

Bethsaida

COUNSELING
SERVICES

ALLEN TEMPLE BAPTIST CHURCH
8501 INTERNATIONAL BLVD., BUILDING C
OAKLAND, CA 94621
(510) 544-8945

We at Bethsaida Counseling Services (BCS) at Allen Temple Baptist Church wanted to offer a list of additional services to assist the community with connecting to professionals available virtually (online) sessions and other services for those in need of emotional, mental & behavioral health and wellness support. Remember that it is okay to ask for help.

Offering Individual Sessions: *(All therapists listed self-identify as a therapist of color.)*

Anitra M. Clark, LCSW

LCSW #26654

(510) 241-2373

clarkconsulting2010@gmail.com

(Offering 3 free virtual therapy sessions for individuals. Limited appointments available.)

Renee Grevenberg, LCSW

LCSW #28667

(925) 783-0440

ReneeG.LCSW@gmail.com

(Offering sliding scale virtual therapy sessions for individuals.)

Eric R. Lindberg, MA, AMFT

AMFT #103002

Roots in Healing (Berkeley)

(415) 841-3146

elindberg.therapy@gmail.com

(Note: Supervised by Jeanette Lopez-Urbina, LCSW #66090)

(Offering sliding scale \$80 virtual therapy sessions for individuals.)

Nancy McFarland, LCSW

LCSW #82810

Outing Anxiety

(510) 567-4709

hello@outinganxiety.com

(Offering sliding scale virtual therapy sessions for individuals.)

Maria Pilar Bratko, LMFT

LMFT #46312

(510) 648-5384

bratko.mft@gmail.com

(Offering sliding scale \$50 virtual therapy sessions for Spanish speakers.)

Community Clinics:

Roots Community Health Center

(510) 777-1177

(Offering virtual therapy sessions for the community.)

Veterans Peer Support:

Derrick E. Felton, MSW, MPA, MBA

(215) 668-6651

(A Veterans Liaison offering free peer support for Veterans.)

Bethsaida

COUNSELING
SERVICES

ALLEN TEMPLE BAPTIST CHURCH
8501 INTERNATIONAL BLVD., BUILDING C
OAKLAND, CA 94621
(510) 544-8945

Groups:

Circle of Care Grief and Illness Support (East Bay Agency for Children)

Assists children and families who are coping with grief after the death of a loved one. Free or low cost peer support groups and resilient parenting groups are offered to these families. Call (510) 531-7551 x3195 for more information and to determine if they are offering virtual assistance.

Crisis Support Services of Alameda County

Offers support groups for various topics including grief. Contact the Clinical Director, Andrea Henderson, (510) 420-3224 or call (800) 260-0094 for more information and to determine if they are offering virtual assistance. Also has a 24 hour crisis line, (800) 273-8255.

Directories: (Use these directories to assist with your online search for a therapist of color.)

Boris Lawrence Henson Foundation

<https://borislhensonfoundation.org>

Click on the BLHF Resource Guide

Enter 'California' in the state field. This is a national directory; therefore, you must ensure you select a therapist in California.

(Offering 5 free individual virtual therapy sessions for persons affected by COVID-19.)

Coronavirus Online Therapy

www.coronavirusonlinetherapy.com

An online directory of therapists offering free to low cost sessions (\$0-\$50 per session). Ensure you select a therapist in the state of California as this is a national directory.

National Association Black Social Workers

<https://blackcommunityresources.com>

An online directory for COVID-19 Resources and general resources, i.e., basic needs, physical & mental wellness, income & economic resources and self-help. This directory is still developing.

Psychology Today

www.psychologytoday.com

An online directory to assist in your search for a therapist. There are photos, personal statements, insurances accepted and other details listed for each provider.

Therapy for Black Girls

www.therapyforblackgirls.com

An online directory to assist in your search for a therapist. There are photos, personal statements, insurances accepted and other details listed for each provider.

Crisis and Support Lines

Parents

Parent Stress Helpline, (800) 829-3777; (510) 893-5444.

24-Hour Crisis Line for Parents, (415) 441-5437.

National Parent Helpline, (855) 427-2736.

Domestic Violence

National Domestic Violence Hotline, (800) 799-7233.

