



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 the SMC (Anthem Blue Cross) Insurance:**
 - Pacific Coast Psychiatric Associates has therapists and psychiatrists who take Anthem, and they are accepting new patients. They are located in Walnut Creek.
<https://www.pcpasf.com/ourproviders> (925) 360-5264. There's also a list of independent practitioners who accept Anthem and/or sliding scale clients at the bottom of this document.
- **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.
 - 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 211; text your zip code to 898211; or search <https://cccc.myresourcedirectory.com/> or <https://www.crisis-center.org/> for referrals
- **Hotlines**
 - Crisis and Suicidal Thoughts:
Call 800-833-2900
Text HOPE to 20121
 - Grief: Call 800-837-1818

- **Free self-help/meditation links in English and Spanish:**
 - <https://www.uclahealth.org/marc/mindful-meditations>
- **Self care while you wait:**
 - <https://www.stmarys-ca.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

Berkeley Therapy Institute

www.bti.org
 1749 MLK Jr Way
 Berkeley, CA 94709
 510-841-8484

The Psychotherapy Institute

www.tpi-berkeley.org/
 2232 Carleton Street
 Berkeley, CA 94704
 510-548-2250

Amador Family Center

www.amadorfamilycenter.com
 399 Taylor Blvd.
 Pleasant Hill, CA 94523
 925-685-9463

Woman's Therapy Center (WTC)

www.womenstherapy.org
 2105 Martin Luther King Jr. Way
 b/t Addison St & Center St in Downtown
 Berkeley, CA 94704
 510-524-8288

Clearwater Counseling & Assessment

www.clearwaterclinic.com
 345 38th Street
 Oakland, CA 94609
 510-596-8137

Bay Area Psychotherapy Training Institute (BAPTl)

www.bapti.org/
 3468 Mt. Diablo Blvd. b201
 Lafayette, CA 94549
 925-284-2298

Access Institute for Psychological Services

<https://www.accessinst.org/>
 110 Gough Street, Suite 301
 San Francisco, CA 94102
 415-861-5449

Touchstone Counseling Services

www.touchstonecounseling.com/
 140 Mayhew, #606
 Pleasant Hill, CA 94523
 925-932-0150 ext 97

The Granowski Center

5150 El Camino Real, Bldng C, Suite 15
 Los Altos, CA 94022
 (650) 961-9300
<https://www.paloaltou.edu/gronowski-center/our-fee-schedule>

- **Additional practitioners who take Anthem and/or have sliding scales:**

Brighton Earley, Psy.D.

Offices in Oakland & Walnut Creek, CA

Not accepting Anthem 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 Anthem Insurance

Sliding scale negotiable for students

(925) 526-7167

[www.drkalanagreer.wixsite.com/](http://www.drkalanagreer.wixsite.com/soulglowtherapy)

[soulglowtherapy](http://www.drkalanagreer.wixsite.com/soulglowtherapy)

Emily Kruger

Office in Pleasanton & Fremont, CA

Not accepting Anthem Insurance/Can provide superbill for out of network

(510) 629-1055

www.DrEmilyKruger.com

Romi Mann, Psy.D.

Offices in San Francisco & Walnut Creek, CA

Accepts Anthem Insurance

Sliding scale negotiable for students

(415) 508-7664

www.romi@drromimann.com

Nathan Michael, MA, LMFT

Offices in Berkeley & Oakland
Accepts Anthem Insurance
Sliding scale negotiable for students
(415) 847-4851
[www.nathan@nathanmichaelmft.com](mailto:nathan@nathanmichaelmft.com)

Sebastian Sheldon, Psy.D.

Offices in Lafayette & Oakland, CA
Accepts Anthem Insurance
Sliding scale negotiable for students
(925) 900-5180
www.sebastiansheldon.com

David Vengel, Psy.D.

Office in Berkeley, CA
Accepts Anthem Insurance
Sliding scale negotiable for students
(510) 824-8214
www.davidvengel.com

Scott Newcombe

Office in San Francisco
Not accepting Anthem Insurance/Can provide superbill for out of network
Sliding scale slightly negotiable for students
(415) 322-8036
www.dr@drscottnewcombe.com