

Resource Directory

Santa Clara County

Adolescent Counseling Services- Outlet:

Outlet empowers Lesbian, Gay, Bisexual, Transgender, Queer & Questioning (LGBTQQ+) youth and builds safe and accepting communities through support, education, and advocacy. Multiple locations: Redwood City, Mountain View, and San Mateo. For more information, please call 650-424-0852 or visit <http://www.acs-teens.org/what-we-do/outlet/>

Adolescent Counseling Services- Adolescent Substance Abuse Treatment:

ACS' Adolescent Substance Abuse Treatment Program has been providing professional assessment and outpatient treatment services for youth struggling with substance abuse and/or addiction. Services are provided in English and Spanish. Located in both Santa Mateo and Santa Clara counties. For more information, please call 650-424-0852 ext. 104 or visit www.acs-teens.org/what-we-do/treatment/

Advent Group Ministries:

Provides counseling and addiction recovery services and offer recovery group homes, outpatient homes, prevention programs, and counseling center. For more information please call 408-281-0708 or visit <http://www.adventgm.org/>

Anxiety and Depression Association of America (ADAA) Anxiety and Phobia Support Group (ADAA):

Offers an Anxiety and Phobia support group. Located in San Jose. For more information, please call 408-559-9088 or visit <http://www.adaa.org/anxiety-and-phobia-support-group>

Asian Americans for Community Involvement:

AACI is Santa Clara County's largest community-based organization focused on improving the health, mental health, and well-being of individuals, families, and the Asian community. Services include HIV testing, education and outreach, counseling, support/discussion groups, information and advocacy. For more information call 408-975-2730 or visit www.aaci.org

ASPIRE (El Camino Hospital):

After-School Program Interventions and Resiliency Education (ASPIRE) helps children, teens, and young adults with anxiety, depression or other symptoms related to a mental health condition. Goal is to provide emotional wellness of young people. For more information please call 866-789-6089 or visit <https://www.elcaminohospital.org/services/mental-health/specialty-programs/aspire>

Bay Area Centers for Adolescents:

Center for treating depression, anxiety, substance abuse, defiance, problems with family, cutting, eating disorders, sexual identity issues, ADD/ADHD, learning disabilities, anger through individual/family therapy, medical management, psychological assessment, and educational therapy. Multiple locations: San Francisco, Marin, Oakland/Berkeley, and Palo Alto. For more information, please call 415-448-6679 or visit <http://www.bayareadolescent.com/home.html>

Bay Area Children's Association:

BACA is a nonprofit mental health agency committed to providing integrated, scientific, and empathetic treatment for children, youth, and their families. Two locations: San Jose and Oakland. For more information please call (San Jose) 408-996-7950 or visit www.baca.org

BC2M:

Bring Change 2 Mind is a nonprofit organization built to start the conversation about mental health, and to raise awareness, understand and empathy. BC2M has piloted evidence based programs at levels engaging students to reduce stigma and discrimination. For more information, please visit <http://bringchange2mind.org/programs/letsbc2m/>

Bill Wilson Center:

Offer wide variety of services for teens including Child Abuse Treatment Program, LGBTQ outreach, Medi-Cal Youth Services, and Youth and Family Mental Health Services. For more information please call 408-243-0222, Crisis Line: 408-850-6125 or visit http://www.billwilsoncenter.org/services/services_for_teens.html

Billy DeFrank LGBTQ Community Center:

Through collaboration and unity, the Billy DeFrank LGBTQ Community Center strives to provide a diverse platform for the community to meet, learn, be challenged and grow. The center aims to help promote health, strength, diversity, and inclusiveness. Located in San Jose. For more information please call 408-293-3040 or visit <http://www.defrankcenter.org/>

Challenge Success:

Partners with schools and families to provide kids with the academic, social, and emotional skills needed to succeed now and in the future. Challenge Success recognizes that the current fast-paced, high-pressure culture works against much of what is known about healthy child development and effective education. They work to help foster learners who are healthy, motivated, and prepared for the wide variety of tasks they will face as adults. For more information please call 650-723-9250 or visit www.challengesuccess.org

Counseling and Support Services for Youth:

CASSY is a nonprofit agency that partners with schools to provide professional mental health services to students in their academic setting. Serves multiple locations. For more information please call 408-493-5289 or visit <http://cassybayarea.org/contact-us/>

Catholic Charities:

Offers community counseling service of therapy for issues such as anxiety, depression, mood disorders, and other mental health issues. Option for individual therapy as well as therapy for children and adolescents. (No religion involved/required). Serves multiple locations. For more information please call 408-325-5116 or visit <http://www.catholiccharitiesscc.org/community-counseling-services>

Central County Self-Help Center:

