

NEED HELP?

Your mental and emotional health is just as important to us as your spiritual health. If you're having difficulties, please ask for help. Inside are some local options with sliding fee scale, which means as a seminary student– or the partner of a student, money doesn't have to be a barrier to getting the help you need. (Additional funds are available through Student Life. Contact Chris Evans (cevens@plts.edu) for more information.)



Pacific Lutheran Theological Seminary
Please contact the Campus Pastoral Care
Team if you have questions or need
additional assistance.
[http://www.plts.edu/directory/pastoral-
team.html](http://www.plts.edu/directory/pastoral-team.html)

Bay Area Counseling Services





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**A Safe Place to Heal
in Oakland**

Rates: Insurance, Varied rates depending on the counselor

Website: www.safelacetoheal.com

Phone: See website as there are different numbers for each therapist.

**Berkeley Christian Counseling
in Berkeley**

Rates: Sliding Scale

Website:

www.berkeleychristiancounselors.org

Phone: 510-548-5858

**Center for Creative Growth
in Berkeley**

Rates: Insurance, Sliding Scale

Website: www.creativegrowth.com

Phone: 510-527-2100

**Oakland Community Counseling Center
in Oakland**

Rates: Sliding Scale

Website: www.jfku.edu/Locations/Community-Counseling-Centers/Oakland-Center-Holistic-Counseling

Phone: (510) 444-3344

**Interfaith Counseling Center
in San Anselmo and Berkeley**

Rates: Insurance, Sliding scale with special rates for students

Website: www.interfaithcc.org

San Anselmo Phone: (415) 256- 9701

Berkeley Phone: (510) 225 - 5595

