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 does not have to be a barrier to getting the help you need.

*Additional funds are available through the Spiritual Care Team:

Telephone: (510) 559-2765
Email: pastoralcare@plts.edu

PLTS CARES

PLTS CARES emphasizes a holistic, intersectional approach to care of the seminary and individual students through a network of support, advocacy, and referral services. Through collaboration and coordination of resources, we seek to foster a vibrant and equitable community focused on the academic and personal success of students preparing for leadership in ministry settings.

We encourage and assist students to develop and sustain habits of self-care from the outset of their program and to continue these habits in their future ministry settings. These habits include, amont others, arranging in advance a professional network to provide medical supports, mental health supports, spiritual direction and pastoral counseling, physical activity and movement, and academic and other accomodations.

Office of Student Affairs
Pacific Lutheran Theological Seminary

2000 Center St. Ste. 200
Berkeley, CA 94704

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

plts
PACIFIC LUTHERAN THEOLOGICAL SEMINARY
Berkeley, CA www.plts.edu

BAY AREA COUNSELING SERVICES

EAST BAY THERAPY CENTERS

A Safe Place to Heal
Rates: Insurance, Varied Rates
Phone: See Website
Address: 1350 Solano Ave #4, Albany
Website: www.safeplacetoheal.com

Center for Creative Growth
Rates: Insurance, Sliding Scale
Telephone: (510) 527-2100
Address: 1221 Marin Ave, Albany
Website: www.creativegrowth.com

Pacific Center
Rates: MediCal, Sliding Scale
Telephone:(510) 548-28283
Address: 2712 Telegraph Ave., Berkeley
Website: www.pacificcenter.org

Berkeley Therapy Institute
Rates: Insurance, Sliding Scale
Telephone: (510) 841-8484
Address: 1749 Martin Luther King Jr. Way, Berkeley
Website: www.bti.org

Blue Oak Therapy Center
Rates: Insurance, Sliding Scale
Telephone: (510) 649-9818
Address: 3101 Telegraph Ave., Berkeley
Website: www.blueoaktherapycenter.org

CONT.

The Bridge Therapy Center
Rates:
Telephone: (510) 479-1221
Address: 303 Arlington Ave. Ste. B4, Berkeley
Website: www.bridgecentertherapy.com

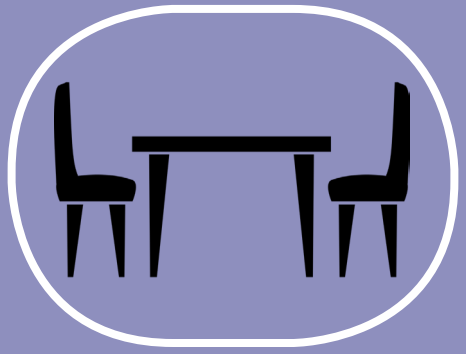
North Berkeley Couples Therapy Center
Rates: Varied
Telephone: (510) 982-6401
Address: 1918 Bonita Ave. #303, Berkeley
Website: www.northberkeleycouplestherapy.com

Berkeley Free Clinic: Peer Counseling
Rates: Free
Telephone: (510) 548-2570
Address: 2339 Durant Ave., Berkeley
Website: www.berkeleyfreeclinic.org

Bay Area Community Counseling
Rates: Sliding Scale, Varied
Telephone: (510) 488-6122
Address: locations in East Bay & SF
Website: www.sf-bacc.org

Oasis Therapy Center
Rates: Varied, Discount available
Telephone: (510) 900-9746
Address: 3120 Telegraph Ave. #7D, Berkeley
Website: www.oasistherapyca.com

The Wright Institute
Rates: Sliding Scale ($15-$60)
Telephone: (510) 923-2241
Address: 1918 University Ave., Berkeley
Website: www.wi.edu/cbtclinic



FAITH-BASED CENTERS

Berkeley Christian Counseling
Rates: Sliding Scale
Address: 2407 Dana St., Berkeley
Telephone: (510) 548-5858
Website: www.berkeleychristiancounselors.org

Interfaith Counseling Center
Rates: Insurance, Sliding scale with special rates for students
San Anselmo Telephone: (415) 256-9701
Berkeley Telephone: (510) 225-5595
Website: www.interfaithcc.org

Oakland Center for Holistic Counseling
Rates: Sliding Scale
Telephone: (510) 444-3344
Website: www.jfku.edu/Locations/Community-Counseling-Centers/Oakland-Center-Holistic-Counseling

Grateful Heart Holistic Therapy Center
Rates: Sliding Scale, Varied Rates
Telephone: (510) 394-5065
Address: 360 Grand Ave. #46, Oakland
Website: www.gratefulhearttherapy.org