

NEED HELP?

Your mental and emotional health are important aspects of your spiritual health. If you're in need of support, please ask for help.

Inside are some local options with sliding scale fees, which means as a seminary student money doesn't have to be a barrier to getting the support you need.

Additional funds are available through Student Affairs. Contact Christopher Evans at cevans@plts.edu for more information.



Pacific Lutheran Theological Seminary
Please contact Student Affairs or the Spiritual Team if you have questions or need additional assistance.
<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.safeplacetoheal.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