A Safe Place, (510) 536-7233.

Bethsaida

COUNSELING
SERVICES

ALLEN TEMPLE BAPTIST CHURCH
8501 INTERNATIONAL BLVD., BUILDING C
OAKLAND, CA 94621
(510) 544-8945

Sexual Assault

National Sexual Assault Hotline, (800) 656-4673.

Crisis Text Line, Text HOME to 741741 to reach a Crisis Counselor.

Bay Area Women Against Rape, (510) 845-7273.

Highland Hospital Sexual Assault Crisis Line, (510) 534-9290; (510) 534-9291.

Human Trafficking

National Human Trafficking Hotline, (888) 373-7888.

Suicide

National Suicide Prevention Lifeline, (800) 273-8255.

Substance Abuse & Other Addictions

Alcohol Anonymous, (510) 839-8900.

Al-Anon/Alateen, (510) 528-4379.

Food Addicts Anonymous, (510)520-7068 – Cathy M.:(510) 368-1753 – Erin D.; (415)377-6721–Carlos W.

Overeaters Anonmous, (510) 923-9491 or (925) 274-9491.

Narcotics Anonymous, (510) 444-4673.

Recovering Couples Anonymous, (877) 663-2317.

Apps

COVID Coach

This app is a free mobile phone application for civilians, Veterans and service members affected by the COVID-19 pandemic. It is designed to help you improve our self-care and overall mental health during these difficult times. The app has different sections 'Manage Stress', 'Mood Check', 'Learn' ; as well as, 'Find Resources'.

Websites for general needs:

www.211alamedacounty.org

This website is available to provide information and referral for basic needs and more resources. There is a section for COVID-19/Coronavirus and associated resources. In addition, there are sections for health, housing and human services transportation services, re-entry services. Need assistance, call 2-1-1. Each county has its equivalent to the same.

www.acphd.org

Alameda County Public Health Department provides a listing of community resources among other information. Go to the website. Click 'Community Resources' and you will be directed to 'Resources for the Community'. View 'Resources' listed on the left hand side and select your need, i.e., 'Mental Health & Social Benefits' for links to information and resource lists related to mental health, food access, housing, etc. Each county has its equivalent to the same.

www.covid19.ca.gov

California Coronavirus (COVID-19) Response provides information about how to get financial help, food/foodassistance, manage your stress, emotional health resources, guide for immigrant Californians, and more.

www.MyChildCare.ca.gov

Find information about licensed childcare providers that are currently open including location, health and safety details, ages of children served, capacity, and hours of care.

Bethsaida

COUNSELING
SERVICES

ALLEN TEMPLE BAPTIST CHURCH
8501 INTERNATIONAL BLVD., BUILDING C
OAKLAND, CA 94621
(510) 544-8945

www.acbhcs.org

Alameda County Behavioral Health Mental Health & Substance Use Services offers services for Alameda County residents. Go to www.acbhcs.org. Click on 'Resource Directory'. Then click 'Provider Directory'. Choose your need, i.e., Mental Health, Substance Abuse, etc. You will be taken to a list of providers, agencies that provide the service selected. The list is available in various languages. Contact ACBHCS at (510) 567-8100 for information about upcoming support groups and other events. Each county has its equivalent.

Disclaimer: This list was compiled to assist the community in finding resources outside of Bethsaida Counseling Services (BCS) and is by no means meant to be a complete list of services that may be available. It is being provided as a courtesy. This list consists of individual therapists, liaisons and private agencies subject to their own regulations and liabilities. BCS holds no ability to regulate or investigate these outside providers, liaisons, businesses or community agencies. BCS does not endorse one provider or service over another and receives no payment or services in return. Your decision to utilize any of the listed providers, liaisons, services or agencies is at your own discretion, where upon it is incumbent upon the individual to do due diligence before utilizing any resource on this list. Decisions made to avail oneself of any service listed is considered an "at will" decision on the part of the individual; all negotiations and fees are between the selected provider, liaison or

c
o
m
m
u
n
i
t
y

a
g
e
n
c
y

a
n
d

t
h
e

i
n
d
i
v
i
d
u
a
l
.