Self-help centers provide a safe, confidential and supportive environment for those dealing with mental illness. Serves multiple locations through Santa Clara County. For more information, please call 408-792-2152 or visit <https://www.sccgov.org/sites/mhd/Resources/Self-HelpCenters/Pages/default.aspx>

Children's Health Council:

The Center serves children and teens ages 2-17 with multidisciplinary evaluation, personalized treatment, and innovative programs. They offer an initial parent consultation to create expert multidisciplinary evaluation, personalized treatment and innovative programs. For more information please call 650-688-3625 or visit <http://www.chconline.org/the-center-at-chc/>

Community Center for Health and Wellness:

Offers counseling for all ages and things such as loneliness, stress, anxiety, pain, life transitions, school and work improvement in performance, parenting and teenage issues, healing trauma and abuse, deepening self-awareness and personal growth, and enhancing creativity and self-expression. For more information please call 650-493-5006 or visit <http://www.sofia.edu/academics/centers-and-initiatives/cchw/>

Community Health Awareness Council:

Offers counseling services, Drug and Alcohol outpatient services for adolescents, and Youth Groups (work on building self-esteem and resiliency). For more information, please call 650-965-2020 or visit <http://www.chacmv.org/clinic/>

El Camino Hospital - Mental Health:

El Camino Hospital offers a wide range of specialized mental health services to meet the needs of youth, adults, and seniors in the community. For more information, please call 866-789-6089 or visit <https://www.elcaminohospital.org/services/mental-health>

Family and Children Services:

Family & Children Services of Silicon Valley's mission is to build strong, safe, and self-sufficient individuals, families, and communities. To achieve this goal, they offer a range of innovative, accessible, and integrated programs and services addressing critical health and human services needs. For a complete list of programs, please visit www.fcservices.org

Family and Children Services - LGBTQ Wellness:

Offers the LGBTQ Wellness Program- founded to support the mental health of LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer & Questioning) community members and allies by providing services that encourage social support, holistic wellness, outreach, and education. For more information please call 408-841-4300 or visit <http://www.fcservices.org/lgbtq-wellness/>

The Healthy Teen Project:

Offers help with eating disorders and behavioral issues through intensive outpatient programs, outpatient treatment, and partial hospitalization (day treatment). For more information, please call 650-241-4052 and/or 650-941-2300 or please visit <http://www.healthyteenproject.com/>

Las Plumas Mental Health Center:

Outpatient mental health services for children, adolescents, and young adults. Services include assessments, individual and family therapy, medication evaluations, and crisis intervention. For more information please call 408-272-6726 or visit http://santaclara.networkofcare.org/mh/services/agency.aspx?pid=LasPlumasMentalHealth-Center_356_2_0

Lucile Packard Children's Hospital Stanford - Adolescent Medicine:

The Center for Adolescent Health provides Medical Services for adolescents and young adults between the ages of 12-21 years. Services are provided by adolescent medical specialists. For more information, please visit www.stanfordchildrens.org/en/service/adolescent-medicine

Lucile Packard Children's Hospital Stanford - Child and Adolescent Mental Health:

Both hospital-based and outpatient services are offered through the Division of Child and Adolescent Psychiatry and Child Development. Hospital-based services provide psychiatric care for children and adolescents who are hospitalized for medical conditions. Outpatient services include eight specialty clinics that treat specific disorders within a wider range of childhood conditions. For more information, please visit <http://www.stanfordchildrens.org/en/service/child-adolescent-psychiatry>

My Digital Tat2:

The focus is on helping youth develop the critical-thinking skills they need to manage their own privacy, respect the privacy of others, and use cyber-sense and ethical decision making in their digital lives. They believe in supporting students to create a positive digital tattoo and stand up to social cruelty both on and offline. For more information, please visit www.mydigitaltat2.org

NAMI Santa Clara:

Offers practical experience, support, education, comfort, and understanding to anyone concerned about mental illnesses and their treatment in Santa Clara County. For more information, please call 408-453-0400 or visit <http://www.namisantaclara.org/about-nami/>

Palo Alto Family YMCA - Reach & Rise Mentoring Program:

A national one-to-one mentoring program determined to move youth from risk to resiliency. For more information, please visit http://www.ymcasv.org/paloalto/html/programs_buildingfutures.html

Parents Place:

Offers parenting workshops, parent coaching and consultation, child behavior and school support, clinical and special needs services, parent/child activity groups, child and family therapy, and other helpful things for parents. Located in Santa Clara County and San Mateo County. For more information, please call 650-688-3040 or visit <http://parentsplaceonline.org/>

The Pratt Center:

Offers therapy for children and teen struggling with anxiety, support for the LGBTQ youth, bullying targets, depression, attachment, and separation anxiety. Multiple locations: San Jose, Palo Alto and Gilroy. For more information, please call 650-949-2997 or visit <http://www.prattcenter.com/>

