



Community Resources for Students

Provided by Saint Mary's College of California Counseling and Psychological Services (CAPS)
Augustine Hall ~ 925-631-4364

- **How to find a therapist through your insurance:**
 - First, determine which insurance you have.
 - Call the number on your insurance card or go to their website and enter your Member ID and Group numbers, if requested. You can find those on your insurance card.
 - Search/ask for therapists within your area.
 - Call the therapists to see if they are accepting new patients.
 - You can ask your insurance company how much your co-pay will be. Co-pays are usually about \$20. If you have a deductible, you might have to pay \$80-\$100 per session until you meet that deductible. After that, you'll just be responsible for the co-pay.
 - You'll receive an Explanation of Benefits (EOB) after your sessions so that you can see what your insurance covered and what you had to pay.
 - If you're 18 or older and don't want your insurance company sending EOB's to your parents, go to this website and complete the form: <https://myhealthmyinfo.org/>
 - If you can't find a therapist, call your insurance company and they will help you.
- **If you have Kaiser:**

If you'd like weekly therapy, let the receptionist know that you would like a referral to an outside therapist when you call to schedule your initial appointment. During your intake appointment, you'll be asked a few questions to see if you are eligible for this. Most people who seek therapy at Kaiser are not seen for weekly, individual therapy unless they work with an outside therapist.
- **A helpful tool for finding a local therapist can be found on the Psychology Today Website.**
 - Simply go to their website: <https://www.psychologytoday.com/us>, type in your zip code or city and a large list of therapists will populate. This website is also helpful for locating a psychiatrist.
 - From the next screen, you can use filters (e.g., race, ethnicity, gender) to select specialties, insurance providers, view bios, etc. (refer to the column on the left for the filter options).
- **If you have Medi-Cal:**

Call 1-888-678-7277 or visit <https://cchealth.org/bhs/access-services.php>
- **Hotlines**
 - Crisis and Suicidal Thoughts:
Call or text Contra Costa County at 211
- **Free self-help/meditation links in English and Spanish:**
 - <https://www.uclahealth.org/marc/mindful-meditations>

- **Self-care while you wait:**
 - <https://www.stmarysca.edu/sites/default/files/attachments/files/While%20you%27re%20waiting.docx>
- **If you don't want to use insurance, you can see a therapist at a Low Fee/Sliding Scale clinic:**

Wright Institute Clinic

www.wi.edu/clinics

1950 Addison Street, Suite 109
Berkeley, CA 94704
510-548-9716
Sliding scale: \$25-\$75

The Psychotherapy Institute

www.tpi-berkeley.org

2232 Carleton Street
Berkeley, CA 94704
510-548-2250

**Bay Area Psychotherapy
Training Institute (BAPTI)**

www.bapti.org

3468 Mt. Diablo Blvd. b201
Lafayette, CA 94549
925-284-2298

Touchstone Counseling Services

www.touchstonecounseling.com

140 Mayhew, #606
Pleasant Hill, CA 94523
925-932-0150 ext 309

The Granowski Center

www.paloalto.edu/gronowskicenter

5150 El Camino Real, Bldng C, Suite 15
Los Altos, CA 94022
650-961-9300

Berkeley Therapy Institute

www.bti.org

1749 MLK Jr Way
Berkeley, CA 94709
510-841-8484, opt 4, then 1

Amador Family Center

www.amadorfamilycenter.com

399 Taylor Blvd., Suite 210
Pleasant Hill, CA 94523
925-685-9463

Clearwater Counseling & Assessment

www.clearwaterclinic.com

345 38th Street
Oakland, CA 94609
510-596-8137

**Access Institute for Psychological
Services**

www.accessinst.org

110 Gough Street, Suite 301
San Francisco, CA 94102
415-861-5449 ext 380

**Rainbow Community Center
(for LGBTQIA+ people)**

www.rainbowcc.org

2118 Willow Pass Road, Suite 500,
Concord, CA 94520
925-692-2056

Discovery Center

www.discoveryctr.net/contact

115 Town & Country Drive, Suite A
Danville, CA 94526
1711 Bollinger Canyon Road
San Ramon, CA 94582
925-837-0505

American Indian Human Services

www.nativehealth.org/contact-us/locations-sites

(Sees all people)
3124 International Blvd.,
Oakland, CA 94601
Behavioral Health Service
510-434-5421

