South Bay Sliding Scale Counseling/Therapy

Suicide Prevention and Crisis Hotline:
1-855-278-4204, toll-free, available 24 hours a day, 7 days a week
Hotline for Resources and Support: (408) 850-6125

For SJSU On-Campus Suicide assistance, please call Campus Police: (408) 924-2222 or dial 911

Covered by Medi-cal or have no insurance?
Contact the Santa Clara County Mental Health Referral Hotline: 1-800-704-0900

NAMI – National Alliance on Mental Illness
Website on locating therapy resources: http://www.namisantaclarca.org/findingtherapy/

Need Substance Abuse Treatment?
Gateway Referral Hotline:
1-800-488-9919
- Services: Telephone screening; residential, detox, outpatient, medication treatment
- Fees: M/C or uninsured
- Other Languages: English, Spanish and have access to translators
- Hours: M – F 8am – 5 pm, Detox Referral Information available after hours

COUNSELING SERVICES
Almaden Valley Counseling Services
6529 Crown Boulevard, Suite D, San Jose, CA 95120
(408) 997-0200 www.avcounseling.org
- Services: Individuals, couples, families, group therapy, parenting classes.
- Fees: Sliding scale begins at $30/session with some flexibility.
- Other Languages: Spanish.
- Hours: Vary, include some nights and wknds.

Bill Wilson Center
3490 The Alameda, Santa Clara, CA 95050
(408) 243-0222 www.billwilsoncenter.org
- Services: Centre for Living with Dying offers grief counseling. Regular individual, couple, family and group therapy available
- Fees: Sliding scale begins at $15/session ($5 for residents of Santa Clara and Sunnyvale).
- Other Languages: Spanish, others vary.
- Hours: M-F 9am-5pm, Sat. & evenings vary.

Foothill Community Health Center
2860 S. White Road, Suite 260 San Jose, CA 95148
(408) 755-3905 www.sjfcc.org/counseling.html
- Services: Individual counseling
- Fees: Sliding scale $35/session. MediCal and PPO insurance plans accepted.
- Other Languages: Spanish.
- Hours: M-F 8am-5pm.

Goodwill Wellness Center
1080 N. 7th Street, San Jose, CA 95112
(408) 869-9160
https://goodwillsv.org/mission-services/wellness-center
- Services: Individual therapy, also have specific program for veterans and parolees
- Fees: Medi-cal – need to go thru 800-704-0900 or Counselor referral form (see website)
- Other Languages: English
- Hours: M-F 9 am – 6 pm

LGBTQ Youth Space
452 South 1st St., San Jose, CA 95112
(408) 343-7940 www.youthspace.org
- Specialty: LGBTQ youth ages 13-25. Call or online: youthspace.org/schedule-a-meeting-with-a-counselor/
- Services: Individual therapy, queer and trans support groups
- Fees: Medi-cal or No fee for services.
- Other Languages: Spanish, ASL
- Hours: 3-9pm weekdays for Social/Community Center. Drop-In Peer Counseling: Tues. 6-7pm, subject to change. Clinical Counseling by appointment.

YWCA Counseling Services
375 South 3rd St, San Jose 95112
(408) 295-4011 ext. 259
www.ywca-sv.org
- Services: Individual, couples and family therapy. Survivor, DV, Sexual Assault, Human Trafficking Support; Advocate Support and Crisis Counseling
- Sexual Assault and Domestic Violence Hotline: 800-572-2782
- Fees: Sliding scale, begins at $10.
- Other Languages: Spanish.
- Hours: M-Th 9am-8pm, F: 9am-5pm.
Family and Children Services San Jose
950 West Julian St., San Jose, CA 95126
(408) 292-9353  www.fcservices.org
- Specialty: Counseling and services for deaf and hard of hearing clients, LGBTQ youth.
- As well as: Substance Abuse Classes
- Fees: Counseling – Medi-cal. Classes range from $25 - $75/class, on sliding scale.
- Other Languages: Spanish, ASL

Family and Children Services Palo Alto
375 Cambridge Avenue, Palo Alto, CA 94306.
(650) 326-6576  www.fcservices.org
- Fees: Insurance and self-pay. Sliding scale begins at $30/session and $20/class.
- Hours: M-F 9am-6pm.

Family and Children Services San Jose
2226 N. 1st Street, San Jose, CA 95131
(408) 841-4103  www.fcservices.org
- Fees: Classes range from $25 – $75/class, on sliding scale; Counseling is Medi-cal based.
- Other Languages: Spanish

Lighthouse of Hope Counseling Center
1515 Partridge Ave, Sunnyvale, CA 94087
(408) 716-8101  www.lighthouseofhopecc.org
- Services: Individual, family, couples and crisis counseling. Father’s Program (Free). Groups available.
- Fees: Insurances Accepted & Sliding scale.
- Hours: Tues – F, 10am-6pm

Community Health Awareness Council
590 W. El Camino Real
Mountain View, CA 94040
(650) 965-2020  www.chacmv.org
- Services: Individual, couples and family counseling, parenting classes, LGBT Youth groups, sometimes other groups.
- Fees: Intake $25, Sliding scale thereafter.
- Other Languages: Spanish, Mandarin, Hebrew, Arabic, sometimes others.
- Hours: M-Th 9am-8pm, F 9am-6pm.

Peace It Together
1588 Homestead Road, M/B #10, Suite A & B
Santa Clara, CA 95050
(408) 774-1009  www.peace-it-together.org
- Fees: Sliding scale, cash or check; Medi-cal, Valley Health/Family Health Plan, Beacon accepted.
- Other Languages: Spanish, ASL
- Hours: M-F 9am-8pm, Saturday by appt.

Gronowski Center at Palo Alto University
5150 El Camino Real, Suite C15
Los Altos, CA 94022
(650) 961-9300  www.gronowskicenter.org
- Services: Individual, couples, family therapy, all ages, some groups. Assessments for learning disabilities services also available.
- Specialty: The Gronowski Center also houses La Clinica Latina for Latina and/or Spanish-speaking clients Phone: (650)-417-2037 and the Sexual and Gender Identities Clinic, providing counseling for the LGBT community. Phone: (650)-961-9300
- Fees: Sliding scale, Intake begins at $25/session. Ongoing sessions begin at $5.
- Other Languages: Spanish
- Hours: M–Th, 9am–8pm, Fri 9am-4pm, Saturdays 10am–2pm.

Community Center for Health & Wellness at the Institute of Transpersonal Psychology
1057 East Meadow Circle, on Sophia University Campus, Palo Alto, CA 94303
(650) 493-5006  www.sofia.edu/academics/centers-and-initiatives/cchw
- Services: Individual, couples and family therapy including children and adolescents.
- Fees: Sliding scale beginning at $25/session with some flexibility.
- Other Languages: Spanish
- Hours: M-F 8am-9pm

Youth Services: Alum Rock Counseling Center
(408) 294-0500, 24 hour Crisis Line: (408) 294-0579

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