Project Safety Net:

A collaborative community network held together by a common interest of fostering youth well-being in Palo Alto. Their mission is to develop and implement a community-based mental health plan that includes education, prevention and intervention strategies that together provide a “safety net” for youth in Palo Alto, and defines the community’s teen suicide prevention efforts. Provides different resources for youth suicide prevention such as activities, events, counselors, and other resources. Located in Palo Alto. For more information please call 650-329-2432 or visit <http://www.psnpalalto.com/>

Psychiatry and Behavioral Health - Teen Therapy Group:

Co-ed support group for high school teens (14-18 years) dealing with understanding your own behavior, coping with anxiety and depression, communicating effectively with peers and adults, achieving your goals, handling stress at school and home, and becoming your own person. For more information, please call 650-853-4726 or visit <http://www.pamf.org/psychiatry/services/groups/teengroup.html>

Rebekah Children’s Services:

In addition to many other services, Rebekah Children’s Services provides an Outpatient Mental Health- serving children and youth ages 0-21 and addresses mental health symptoms and associated functional impairments. For more information please call 408-846-2100 or visit www.rcskids.org/services

ROCK:

Located at Gunn High School, these are students to committed to listening and talking with other students anything and everything. ROCK is a peer advisory group/student support group that is completely student run. For more information, please visit <https://rockatgunn.wordpress.com/about/>

Santa Clara County Behavioral Health Services

This department partners with clients, families, and communities to create culturally competent opportunities for hope, wellness, and recovery. The BHSD is committed to serving, improving, and making a difference in the lives of Santa Clara County residents diagnosed with mental illness. For more information, please call 1-800-704-0900 or 408-885-5673 or for a list of programs, please visit <https://www.sccgov.org/sites/mhd/Pages/default.aspx>

Santa Clara County - Fair Oaks Mental Health:

Provides outpatient services to children, adolescents and their families, as well as to seriously mentally ill adults and young adults. Located in Sunnyvale. For more information, please call 408-992-4800 or visit http://santaclara.networkofcare.org/mh/services/agency.aspx?pid=FairoaksMentalHealth_356_2_0

Santa Clara County Self-Help Center:

Centers provide a safe, confidential and supportive environment for those dealing with mental illness. Multiple locations. For more information please call 408-852-2463 or 408-825-2471 or visit <https://www.sccgov.org/sites/mhd/Resources/Self-Help-Centers/Pages/default.aspx>

Seneca Family of Agencies:

Offers family centered, individualized, and culturally relevant and strength based support for youth mental health wellness. Offers services in the main regions: Bay Area, Central, and Southern California. For more information please call 408-554-2550 or visit <http://www.senecafoa.org/>

Stanford Center for Youth Mental Health and Wellbeing:

Committed to spearheading a new national vision for adolescent and young adult wellness and mental health support through educational and community partnerships, mental health technology, and implementing innovative early intervention programs and support. Visit <https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing.html>

Stanford Children’s Health - Anxiety Disorders Clinic:

Offers comprehensive assessment, evaluation, and treatment for children and adolescents with anxiety disorders such as separation, social, generalized, OCD, and PTSD. For more information, please visit <http://www.stanfordchildrens.org/en/service/child-adolescent-psychiatry/clinics/anxiety-disorders>

Stanford Children’s Health - Comprehensive Eating Disorders Program:

This is the only comprehensive program in Northern California that treat children and adolescents with eating disorders for both inpatient and outpatient. For more information please call 408-637-5959 or visit <http://www.stanfordchildrens.org/en/service/eating-disorders-program>

Stanford Children’s Health - Pediatric Weight Clinic:

Outpatient service of the Center for Healthy Weight. They provide comprehensive medical and psychological evaluation of overweight and obese children and adolescents. For more information please call the LPCH Referral Center 650-721-2884 Pediatric Weight Clinic 408-426-5590 or visit <http://www.stanfordchildrens.org/en/service/pediatric-weight/clinic/overview>

Stanford Children’s Health - Teen Van:

Provides health services for uninsured and/or homeless youth by visiting various San Francisco, San Mateo, and Santa Clara County locations. For more information please call 650-736-7172 or visit <http://www.stanfordchildrens.org/en/service/teen-van>

Stanford University - Vaden Health Center

Stanford University’s Vaden Health Center although primarily offered through Stanford University’s insurance plan, offers a link to resources for anyone interested. Please visit <https://vaden.stanford.edu/health-resources>

Stars Behavioral Health Group - Starlight Community Services:

Provides programs for children, adolescents and transitional age youth who face emotional, behavioral, and learning challenges. For more information please call 408-284-9080 or visit <http://www.starsinc.com/santa-clara-county/>

