyvale).
- **Other Languages:** Spanish, others vary.
- **Hours:** M-F 9am-5pm, Sat. & evenings vary.

Foothill Community Health Center

2860 S. White Road, Suite 260 San Jose, CA 95148
(408) 755-3905 www.sjfcc.org/counseling.html

- **Services:** Individual counseling
- **Fees:** Sliding scale \$35/session. MediCal and PPO insurance plans accepted.
- **Other Languages:** Spanish.
- **Hours:** M-F 8am-5pm.

Goodwill Wellness Center

1080 N. 7th Street, San Jose, CA 95112
(408) 869-9160

<https://goodwillsv.org/mission-services/wellness-center/>

- **Services:** Individual therapy, also have specific program for veterans and parolees
- **Fees:** Medi-cal – need to go thru 800-704-0900 or Counselor referral form (see website)
- **Other Languages:** English
- **Hours:** M-F 9 am – 6 pm

LGBTQ Youth Space

452 South 1st St., San Jose, CA 95112
(408) 343-7940 www.youthspace.org

- **Specialty:** LGBTQ youth ages 13-25. Call or online: youthspace.org/schedule-a-meeting-with-a-counselor/
- **Services:** Individual therapy, queer and trans support groups
- **Fees:** Medi-cal or No fee for services.
- **Other Languages:** Spanish, ASL
- **Hours:** 3-9pm weekdays for Social/Community Center. **Drop-In Peer Counseling:** Tues. 6-7pm, subject to change. **Clinical Counseling by appointment.**

YWCA Counseling Services

375 South 3rd. St, San Jose 95112
(408) 295-4011 ext. 259

www.ywca-sv.org

- **Services:** Individual, couples and family therapy. Survivor, DV, Sexual Assault, Human Trafficking Support; Advocate Support and Crisis Counseling
- **Sexual Assault and Domestic Violence Hotline: 800-572-2782**
- **Fees:** Sliding scale, begins at \$10.
- **Other Languages:** Spanish.
- **Hours:** M-Th 9am-8pm, F: 9am-5pm.

Family and Children Services San Jose

950 West Julian St., San Jose, CA 95126

(408) 292-9353 www.fcservices.org

- **Specialty:** Counseling and services for deaf and hard of hearing clients, LGBTQ youth.
- **As well as:** Substance Abuse Classes
- **Fees:** Counseling – Medi-cal. Classes range from \$25 - \$75/class, on sliding scale.
- **Other Languages:** Spanish, ASL

Family and Children Services Palo Alto

375 Cambridge Avenue, Palo Alto, CA 94306.

(650) 326-6576 www.fcservices.org

- **Services:** Individual, group, family therapy. Men's - Domestic Violence and Substance Abuse Classes.
- **Fees:** Insurance and self pay. Sliding scale begins at \$30/session and \$20/class.
- **Hours:** M-F 9am-6pm.

Family and Children Services San Jose

2226 N. 1st Street, San Jose, CA 95131

(408) 841-4103 www.fcservices.org

- **Specialty:** Domestic Violence, Parenting, Drug and Alcohol and Child abuse classes. Individual Counseling.
- **Fees:** Classes range from \$25 – \$75/class, on sliding scale; Counseling is Medi-cal based.
- **Other Languages:** Spanish

Lighthouse of Hope Counseling Center

1515 Partridge Ave, Sunnyvale, CA 94087

(408) 716-8101 www.lighthouseofhopecc.org

- **Services:** Individual, family, couples and crisis counseling. Father's Program (Free). Groups available.
- **Fees:** Insurances Accepted & Sliding scale.
- **Hours:** Tues – F, 10am-6pm

Community Health Awareness Council

590 W. El Camino Real

Mountain View, CA 94040

(650) 965-2020 www.chacmv.org

- **Services:** Individual, couples and family counseling, parenting classes, LGBT Youth groups, sometimes other groups.
- **Fees:** Intake \$25, Sliding scale thereafter.
- **Other Languages:** Spanish, Mandarin, Hebrew, Arabic, sometimes others.
- **Hours:** M-Th 9am-8pm, F 9am-6pm.

Peace It Together

1588 Homestead Road, M/B #10, Suite A & B
Santa Clara, CA 95050

(408) 774-1009 www.peace-it-together.org

- **Services:** Individual, family, couples and crisis counseling. Co-parenting/Parallel Classes, Teen Domestic and Family Violence Intervention Groups.
- **Fees:** Sliding scale, cash or check; Medi-cal, Valley Health/Family Health Plan, Beacon accepted.
- **Other Languages:** Spanish, ASL
- **Hours:** M-F 9am-8pm, Saturday by appt.

Gronowski Center at Palo Alto University

5150 El Camino Real, Suite C15

Los Altos, CA 94022

(650) 961-9300 www.gronowskicenter.org

- **Services:** Individual, couples, family therapy, all ages, some groups. **Assessments for learning disabilities services also available.**
- **Specialty:** The Gronowski Center also houses **La Clinica Latina** for Latina and/or Spanish-speaking clients Phone: (650)-417-2037 and the **Sexual and Gender Identities Clinic**, providing counseling for the LGBTcommunity. Phone: (650)-961-9300
- **Fees:** Sliding scale, Intake begins at \$25/session. Ongoing sessions begin at \$5.
- **Other Languages:** Spanish
- **Hours:** M–Th, 9am–8pm, Fri 9am-4pm, Saturdays 10am–2pm

Community Center for Health & Wellness at the Institute of Transpersonal Psychology

1057 East Meadow Circle, on Sophia University
Campus, Palo Alto, CA 94303

(650) 493-5006 www.sofia.edu/academics/centers-and-initiatives/cchw

- **Services:** Individual, couples and family therapy including children and adolescents.
- **Fees:** Sliding scale beginning at \$25/session with some flexibility.
- **Other Languages:** Spanish
- **Hours:** M-F 8am-9pm

Youth Services: Alum Rock Counseling Center

(408) 294-0500, 24 hour Crisis Line: (408) 294-0579

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