



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](While%20You're%20Waiting.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

Soul in Mind

951-585-0397
 Inquire about sliding scale
 Medicare and Medi-Cal accepted, if available
 Psychotherapy and ADHD evaluations

The Psychotherapy Institute

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

Sentio Counseling Center

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

Bay Area Psychotherapy Training Institute (BAPTI)

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

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

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

Access Institute for Psychological Services

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

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

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):

Isabella Beatty

Telehealth

Email: isabella.beatty.therapy@gmail.com

Phone: (510) 560-4242

Sliding scale available

<https://gratefulhearttherapy.org/therapist-directory/entry/2856/>

isabellabeattytherapy.com

Amelia Bird, LMFT

Telehealth

(925) 451-5291

Sliding Scale for students

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

Sarah Campbell, MA, MFT, RYT

In-person and telehealth

400 29th Street Suite 514

Oakland, CA 94609

(510) 250-7483

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

Sliding scale: apply to see if you are eligible

Chelsea Campton, LMFT

In-person and telehealth

1600 South Main St Suite 240

Walnut Creek, CA 94596

(925) 633-5649

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

Sliding scale: apply to see if you are eligible

Lori Comer, MA, MFT

In-person and telehealth

loricomer8@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.

(510) 822-7810

www.brightonearleypsyd.com

Sliding scale negotiable for students

Jacob Engelskirger, Psy.D.

In-person and telehealth

Office in Alameda

(510) 343 – 3567

www.drijacobe.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
(510) 394-4801

www.feimft.com

Reduce fee options possible for students

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
(510) 629-1055
www.dremilykruger.com

Sliding scale for students

Roni Khol, Psy.D.

In person and telehealth
Office in Oakland, CA
(510) 379-7228
www.ronikhol.com/

Sliding scale negotiable for students

Romi Mann, Psy.D.

In person and telehealth
Offices in San Francisco & Walnut Creek
(415) 508-7664
www.drromimann.com/

Sliding scale negotiable for students

Jerry Mellin, LMFT

Telehealth only

(925) 421-6236

www.jerrymellin.com/

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.

(415) 847-4851

www.nathan@nathanmichaelmft.com

Sliding scale negotiable for students

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

(415) 594-4533

www.drscoottnewcombe.com/

Sliding scale slightly negotiable for students

Jennifer Panish, Psy.D.

In-person and telehealth

Office in Lafayette, CA

(510) 595-5509

Email: jenpanish@gmail.com

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

Sliding scale negotiable for students

Karina Schwab, Ph.D.

Supervised by Jennifer M Sandoval, Ph.D. PSY27635

Teletherapy - Virtual Office in CA

(951) 585-0397

www.kschwab@soulinmind.org

Possible sliding scale negotiable for students

Ashley Scornaienchi, AMFT

Supervised by Steven M Peterson, LCSW (#23821)

In-person and telehealth

Office in Pleasanton, CA

(925) 487-6944

<https://www.psychologytoday.com/us/therapists/ashley-b-ganem-scornaienchi-pleasanton-ca/1624574>

Sliding scale negotiable for students

Sebastian Sheldon, Psy.D.

In person and online

Office in Berkeley, CA

Accepts Anthem Insurance

(925) 222-5199

www.sebastiansheldon.com

Sliding scale negotiable for students

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

(925) 216-7690

Email: dr.vengel@davidvengel.com

www.davidvengel.com

Sliding scale negotiable for students

David S. Wu, LCSW

Telehealth

Office in Pleasant Hill, CA

(510) 826-5231

www.davidwuthersapy.com

Sliding scale negotiable for students

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):

Mindpath Health

Physical office in Walnut Creek, but can request Zoom appointment
No longer accepting United Healthcare Insurance
(925) 299-9033

Comprehensive Psychiatric Services (CPS)

Closest physical office in Walnut Creek, but many option in the Bay Area & Southern CA
CPS accepts all commercial insurance
(833) 277-0071
<https://www.psych-doctor.com/about>

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