Sutter Health- Nutritional Therapy for People with Eating Disorders:

Registered dietitians offer nutrition therapy to help patients overcome many types of disordered eating, including anorexia nervosa, bulimia nervosa, binge eating, over eating, and emotional eating. They work with children, adolescents, and adults. Multiple locations: Palo Alto, Alviso, San Jose (various locations), and Gilroy. For more

information, please call 650-853-2961 or visit http://www.pamf.org/nutrition/services/eatingdisorder_therapy.html

Uplift Family Services:

A statewide nonprofit that helps families and children. The agency is one of the largest, most comprehensive mental health treatment programs in California and take a state-of-the-art approach to children and adolescents with complex behavioral health challenges. Located in several counties. For more information (based in Santa Clara County), please call 408-379-3790 or visit www.upliftfs.org/about/locations/santa-clara-county/

YMCA of Silicon Valley - Project Cornerstone:

Offers different events and programs to help teens thrive and be supported by adults. They work within the YMCA of Silicon Valley and more than 400 schools and community partners to influence the personal behavior of adults toward children and teens, strengthen youth-serving programs and impact public policy. For more information, please visit call 408-351-6482 or visit <http://www.projectcornerstone.org/index.html>

Youth Nutrition Program (Palo Alto Medical Foundation):

Their purpose is to increase nutritional awareness and competency among youth within their service area and create environments that make healthy choices easier for families to make. For more information please call 650-934-7283 or visit <http://www.pamf.org/ynp/>

Youth Space:

The LGBTQ Youth Space is a program of Family & Children Services. They are a community drop in center and mental health program for the LGBTQ community & ally youth ages 13-25. They operate in multiple locations. For more information please call 408-343-7942 or visit <http://youthspace.org/>

San Francisco County

BAART Programs Bay Area:

BAART Programs is a multi-service organization providing drug treatment and rehabilitation for patients across the country. Multiple locations throughout multiple counties. For more information please call 415-552-7914 or visit <http://www.baartprograms.com/index.html>

Bay Area Centers for Adolescents:

Center for treating depression, anxiety, substance abuse, defiance, problems with family, cutting, eating disorders, sexual identity issues, ADD/ADHD, learning disabilities, anger through individual/family therapy, medical management, psychological assessment, and educational therapy. For more information please visit 415-448-6679 or visit <http://www.bayareaadolescent.com/home.html>

Center for Youth Wellness:

They are part of a national effort to revolutionize pediatric medicine and transform the way society responds to kids exposed to significant adverse childhood experiences and toxic stress. For more information, please call 415-684-9520 or visit <http://www.centerforyouthwellness.org/>

Mental Health Association:

The Mental Health Association of San Francisco advances the mental health of people of San Francisco and leads the global community in advocacy, education, research and supports that promote recovery and wellness while challenging the stigma associated with mental health conditions. For more information please call 415-421-2926 or visit <http://www.mha-sf.org/>

Mission Neighborhood Health Center:

Provides compassionate, patient-centered care. They advocate for health equity and deliver innovative, high quality services responsive to the neighborhoods and diverse communities they serve. For more information please call 415-552-1013 or visit <http://www.mnhc.org/>

Peer Health Exchange:

Their mission is to empower young people with the knowledge, skills, and resources to make healthy decisions. With their partners, they will advance healthy equity and improve health outcomes for young people. Located in San Francisco and Alameda County. For more information please call 415-684-1234 or visit www.peerhealthexchange.org

San Francisco Unified School District -

Student, Family & Community Support Department:

SFCSD supports San Francisco youth and families through building school capacity to address student needs, and working to achieve District-wide academic goals. They seek to increase student achievement and pro-social student behaviors so all students can become high achieving and joyful learners. For more information, please call 415-522-6738 or visit www.healthiersf.org

San Francisco Wellness Initiative:

Wellness Centers provide safe, supportive environments in the school where students can go to discuss a variety of issues from depression, grief, self-esteem, family life and stress to dating violence, sexual identity and gang involvement. The Wellness Programs provide culturally competent services in a confidential, nonjudgmental space staffed with professionals who are dedicated to improving the health, well-being and educational outcomes of all students. For more information please visit <http://sfwellness.org/our-program/how-wellness-works/>

Seneca Family of Agencies:

Offers family centered, individualized, and culturally relevant and strength based support for youth mental health wellness. Offers services in the main regions: Bay Area, Central, and Southern California. For more information please call 408-554-2550 or visit <http://www.senecafoa.org/>

Stanford Children's Health- Comprehensive Eating Disorders Program:

This is the only comprehensive program in Northern California that treat children and adolescents with eating disorders for both inpatient and outpatient. Located in Santa Clara County and San Francisco County. For more information please call 415-600-0770 or visit <http://www.stanfordchildrens.org/en/service/eating-disorders-program>

