

## Mental Health Resources

### East Bay Center for Anxiety Relief

- 2223 Santa Clara Ave, Suite B5, Alameda, CA, 94501
- (510) 748-0637
- <https://www.eastbayanxiety.com/>

### Jessika Fruchter, LMFT

Online Therapy for Women and Girls

- 1611 San Pablo Ave, Berkeley, CA, 94702
- (510) 295-5767
- <https://www.jessikafruchtermft.com>

### Axis Center for Mental Health

Laura Wesley, LCSW

- 516 Oakland Ave, Suite 203, Oakland, CA, 94611
- (510) 788-0728
- <https://www.axismundicenter.org/>

### East Bay Family Wellness

Gretchen Placzek, MA, LCSW

- 901 Moraga Road, Suite D, Lafayette, CA, 94549
- (925) 878-5616
- <http://www.gretchenplaczek.com/>

### Green Leaf Psychology

- 302 Village Square, Orinda, CA, 94563
- (925) 386-6037
- <https://www.greenleafpsych.com/>

### Pacific Coast Psychiatric Associates

- Locations in Walnut Creek, Emeryville, San Francisco
- (925) 282-1778
- <https://www.pcpasf.com/>

### Ocean Psychiatry

- 39180 Liberty St, Suite 205, Fremont, CA, 94538
- (510) 617-5699
- <https://www.oceanpsychiatry.com/>

### Debora McManus, LCSW

Therapy for Children and Families

- 954 Risa Rd, Suite A, Lafayette, CA, 94549
- (415) 260-1190
- <https://www.mcmanus-therapy.com/>

**If you are experiencing an emergency or are in danger, call 911 immediately**

National Suicide Prevention Hotline: 1-(800)-273-8255

Contra Costa Health Services Suicide and Crisis Hotline: 1-(800)-833-2900

Trevor Lifeline for LGBTQ+ Youth Hotline: 1-(866)-488-7386

National Runaway Safe Line: 1-(800)-RUNAWAY ... 1-(800)-786-2929

National Sexual Assault Hotline: 1-(800)-656-HOPE ... 1-(800)-656-4673