

Suicide Prevention

National Suicide Prevention Lifeline
24 hours a day, 7 days a week: 800-273-TALK(8255),
www.suicidepreventionlifeline.org
City of Berkeley Mental Health Mobile Crisis Team,
Voicemail line monitored 11:30 a.m. to 10 p.m., seven days a week: 510-981-5254
Crisis Support Services of Alameda County, 24-hour hotline: 800-309-2131, www.crisissupport.org

Counseling/Therapy Resources

Please note that the following resources listed are not endorsed by PLTS or California Lutheran University but are provided as a starting point for one's own research to find a fit for their needs.

• Interfaith Counseling Center, San Anselmo and Berkeley (formerly known as Lloyd Counseling Center)
Rates: Insurance, Sliding scale with special rates for students
Website: www.interfaithcc.org
San Anselmo Phone: 415-256-9701
Berkeley Phone: 510-225-5595
JFKU Oakland Community Counseling Center, Oakland
Rates: Sliding Scale
Website: www.jfku.edu/Locations/Community-

Counseling-Centers/Oakland-Center-Holistic-Counseling

Phone: 510-444-3344
• Berkeley Christian Counselors, Berkeley
Rates: Fee schedules based on counselors' experience level, \$70-175 per session. Scholarship recipients must contribute a minimum of \$35 per \$70 session or \$50 per \$120 and up. Scholarship funds are available to pay for up to 12 counseling sessions per client and up to \$420 per client.
Website: www.berkeleychristiancounselors.org
Phone: 510-548-5858

• San Francisco Night Ministry, 1031 Franklin St., San Francisco, CA 94109. Night ministers walk city streets every night of the year. Day phone: 415-935-7862, Crisis line (10 p.m. to 4 a.m.) 415-441-0123, office@sfnightministry.org.

Emergency Funds Available from PLTS

A limited fund is available to assist PLTS students in the event of emergency situations. For more information, contact Christopher Evans, Associate Dean for Student Formation, 510-559-2737, cevans@plts.edu.

Community Resources



Pacific Lutheran Theological Seminary of California Lutheran University

*Sexual Assault

*Abuse

*Homelessness

*Family Planning

*Sexual Health

*Pastoral Support

*Suicide Prevention

*Counseling/Therapy Resources

Sexual Assault

- Call 911 for emergency medical treatment or to report rape
- Alta Bates Summit Medical Center, 2450 Ashby Avenue, Berkeley: (510) 204-4444

POLICE INVOLVEMENT IS MANDATORY

- University of California at Berkeley Health Services, 2222 Bancroft Way, Berkeley: (510) 642-2000

POLICE INVOLVEMENT IS MANDATORY

- Bay Area Women Against Rape, 470 27th St., Oakland: (510) 845-7273

POLICE INVOLVEMENT IS OPTIONAL

- Highland Hospital, Highland Sexual Assault Response Team, 1411 E. 31st St. Oakland: (510) 534-9290 or (510) 437-4019

POLICE INVOLVEMENT IS OPTIONAL

- Alameda County District Attorney's Office (for legal assistance) (805) 272-6222, 1225 Fallon Street, Suite 900 Oakland, CA 94612, info@alcoda.org

For official notification to the University which will result in a report and investigation:

- Christopher Evans, Deputy Title IX Coordinator, Associate Dean for Student Formation (for general assistance, to file a report, and visa and immigration status): (510) 559-2737, cevans@plts.edu.

Domestic Violence

- Call 911 for emergency assistance
Shelters and other support services:

- A Safe Place, 24-hour crisis line: 510-536-7233(SAFE), www.asafeplacedvs.org (serves women, children)
- Family Violence Law Center, 24-hour crisis line 800-947-8301, www.fvlc.org (serves women, children, gay men)
- S.A.V.E. (Shelter Against Violent Environments), crisis line 510-794-6055, save-dv.org (serves women, children)

Homelessness

- City of Berkeley services available at "The Hub" by phone or walk-in: 1901 Fairview Street, Berkeley, CA 94703, 866-960-2132
Hours: Monday - Friday 9 a.m.-noon and 1 p.m. - 4 p.m. More info: <http://www.ci.berkeley.ca.us/Content/Display.aspx?id=5554>
- Berkeley Food and Housing Project (Co-located w/same hours as city's "Hub") 866-960-2132, bfhp.org
- Bay Area Rescue Mission, 200 McDonald Ave., Richmond, CA 94801, 510-215-4555, single men must arrive by 6 p.m. for emergency shelter, women and children receive beds as available by calling 510-215-4860
- San Francisco Night Ministry, 1031 Franklin St., San Francisco, CA 94109. Night ministers walk city streets every night of the year. Day phone: 415-935-7862, Crisis line (10

p.m. to 4 a.m.) 415-441-0123, office@sfnightministry.org.

Family Planning/Sexual Health

- City of Berkeley Public Health Clinic serves city residents free or on sliding scale, Medi-Cal accepted
830 University Ave., Berkeley, CA 94710, 510-981-5350

By appointment during hours of: M, T 8-11 a.m., 1-3 p.m.; Th 10-noon; select Saturdays 11:30-2:30 p.m.
Limited # of drop-ins seen Monday afternoons and Saturdays
More info:

http://www.ci.berkeley.ca.us/Health/Human_Services/Public_Health/Family_Planning.aspx or email PublicHealth@cityofberkeley.info

- Planned Parenthood
By appointment: El Cerrito Health Center, 320 El Cerrito Plaza, El Cerrito, CA 94530, 510-527-5806;
West Oakland clinic, 1682 7th Street, Oakland, CA 94607, 510-300-8000

Campus Pastoral Team

Kara Groth, 619-709-2452, kgroth@plts.edu

Kathryn Gulbranson, 415-924-3782, ext. 12, pastorkathryn@msn.com

Jeff Johnson, 510-757-3652, jrobertj62@gmail.com

Joshua Serrano, 619-592-0921 jserrano@holyshepherd.org