Stanford Children's Health - Teen Van:

Provides health services for uninsured and/or homeless youth by visiting various San Francisco, San Mateo, and Santa Clara County locations. For more information please call 650-736-7172 or visit <http://www.stanfordchildrens.org/en/service/teen-van>

Trauma Transformed:

Trauma Transformed is the only regional center and clearinghouse in the Bay Area that promotes a trauma-informed system by providing trainings and policy guidance to systems of care professionals and organizations. A trauma-informed system is one that builds awareness and knowledge of trauma to shape policies and practices aimed at reducing the re-traumatization of youth and families and the professionals who serve them. For more information, please visit www.t2bayarea.org

UCSF Depression Center:

They offer state of the art treatment for depression, provide outstanding educational programs, and conduct innovative, cutting-edge research to better understand depression and design new treatments. We strive to provide the best care for persons with depression in a Center that holds the highest standards in research, education, and clinical practice. For more information please call 415-476-7500 or visit <http://depressioncenter.ucsf.edu/>

Uplift Family Services:

A statewide nonprofit that helps families and children. The agency is one of the largest, most comprehensive mental health treatment programs in California and take a state-of-the-art approach to children and adolescents with complex behavioral health challenges. Located in several counties. For more information (based in San Francisco County), please call 925-602-1750 or visit www.upliftfs.org/about/locations/san-francisco-county/

Women's Community Clinic:

Improves the health and well-being of women and girls. Believe preventative, educational care is essential to lifelong health and that all women deserve excellent health care, regardless of their ability to pay. For more information please call 415-379-7800 or visit <http://womenscommunityclinic.org/>

The Youth Program and the SF Center:

A safe space for LGBTQ youth 24 and younger to get connected and empowered. Their purpose is to build a strong queer youth community through education, creative and performing arts, and community events. For more information please call 415-865-5555, please visit <http://www.sfcenter.org/programs/youth>

San Mateo County**Adolescent Counseling Services- Adolescent Substance Abuse Treatment:**

ACS' Adolescent Substance Abuse Treatment Program has been providing professional assessment and outpatient treatment services for youth struggling with substance abuse and/or addiction. Services are provided in English and Spanish. Located in both Santa Mateo and Santa Clara counties. For more information, please call 650-424-0852 ext. 104 or visit www.acs-teens.org/what-we-do/treatment/

Adolescent Counseling Services- Outlet:

Outlet empowers Lesbian, Gay, Bisexual, Transgender, Queer & Questioning (LGBTQQ+) youth and builds safe and accepting communities through support, education, and advocacy. Multiple locations: Redwood City, Mountain View, and San Mateo. For more information, please call 650-424-0852 or visit <http://www.acs-teens.org/what-we-do/outlet/>

Bay Area Centers for Adolescents:

Center for treating depression, anxiety, substance abuse, defiance, problems with family, cutting, eating disorders, sexual identity issues, ADD/ADHD, learning disabilities, anger through individual/family therapy, medical management, psychological assessment, and educational therapy. Multiple locations: San Francisco, Marin, Oakland/Berkeley, and Palo Alto. For more information, please call 415-448-6679 or visit <http://www.bayareadolescent.com/home.html>

County of San Mateo - PRIDE Initiative:

Committed to foster a welcoming environment for the LGBTQ12s communities living and working in San Mateo County through an interdisciplinary and inclusive approach. The PRIDE Initiative collaborates with the newly formed San Mateo County LGBTQ Commission. For more information please visit www.smhealth.org/pride-initiative

County of San Mateo - Sequoia Teen Wellness Center:

This clinic is the only provider of healthcare services exclusively for youth (ages 12-21) in Southern San Mateo County and cover a multitude of health needs. For more information please call 650-366-2927 or visit www.co.sanmateo.ca.us/sequoiaTWC/

Daly City Youth Health Center:

The Daly City Youth Health Center provides safe, respectful, comprehensive health services to underserved teens and young adults. In addition to many services, they also have a Counseling Services Department and are available to provide a safe and comfortable environment. For more information please call 650-985-7000 or visit www.dalycityyouth.org

Fred Finch Youth Center:

They work with young people to overcome multiple and simultaneous challenges, including homelessness, economic disadvantage, mental health and cognitive disabilities, and histories of significant trauma and loss. Youth Center locations in Alameda County and San Mateo County. For more information (San Mateo County) please call 650-286-2090 ext. 237 or visit www.fredfinch.org

HEARD Alliance:

Located on the Peninsula in the SF Bay Area, the HEARD Alliance is a community alliance of health care professionals, including primary care and mental health providers. They work in various settings, including clinics, hospitals, private practices, schools, government and private organizations. Crisis Hotline: 1-800-273-TALK. For more information, please visit www.heardalliance.org

