

South Bay Psychiatrists Referral List

Suicide Prevention and Crisis Hotline

1-855-278-4204, toll-free, available 24 hours/day, 7 days/week.

Emergency Psychiatric Services – 24 hours/day
(408) 885-6100

If covered by Medi-cal or Santa Clara Family Health Plan? Contact the Santa Clara County Mental Health Referral Hotline: 1-800-704-0900

- **Services:** Phone screening by licensed clinician, provides assessment of sx's and referral to appropriate clinic; case management available for more severe needs
- **Fees:** Medi-cal, ok if no insurance
- **Other Languages:** Spanish.
- **Hours:** M-F, 8 am to 5 pm, has "after hours" crisis support

Santa Clara County Social Services Agency
(408) 758-3600

If covered by Alameda County Medi-cal or need Alameda County referrals for Mental Health and Substance Abuse, Dial Call Center at (800) 491-9099

- **Hours:** M-F, 8:30 am – 5 pm

Alameda County Social Services Agency
(800) 698-1118

If covered by Contra Costa Medi-cal or need Contra Costa County referrals for Mental Health and Substance Abuse, Dial Call Center at (888) 678-7277

- **Hours:** M – F, 8 am to 5 pm

Contra Costa Medi-cal and CalFresh Service Center
(866) 663-3225

If covered by San Mateo County Medi-cal or need San Mateo referrals for Mental Health and Substance Abuse, Dial Call Center at (800) 686-0101

- **Hours:** M-F, 8:00 am – 5 pm

San Mateo Benefits and Eligibility Center
(800) 223-8383

If covered by San Francisco County Medi-cal or need San Francisco County Mental Health Services, Dial Call Center at (888) 246-3333

- **Hours:** Available 24 hours a day

For Alcohol and Drug Referrals, call (415) 503-4730

- **Hours:** Drop In: M-F, 9:30 am – 4:30 pm

San Francisco Department of Human Services
415-863-9892

If covered by Monterey County Medi-cal or need Monterey County referrals for Mental Health and Substance Abuse, Dial Call Center at (888) 258-6029

- **Hours:** M-F, 8:00 am – 5 pm
- **Need to attend the Group Orientation held T, W, or Th at 1:30 pm;** thereafter they are scheduled for MH evaluation appointment

Monterey County Social Services Center
(866) 323-1953

If covered by Santa Cruz County Medi-cal or need Santa Cruz County Mental Health Services, Dial Call Center at (800) 952-2335

- **Hours:** M-F, 8:00 am – 5 pm

For Alcohol and Drug Services, call (831) 454-4050
Santa Cruz Human Services Department
(888) 421-8080

If covered by Kaiser or Medi-cal/Kaiser

Contact Kaiser Psychiatry, 8:30 am to 5:30 pm, M-F
San Jose (Cottle Rd.) – (408) 972-3095
Santa Clara (Homestead Rd.) – (408) 366-4400
Milpitas (Milpitas Blvd.) – (408) 945-2915
Redwood City (Veterans Blvd.) – (650) 299-4777
Gilroy (for 1st time scheduling) – (408) 972-3095

If covered by Medi-cal/Anthem Blue Cross

Contact Telephone Number on back of card or
Go to www.anthem.com/ca and in the Useful Tools area click on "Find a Doctor"

Santa Clara County – Urgent Care Clinic
871 Enborg Court, San Jose, CA 95128
Phone: (408) 885-7855

- **Services:** Temporary clinic care, assessed by clinician, then referred as appropriate
- **Fees:** Medi-cal, ok if no insurance
- **Other Languages:** Spanish.
- **Hours:** M-F, 8 am to 10 pm, open holidays and weekends

LGBTQ Youth Space

452 South First St., San Jose, CA, 95112
Phone: (408) 343-7940 www.youthspace.org

- **Services:** LGBTQ youth ages 13-25. Call for services, or schedule online: youthspace.org/schedule-a-meeting-with-a-counselor/; need referral from Program Counselor for Psychiatrist
- **Fees:** Medi-cal or No insurance
- **Psychiatrist available on Thursdays**

Family and Children Services

950 West Julian St., San Jose, CA 95126

(408)-292-9353 www.fcservices.org

- **Specialty:** Counseling and other services for deaf and hard of hearing clients, & LGBTQ youth. Psychiatrist available when receiving services within their agency.
- **Other Services:** 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.

Phone: (650)-326-6576 www.fcservices.org

- **Services:** Individual, group, family therapy. Men's - Domestic Violence and Substance Abuse Classes. Psychiatrist available when receiving services within their agency.
- **Fees:** Accepts most insurance. Sliding scale begins at \$30/session and \$20/class.
- **Hours:** M-F 9am-6pm.

Alum Rock Counseling

1245 E. Santa Clara St., San Jose, CA 95116

Phone: (408) 294-0500 www.alumrockcc.org

- **Services:** Individual counseling
- **Specialty:** Youth Ages 6-17
- Psychiatrist available 2x/week.
- **24 Hour Crisis Line (408) 294-0579**
- **Fees:** Medi-cal eligibility only
- **Other Languages:** Spanish, Vietnamese
- **Hours:** M-Th 8:30 am – 8 pm,
F 8:30am – 6 pm

<https://www.mybenefitscalwin.org/>

Website for California residents to learn about and apply for medical, food, and cash assistance programs. Also provides ongoing access to secure and private benefit information.

<http://www.coveredca.com/>

Covered California is the place where Californians can get brand-name health insurance under the Patient Protection and Affordable Care Act. Get federal premium assistance to help you buy private insurance or get health insurance through the state's Medi-Cal program.

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