



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 about \$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.
 - Your insurance might offer out of network benefits, meaning they will reimburse you for some of the cost of your therapy with a provider who is not in their network. Therapists can give you a "super bill" to provide to your insurance for reimbursement.
- **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 these websites:**
 - [Psychology Today](#): 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).
 - [Hello Alma](#) : Similar to Psychology Today, type in your zip code and health insurance and receive a list of referrals.
- **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 many different languages:**
 - <https://www.uclahealth.org/marc/mindful-meditations>
- **Self-care while you wait:**
 - [While You're Waiting.docx](#)
- **If you don't want to use insurance, you can see a therapist at a Low Fee/Sliding Scale Clinic. Some of these clinics also have psychiatrists, who can prescribe medication:**

Wright Institute Clinic

1950 Addison Street, Suite 109
Berkeley, CA 94704
510-548-9716
Sliding scale: \$25-\$75
Also take Alameda County Medi-Cal

The Psychotherapy Institute

2232 Carleton Street
Berkeley, CA 94704
510-548-2250
In person and telehealth.
Fee is \$160. Slides down to \$45.

Bay Area Psychotherapy Training Institute (BAPT)

3468 Mt. Diablo Blvd. b201
Lafayette, CA 94549
925-284-2298
In person and telehealth.
Lowest fee is \$25

The Granowski Center

5150 El Camino Real, Bldg C, Suite 15
Los Altos, CA 94022
650-961-9300
Sliding scale, in-person
They have clinics for LGBTQIA+ and LatinX people

Berkeley Therapy Institute

1749 MLK Jr Way
Berkeley, CA 94709
510-841-8484, opt 4, then 1
In person and telehealth.
Therapy and psychiatry
Sliding scale

Sentio Counseling Center

3756 W. Avenue 40
Suite K, #478
Los Angeles, CA 9006
323-300-4316
Sliding scale telehealth sessions start at \$30

Clearwater Counseling & Assessment

1 Bates Blvd, Suite 400
Orinda, CA 94563
510-596-8137
Specialize in trauma treatment
Sliding scale available, don't take insurance

Access Institute for Psychological Services

110 Gough Street, Suite 301
San Francisco, CA 94102
415-861-5449 ext 380
Sliding scale
In person therapy

Rainbow Community Center (for LGBTQIA+ people)

www.rainbowcc.org
2118 Willow Pass Road, Suite 500,
Concord, CA 94520
925-692-2056
In-person and telehealth

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)

2950 International Blvd.,

Oakland, CA 94601

510-535-4400

160 Capp St.

San Francisco, CA 94110

(415) 417-3500

The Pacific Center

www.pacificcenter.org

2712 Telegraph Avenue

Berkeley, CA 94705

510-458-8283

Telehealth

Currently not accepting insurance

Fees depend on client's income & experience of clinician, lowest is \$45 per session

Better Help

www.betterhelp.com

Online therapy collective

Cost ranges from \$65-\$90 per week

Loyal Blue Counseling

www.loyalbluecounseling.com

Offices in Berkeley and Lafayette

510-842-7097

Offer telehealth and in person

Sliding scale available

Blue Oak Therapy Center

www.blueoaktherapycenter.org

3101 Telegraph Avenue

Berkeley, CA 94705

510-649-9818

You have the right to receive a "Good Faith Estimate" explaining how much your medical and mental health care will cost.

Open Path Psychotherapy Collective

www.openpathcollective.org

Email: info@openpathcollective.org

\$40-70 per session for individual counseling

Telehealth and in person

Additional practitioners who are in network with some insurance companies and/or have sliding scales:

Therapists (provide talk therapy):**Amelia Bird, LMFT**

Telehealth

www.psychologytoday.com/us/therapists/amelia-bird-portland-or/406773

(925) 451-5291

Sliding Scale for students

Sarah Campbell, MA, MFT, RYT

In-person and telehealth

400 29th Street Suite 514

Oakland, CA 94609

(510) 250-7483

Sliding scale: apply to see if you are eligible

www.psychologytoday.com/us/therapists/sarah-campbell-oakland-ca/214694

Chelsea Campton, LMFT

In-person and telehealth
1600 South Main St Suite 240
Walnut Creek, CA 94596
(925) 633-5649

Sliding scale: apply to see if you are eligible

www.psychologytoday.com/us/therapists/chelsea-campton-walnut-creek-ca/985051

Lori Comer, MA, MFT

In-person and telehealth
loricom8@gmail.com
2950 Camino Diablo, Walnut Creek, CA 94597
(925) 389-9974

www.loricomer.com/

Reduced fee services are available on a limited basis

Brighton Earley, Psy.D.

In person and telehealth
Offices in Oakland, near Lake Merritt
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.

