

Mental Health Resources

- NAMI – National Alliance on Mental Illness – www.nami.org
- NAMI Alameda County – www.namica.org/locations/alameda-county
- Contra Costa Health: www.ccHealth.org/mentalhealth
- Alameda County Mental Health: www.mhaac.org
www.acbhas.org/providers/main/index.htm
- Department of Public Health: www.cdph.ca.gov
- American Institute of Stress: www.stress.org
- Bay area Support Consortium, harassment, Cyber torture and stalking support: www.bayareasupport.org

Caregivers and Elderly

- Team/Caregiver Support Group: Beverly 510-334-7721
- Online Peer Support Group for Consumers themselves: 510-560-6498
- Connecting that one caring adult in California: www.beingwell.ca.org
- Virtual Caregiver Support Group: 888-996-3372, M-F, 9-6

Teens and Back to School

- Leading Directory for Teen Academic and Enrichment Opportunities: www.Teenlife.org
- Back to School anxiety during Covid-19 www.childrens.com
- Dedicated to improving Student Mental Health in California: www.beingwell.ca.org
- Family Education and Resource Center: www.ferc.org

Family Resources, Services, and Helplines

- The California Parent & Youth Helpline: 877-427-2736
- Fremont Family Resource Center: 510-871-0043
- Oakland Community Support Center: 510-777-3800
- Pleasanton Valley Mental Health Services: 925-551-6851
- Family Paths' Parenting Stress Helpline: 800-829-3777
- Youth Uprising: Mental Health Services: 510 863-4119
 - www.youthuprising.org/covid19
- Berkeley YMCA with Parent Support Groups: 510-665-3280
- Parents Helping Parents: 510-276-9479
- Family/Caregiver Advocacy Specialist: 510-393-9275
- Family/Caregiver/Provider Support Group: 510-895-4369