



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).
- **Other search options include:** www.helloalma.com and www.psychiatricalternatives.com
- **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 (BAPT)

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.paloaltou.edu/gronowskicenter

5150 El Camino Real, Bldg 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

Sentio Counseling Center

www.sentiocc.org

3756 W. Avenue 40

Suite K, #478

Los Angeles, CA 9006

323-300-4316

Sliding scale telehealth sessions start at \$30

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):

Jessica Brown, LMFT
Office in Albany, CA
Can provide a super bill for out of network insurance.
(510) 775-1200
www.jessicabrowntherapy.com

Maiga Berzins, Psy.D.
Teletherapy in CA only
Can provide a super bill for out of network insurance.
(510) 993-5432
Email: drmaigaberzins@gmail.com

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

Michelle Horton, Ph.D.

Specialty: Neuropsychologist

Office in Oakland, CA

(510) 985-2958

Email: michelle_horton@sbcglobal.net

Nicole Hsiang Shieh, LMFT

Office in Sacramento / Teletherapy throughout CA

(916) 800-2044

www.nicolehsiang.com

Emily Kruger, Psy.D.

Teletherapy 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/

Jeffrey Lee, LMFT

Office in Castro Valley

(510) 255-5982

www.mycounselingroom.com

Vivian Lee Picardo, Psy.D.

Office in San Francisco

(415) 936-6789

www.psychologytoday.com/us/therapists/vivian-lee-pichardo-san-francisco-ca/358775

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

Shaleda Newson, MFT/PCC

(408) 531-7162

Email: shaleda.newson@gmail.com

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

Jennifer Panish, Psy.D.

Office in Lafayette, CA

Can provide a super bill for out of network insurance.

Sliding scale negotiable for students

(510) 595-5509

Email: jenpanish@gmail.com

Rehana Raheem, Psy.D.

Center for Modern Therapy

Specialty: Psychological testing, individual therapy, groups

Office in Walnut Creek, CA

(510) 983-4340

<https://centerformoderntherapy.com/center-for-modern-therapy-team/>

Aya Sato, LCSW

Office in Fremont, CA

Not accepting insurance/Can provide superbill for insurance purposes

(415) 634-5180

<http://ayasatotherapy.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 Vengel, Psy.D.

Provides Teletherapy - Virtual Office in CA
Sliding scale negotiable for students
(925) 216-7690
Email: dr.vengel@davidvengel.com
www.davidvengel.com

Jodi Weaver, AMFT

Office in Walnut Creek, CA
Sliding scale negotiable for students
(925) 286-2944
www.jodiweavertherapy.com

David S. Wu, LCSW

Office in Pleasant Hill, CA
Sliding scale negotiable for students
(510) 826-5231
www.davidwutherapy.com

Alissa Young, LCSW

Provides Teletherapy & Group Therapy - Virtual Office in CA
Specialty: Black/African American College Students, First Gen, LGBTQIAA
Insurance: Kaiser NorCal, Aetna, Anthem & United Healthcare
(619) 432-7234
Email: hello@alissayoung.com
www.alissayoung.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

Ardis C. Partin, M.D.

(719) 357-7617
<https://www.trueinsightpsychiatric.com/>

Vanessa Vélez, M.D.

Soul Psychiatry
Holistic and Integrative Psychiatrist
Zoom Appointments Only
Private Pay
www.vanessavelezmd.com