Lucile Packard Children's Hospital Stanford - Adolescent Medicine:

The Center for Adolescent Health provides Medical Services for adolescents and young adults between the ages of 12-21 years. Services are provided by adolescent

medical specialists. For more information, please visit www.stanfordchildrens.org/en/service/adolescent-medicine

Lucile Packard Children’s Hospital Stanford - Child and Adolescent Mental Health:

Both hospital-based and outpatient services are offered through the Division of Child and Adolescent Psychiatry and Child Development. Hospital-based services provide psychiatric care for children and adolescents who are hospitalized for medical conditions. Outpatient services include eight specialty clinics that treat specific disorders within a wider range of childhood conditions. For more information, please visit <http://www.stanfordchildrens.org/en/service/child-adolescent-psychiatry>

Parents Place:

Offers parenting workshops, parent coaching and consultation, child behavior and school support, clinical and special needs services, parent/child activity groups, child and family therapy, and other helpful things for parents. Located in Santa Clara County and San Mateo County. For more information, please call 650-688-3040 or visit <http://parentsplaceonline.org/>

Ravenswood Family Health Center:

Offers Integrated Behavioral Health Services, a program designed for patients with less acute mental health issues. The primary care providers refer pediatric and adult patients to IBHS for evaluation and short-term counseling support. For more information please visit http://www.ravenswoodfhc.org/index.php/services/integrated_behavioral_health

San Mateo County Office of Education - Safe and Supportive Schools

Offers a resource of various programs that the County offers its parents, youth, and schools. For more information and for a list of programs please call 650-802-5472 or visit <http://www.smcoe.org/learning-and-leadership/safe-and-supportive-schools/>

Stanford Children’s Health - Teen Van:

Provides health services for uninsured and/or homeless youth by visiting various San Francisco, San Mateo, and Santa Clara County locations. For more information please call 650-736-7172 or visit <http://www.stanfordchildrens.org/en/service/teen-van>

StarVista:

They deliver high impact services through counseling, skill development, and crisis prevention to children, youth, adults and families. They offer safe, supportive, non-judgmental environments and offer several programs offer more intensive treatment for clients who are dealing with trauma or multiple mental health and substance abuse issues. For more information, please call 650-591-9623 or visit www.star-vista.org

Sutter Health - Teenage Mental Health Services:

They offer comprehensive teenage mental health services for adolescents ages 13-18- meaning teens experiencing depression, thoughts of suicide, drug or alcohol dependency or disordered eating may be able to benefit from this program. For more information please call 650-696-4666 or visit www.mills-peninsula.org/behavioral-health/teenagers/

Uplift Family Services:

A statewide nonprofit that helps families and children. The agency is one of the largest, most comprehensive mental health treatment programs in California and take a state-of-the-art approach to children and adolescents with complex behavioral health challenges. Located in several counties. For more information (based in San Mateo County), please call 408-379-3790 or visit www.upliftfs.org/about/locations/san-mateo-county/

Alameda County

Alameda County - Behavioral Health Care Services:

ACBHCS strives to reach out to their communities and make services available to each and every Alameda County resident in need. For more information visit <http://www.acbhcs.org/>

Bay Area Centers for Adolescents:

Center for treating depression, anxiety, substance abuse, defiance, problems with family, cutting, eating disorders, sexual identity issues, ADD/ADHD, learning disabilities, anger through individual/family therapy, medical management, psychological assessment, and educational therapy. Multiple locations: San Francisco, Marin, Oakland/Berkeley, and Palo Alto. For more information, please call 415-448-6679 or visit <http://www.bayareadolescent.com/home.html>

Bay Area Children’s Association:

BACA is a nonprofit mental health agency committed to providing integrated, scientific, and empathetic treatment for children, youth, and their families. Two locations: San Jose and Oakland. For more information please call (Oakland) 510-922-9757 or visit www.baca.org

Bay Area Youth Center:

BAYC partners with vulnerable youth, empowering them to successfully transition to living independently as the most self-reliant, confident adults they can be. They provide mentoring, guidance and course corrections in an environment in which it is safe to make mistakes as an inherent part of learning and practicing life skills. For more information please call 510-727-9401 or visit www.baycyouth.org

City of Berkeley - Mental Health Division: Family Youth & Children’s Services:

Family, Youth & Children’s Services provides Comprehensive Care Services to the residents of Berkeley and Albany. They offer outpatient counseling services and mental health support services. For more information, please call 510-981-5280 or visit [http://www.ci.berkeley.ca.us/Health_Human_Services/Mental_Health/Family,_Youth_and_Children%E2%80%99s_Services_\(FYC\).aspx](http://www.ci.berkeley.ca.us/Health_Human_Services/Mental_Health/Family,_Youth_and_Children%E2%80%99s_Services_(FYC).aspx)

