**Community Mental Health Resources**

Psychotherapy Institute of Individual, Family, and Community Development, Inc.

509 West 10th Street, Antioch, CA 94509

(925) 777-9540

*Specializes in treating couples, parents, and children. They offer a range of services including individual, marriage and couples, and family counseling.*

Amador Institute

3701 Lone Tree Way, Suite 7, Antioch, CA 94509

(925) 778-3800

*Independent mental health organization that provides individual, couples, and family counseling. Treatment specialization includes: therapy for depression and anxiety, couples counseling, parenting support, grief counseling, work and career issues, stress management, addiction and recovery, and conflict resolution.*

Child Therapy Institute

3720 Sunset Lane, Suite D, Antioch, CA 94509

(925) 978-0208

*Part of the Contra Costa Behavioral Health Services Provider Network. Offers mental health services, including therapy, to children and families.*

Community Health for Asian Americans (CHAA)

3727 Sunset Lane, Suite 110, Antioch, CA 94509

(925) 778-1667

*Offers community-based behavioral health services for children, youth, and adults through therapy, case management, alcohol and other drug prevention and treatment, consultation, and psychological assessment. They also offer wrap-around services for children, adolescents, and their families facing emotional and behavioral challenges as well as adults who are homeless or at-risk for homelessness. CHAA has* ***staff that speak******20 different Asian/Pacific Islander languages and dialects, as well as Spanish.***

East County Children’s Mental Health Clinic (Contra Costa Behavioral Health)

2335 Country Hills Drive, Antioch, CA 94509

(925) 608-8700

*Provides psychiatric and outpatient services to children and their families, family partners to assist with advocacy, transportation assistance, navigation of the service system, wraparound services, and linkage to county-wide children’s specialty services, such as emergency foster care and hospital and residential unit care.*

Seneca Mobile Response Team

(877) 441-1089

**Private Therapists**

River Counseling Center

2225 Buchanan Road, Suite H, Antioch, CA 94509

(925) 757-4837

David Harrell

234 Oak Street, Suite 9, Brentwood, CA 94513

(925) 240-0611

*Licensed MFT*

Felecytie (Fey) Rosen-Hanson

60 Sand Creek Road, Suite 320, Brentwood, CA

(925) 325-4239

*AMFT (Supervised by Renee Beck LMFT)*

**Resources for LGBTQ+**

Rainbow Community Center

2118 Willow Pass Road, #500, Concord, CA 94520

(925) 692-0090

*RCC provides quality individual, couple, and family counseling and case management support to members of the LGBTQ community and their families, and to those who are questioning their sexual orientation and/or gender identity. Other services include free HIV and STI testing and food assistance for low-income qualifying members within Contra Costa. They also have various support groups including those for homeless transitional age youth, trans/non-binary individuals, and LGBTQ+ youth.*

It Gets Better Project

<https://itgetsbetter.org/>

*The It Gets Better Project is a nonprofit organization with a mission to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer youth around the globe.*

Gender Spectrum Website

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

*Gender Spectrum provides an array of services to help youth, families, organizations, and institutions understand and address concepts of Gender identity and Gender expression, including how societal, cultural, organizational and community definitions of gender can be detrimental to any young person that does not fit neatly into these categories*

**Resources for Foster Youth**

Alternative Family Services

401 Roland Way, Suite 100, Oakland, CA 94621

(510) 839-3800

*AFS provides two forms of mental health services to foster youth and families: therapeutic visitation services and community-based mental health services. AFS specializes in providing mental health services in the foster care environment. Often services take place in the foster home or at a convenient location in the community. The services are coordinated, integrated, and customized to best address client needs.*

**Resources for Youth and Families in Transition (Homeless)**

Contra Costa Crisis Center

307 Lennon Lane, Walnut Creek, CA 94598

(925) 939-1916

*The mission of the Contra Costa is to keep people alive and safe, help them through crises, and provide or connect them with culturally relevant services in the community. Contra Costa Crisis Center provides services to prevent suicides throughout Contra Costa County by operating a nationally certified 24-hour suicide prevention hotline. Other services include grief counseling, family support, and homeless services.*

DV Food Vault

Food giveaways are held @3:15pm on 4th Friday of each month

Portable 180 (front left side of campus where Lone Tree and Sagebrush meet), 4700 Lone Tree Way, Antioch, CA 94531

*First-come basis while supplies last. No paperwork or proof of need is required. Please return grocery bag or box for reuse.*