In-person and telehealth
Office in Alameda
(510) 343 – 3567

www.drjacobe.com

2719 Encinal Ave #A3
Alameda, CA 94501-4784
Sliding scale negotiable for students

Julianne Fox, LMFT

In-person and telehealth sessions available, weekday and Sunday availability
Walnut Creek, CA 94596
(510) 405-6802

www.psychologytoday.com/us/therapists/julianne-fox-walnut-creek-ca/388454

Sliding scale: apply to see if you are eligible

Mark Fromm, PhD

In-person and telehealth
Oakland, CA 94602
(510) 730-3034

www.psychologytoday.com/us/therapists/mark-fromm-oakland-ca/22012

Sliding scale: apply to see if you are eligible

Mik Fuller, LMFT

Telehealth Only
925-403-1737 (Voicemail and Text)
www.mikfullertherapy.com/about
Sliding scale possible

Charvee Goel, MA, AMFT, APCC

In-person and telehealth
Walnut Creek, CA 94595
(415) 857-2453
www.psychologytoday.com/us/therapists/charvee-goel-walnut-creek-ca/1022325
Sliding scale: apply to see if you are eligible

Kalana Greer, Psy.D.

In-person and telehealth
Office in Pittsburg, CA
(925) 526-7167
www.psychologytoday.com/us/therapists/kalana-greer-antioch-ca/723017
\$230 per session
In-network for Aetna. Provide Super Bills so that you can be reimbursed for your out-of-pocket costs
Sliding scale negotiable for students

Jessica Guzman, MA, AMFT, APCC

In person and telehealth
2363 Boulevard Cir Suite #2
Walnut Creek, CA 94595
(925) 395 8231
www.psychologytoday.com/us/therapists/jessica-guzman-walnut-creek-ca/1308031
Sliding scale: apply to see if you are eligible

Nicole Hsiang Shieh, LMFT

In-person in Sacramento/Teletherapy throughout CA
(916) 800-2044
www.nicolehsiang.com
Sliding scale options depend on availability

Fei A. Hu, LMFT

Offers in-person and virtual therapy
Office in Berkeley, CA
Accepts Optum and Aetna Insurance
Reduce fee options possible for students
(510) 394-4801
www.feimft.com

Naomi Kimmelman, LMFT

Telehealth only

(510) 800-9427

www.psychologytoday.com/us/therapists/naomi-kimmelman-albany-ca/746328

Sliding scale: apply to see if you are eligible

Emily Kruger, Psy.D.

Teletherapy only

Sliding scale for students

(510) 629-1055

www.dremilykruger.com

Roni Khol, Psy.D.

In person and telehealth

Office in Oakland, CA

Sliding scale negotiable for students

(510) 379-7228

www.ronikhol.com/

Romi Mann, Psy.D.

In person and telehealth

Offices in San Francisco & Walnut Creek

Sliding scale negotiable for students

(415) 508-7664

www.drromimann.com/

Jerry Mellin, LMFT

Telehealth only

(925) 421-6236

www.jerrymellin.com/tps://

Sliding scale from \$60 – \$150

Nathan Michael, MA, LMFT

In person and telehealth

Office in Berkeley, CA

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

Michele Moore, LMFT

In-person and telehealth
699 Peters Avenue, Suite A
Pleasanton, CA 94566
(925) 267-6596

www.psychologytoday.com/us/therapists/michele-moore-pleasanton-ca/837570

Sliding scale: apply to see if you are eligible

Scott Newcombe, Psy.D.

Telehealth only
Office in San Francisco, CA
Sliding scale slightly negotiable for students
(415) 594-4533

www.drscottnewcombe.com/

Jennifer Panish, Psy.D.

In-person and telehealth
Office in Lafayette, CA
Sliding scale negotiable for students
(510) 595-5509

Email: jenpanish@gmail.com

www.psychologytoday.com/us/therapists/jennifer-r-panish-lafayette-ca/272113

Karina Schwab, Ph.D.

Supervised by Jennifer M Sandoval, Ph.D. PSY27635
Teletherapy - Virtual Office in CA
Possible sliding scale negotiable for students
(951) 585-0397

www.kschwab@soulinmind.org

Sebastian Sheldon, Psy.D.

In person and online
Office in Berkeley, CA
Accepts Anthem Insurance
Sliding scale negotiable for students
(925) 222-5199

www.sebastiansheldon.com

Kelley Shore, LMFT, LPCC

In-person and telehealth
3738 Mt. Diablo Boulevard
Lafayette, CA 94549
(925) 744-6480

www.psychologytoday.com/us/therapists/kelley-shore-lafayette-ca/903037

Sliding scale: apply to see if you are eligible

David Vengel, Psy.D.

In-person and telehealth
Office in Berkeley, CA
Sliding scale negotiable for students
(925) 216-7690
Email: dr.vengel@davidvengel.com
www.davidvengel.com

David S. Wu, LCSW

Telehealth
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.

Office in Walnut Creek

(719) 357-7617

<https://www.trueinsightpsychiatric.com/>

Hourly Rate: \$300/hr

New Patient Evaluation:

1st session...\$450 (90 minutes)

2nd session...\$300 (60 minutes)

3rd session...\$300 (60 minutes)

Vanessa Vélez, M.D.

Soul Psychiatry

Holistic and Integrative Psychiatrist

Zoom Appointments Only

Private Pay

www.vanessavelezmd.com