Crisis Support Services - Alameda County:

Their mission is to reach out and offer support to people of all ages and backgrounds during times of crisis, to work to prevent the suicide of those who are actively suicidal and to offer hope and caring during times of hopelessness. In addition, Crisis Support Services of Alameda County offers community education programs such as Teens for Life, which aims to provide a “full circle of care” for the student who may be at risk for suicide. Crisis Line: 1800-309-2131. For more information please call 510-420-2460 or visit www.crisissupport.org

East Bay Agency for Children:

EBAC delivers a comprehensive continuum of services focused on three strategies: Building Resiliency, Aiding in Recovery, and Prevention. EBAC has a long history providing community-based services that both serve as prevention and complementary recovery services to vulnerable children and families. For more information, please call 510-268-3770 or visit www.ebac.org

Family Education and Resource Center:

FERC is a new family/caregiver- centered program that provides information, education, advocacy, and support services to family/caregivers of children, adolescents, transitional age youth, adults, and older adults with serious emotional disturbance or mental illness living in all regions of Alameda County. For more information please call 510-746-1700 or visit www.askferc.org

Fred Finch Youth Center:

They work with young people to overcome multiple and simultaneous challenges, including homelessness, economic disadvantage, mental health and cognitive disabilities, and histories of significant trauma and loss. Youth Center locations in Alameda County and San Mateo County. For more information (Alameda County) please call 510-482-2244 ext. 5200 or visit www.fredfinch.org

Hayward Police Department - Youth & Family Services Bureau:

The Youth & Family Services Bureau is a unique part of the Hayward Police Department where police officers and professional counselors work side by side offering a variety of services to the residents of Hayward. A few of the programs of the services offered by YFSB include: School-Based Counseling Program, Youth Diversion Program, Family Counseling, Crisis Intervention & Case Management. For more information, please visit <http://www.hayward-ca.gov/police-department/public-services/youth-family-services-bureau>

Mental Health Association of Alameda County:

MHAAC is an independent local affiliate of the Mental Health Association in California. MHAAC engages in two broad kinds of activity: the first involves providing direct assistance to people with mental illness and the families through Prevention and Recovery in Early Psychosis (youth ages 16-24) and a Family Education & Resource Center. For more information please call 510-835-5010 or visit www.mhaac.org

National Center for Youth Law:

NCYL is a nonprofit law firm that helps low-income children achieve their potential by transforming the public agencies that serve them. For more information please call 510-835-8098 or visit www.youthlaw.org

Pacific Center for Human Growth:

The Pacific Center fosters and enhances the well-being and self-respect of Lesbian, Gay, Bisexual, Transgender, and Queer youth, seniors and adults through the delivery of LGBTQ competent mental health and wellness services and through the cultivation of a strong community of LGBTQ-proficient mental health care professionals. For more information please call 510-548-8283 or visit www.pacificcenter.org

Peers Envisioning and Engaging in Recovery Services:

PEERS' mission is to promote innovative peer-based wellness strategies. They create

culturally-rich, community-based mental health programs that honor diverse experiences and eliminate stigma and discrimination. For more information please call 510-832-7337 or visit www.peersnet.org

Peer Health Exchange:

Their mission is to empower young people with the knowledge, skills, and resources to make healthy decisions. With their partners, they will advance healthy equity and improve health outcomes for young people. Located in San Francisco and Alameda County. For more information please call 415-684-1234 or visit www.peerhealthexchange.org

Seneca Family of Agencies:

Offers family centered, individualized, and culturally relevant and strength based support for youth mental health wellness. Offers services in the main regions: Bay Area, Central, and Southern California. For more information please call 408-554-2550 or visit <http://www.senecafoa.org/>

Stanford Children's Health - Comprehensive Eating Disorders Program:

This is the only comprehensive program in Northern California that treat children and adolescents with eating disorders for both inpatient and outpatient. For more information please call 408-637-5959 or visit <http://www.stanfordchildrens.org/en/service/eating-disorders-program>

Stars Behavioral Health Group - Stars Community Services:

Stars Community Services provides programs for children, adolescents, and transitional age youth who face emotional, behavioral, and learning challenges and having difficulty succeeding in family or community living environments. Located in San Leandro. For more information, please call 510-924-0548 or visit www.starsinc.com/alameda-county/

UCSF Benioff Children's Hospital Oakland- Mental Health & Child Development:

The Division of Mental Health & Child Development is dedicated to helping children and youth who are struggling with emotional and mental health challenges, developmental disabilities, or behavioral problems by creating a safe and comfortable environment. For more information, please visit www.childrenshospitaloakland.org/main/departments-services/mental-health-child-development--40.aspx