The Pacific Center

www.pacificcenter.org

2712 Telegraph Avenue
Berkeley, CA 94705
510-458-8283

Loyal Blue Counseling

www.loyalbluecounseling.com

Offices in Berkeley and Oakland
510-842-7097

Blue Oak Therapy Center

www.blueoaktherapycenter.org

3101 Telegraph Avenue
Berkeley, CA 94705
510-649-9818

Open Path Psychotherapy Collective

www.openpathcollective.org

Email: info@openpathcollective.org

Better Help

www.betterhelp.com

Online therapy collective

Cost ranges from \$60-\$90 per week

Additional practitioners who take United Healthcare and/or have sliding scales:

Therapists (provide talk therapy):

Brighton Earley, Psy.D.

Offices in Oakland & Walnut Creek, CA
Can provide a super bill for out of network insurance.
Sliding scale negotiable for students
(510) 822-7810
www.brightonearleypsyd.com

Jacob Engelskirger, Psy.D.

Offices in Oakland & Berkeley, CA
Not accepting Anthem Insurance
Sliding scale negotiable for students
(510) 343 – 3567
www.drjacobe.com

Kalana Greer, Psy.D.

Office in Pittsburg, CA
Not accepting insurance
Sliding scale negotiable for students
(925) 526-7167
www.drkalanagreer.wixsite.com/soulglowtherapy

Michelle Hider, MA, LMFT

Office in Walnut Creek
Not accepting insurance/Can provide superbill for insurance purposes
Sliding scale negotiable for students
(925) 914-0060

Emily Kruger, Psy.D.

Virtual Office in CA only

Not accepting insurance/Can provide superbill for insurance purposes.

(510) 629-1055

www.dremilykruger.com

Roni Kholomyansky, Psy.D.

Office in Oakland, CA

Sliding scale negotiable for students

(510) 379-7228

www.ronikhol.com/

Romi Mann, Psy.D.

Offices in San Francisco & Walnut Creek, CA

Accepts Medicare Insurance

Sliding scale negotiable for students

(415) 508-7664

<http://www.drromimann.com/>

Nathan Michael, MA, LMFT

Office in Berkeley

Accepts Cigna Insurance only but can also provide a super bill for out of network insurance.

Sliding scale negotiable for students

(415) 847-4851

www.nathan@nathanmichaelmft.com

Scott Newcombe, Psy.D.

Office in San Francisco, CA

Accepts Aetna, Cigna, MHN and VHP. If out of network, can provide superbill for insurance.

Sliding scale slightly negotiable for students

(415) 594-4533

www.psychologytoday.com/us/therapists/scott-newcombe-san-francisco-ca/465267

Stephanie Olano, MA, LMFT

TODOS Therapy - Office in Burlingame

Accepts Optum (UnitedHealthcare, United Oxford, and Oscar), Aetna, & Cigna insurance.

Sliding scale for first generation BIPOC college students

(650) 241-8484

www.todostherapy.com

Sebastian Sheldon, Psy.D.

Office in Berkeley, CA

Accepts Anthem Insurance only but can also provide a super bill for out of network insurance.

Sliding scale negotiable for students

(925) 222-5199

www.sebastiansheldon.com

David S. Wu, LCSW

Office in Pleasant Hill, CA

Sliding scale negotiable for students

(510) 826-5231

www.davidwutherapy.com

Psychiatrists (prescribe medication):

Contact SMC Community liaison Angel VanHorn at avanhorn@cpsych.com, and ask to see Allison:

Allison Shue, Psychiatric NP, SMC

[Mindpath Health](#)

Physical office in Walnut Creek, but can request Zoom appointment

Accepts United Healthcare

(925) 299-9033