Uplift Family Services:

A statewide nonprofit that helps families and children. The agency is one of the largest, most comprehensive mental health treatment programs in California and take a state-of-the-art approach to children and adolescents with complex behavioral health challenges. Located in several counties. For more information (based in Alameda County), please call 925-602-1750 or visit www.upliftfs.org/about/locations/alameda-county/

Willow Rock Center:

Willow Rock provides psychiatric crisis stabilization and initial psychiatric treatment for adolescents ages 12-17 in Alameda County who have limited or no insurance. For more information, please call 510-337-7950 or visit www.telecarecorp.com/willow-rock-center/

Other Resources

Art With Impact: www.artwithimpact.org

University of Pennsylvania - Active Minds Penn:

The University of Pennsylvania's chapter of Active Minds works to increase students' awareness of mental health issues, provide information and resources regarding mental health, and serve as a liaison between students and the mental health community. For more information, please visit www.activeminds.org

Family Service Agency of Marin - A Division of Buckelew Programs:

FSA currently implements TeenScreen at Marin County middle and high schools. TeenScreen was developed at Columbia University and is a computerized screening questionnaire completed by adolescents to determine risk for depression, suicide, alcohol or drug abuse, post-traumatic stress disorder and number of other mental health concerns. Call for support: 415-491-5700. 24/7 Suicide Hotline: 415-499-1100. For more information please visit <http://fsamarin.org/teenscreen/>

Young Minds Advocacy:

Using a blend of policy research and advocacy, impact litigation, and strategic communications, Young Minds works to change attitudes towards mental illness and break down barriers to quality mental healthcare for young people and their families. For more information, please visit www.youngmindsadvocacy.org

Crisis Numbers

Crisis Text Line: Text 741741 to text with a trained Crisis Counselor

Youth and Teen Suicide and Crisis Hotline: 888-247-7717

Santa Clara County Suicide and Crisis Hotline: 855-278-4204

Crisis Support Services: 1800-309-2131

California Youth Crisis Line: 1-800-843-5200

Trevor Youth Suicide Helpline: 1-866-4UTREVOR (1-866-488-7386): a 24 hour suicide prevention helpline for gay and questioning youth

Bill Wilson Center Crisis Line: 408-850-6125

National Suicide Prevention Lifeline: 1-800-273-TALK

San Francisco Suicide Prevention Help Line: 415-781-0500

Links to Other National or Local Resources

American Academy of Child and Adolescent Psychiatry- Family Resources:

https://www.aacap.org/AACAP/Families_and_Youth/Family_Resources/Home.aspx?hkey=5bd95eb8-aabb-4110-b706-90216cbe33df

American Foundation for Suicide Prevention (AFSP): <http://www.afsp.org/>

American Foundation for Suicide Prevention- Greater San Francisco:

<https://afsp.org/chapter/afsp-greater-san-francisco/>

Anxiety Disorders Association of America: <http://www.adaa.org/>

Bay Area Suicide & Crisis Intervention Alliance: www.bascia.org

California Mental Health Services Authority: www.calmhsa.org

Child and Adolescent Bipolar Foundation: <http://www.bpkids.org/site/PageServer>

Comprehensive Suicide Prevention Toolkit for Schools:

<http://www.pausd.org/sites/default/files/pdf-faqs/attachments/ComprehensiveSuicidePreventionToolkitforSchools.pdf>

Depression Bipolar Support Alliance: <http://www.dbsalliance.org/>

Each Mind Matters - California's Mental Health Movement: <http://www.eachmind-matters.org/>

Fusion Academy: www.fusionacademy.com

Gunn High School (Palo Alto)- Links to Wellness/Guidance: <http://www.gunn.pausd.org/guidance/wellness>

JED Foundation: <https://www.jedfoundation.org>

Kaiser Permanente - Chemical Dependency Recovery Program:

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanfrancisco/locations/chemical-dependency-recovery-program-cdrp/>

Kids in Common- Bullying: www.kidsincommon.org/bullying

Language World Services: www.languageworldservices.com

National Alliance on Mental Illness: www.nami.org

National Institute of Mental Health: www.nimh.nih.gov

National Institute of Mental Health - Depression in Children & Adolescents:

<http://www.nimh.nih.gov/health/topics/depression/depression-in-children-and-adolescents.shtml>

Partners for Strong Minds: <http://partners4strongminds.org/>

SAMSHA: Substance Abuse & Mental Health Services Administration: www.samhsa.gov

Santa Clara University School of Education and Counseling Psychology: www.scu.edu/ecp/

Suicide Prevention Resource Center: www.sprc.org

Note: This is not an all-inclusive list. These resources are provided for informational purposes.

Thank you for attending the 1st Annual Adolescent Mental Wellness Conference