



San Mateo: [1-650-627-1700](tel:1-650-627-1700)  
San Rafael: [1-415-491-3000](tel:1-415-491-3000)  
Santa Clara: [1-408-366-4400](tel:1-408-366-4400)  
Santa Cruz: [1-831-768-6736](tel:1-831-768-6736)  
Santa Rosa: [1-707-571-3778](tel:1-707-571-3778)  
Scotts Valley: [1-831-768-6736](tel:1-831-768-6736)  
South Sacramento: [1-916-525-6100](tel:1-916-525-6100)  
South San Francisco: [1-650-991-6200](tel:1-650-991-6200)  
Stockton: [1-855-268-4096](tel:1-855-268-4096)  
Tracy: [1-855-268-4096](tel:1-855-268-4096)  
Union City: [1-510-675-3080](tel:1-510-675-3080)  
Vacaville: [1-707-624-2830](tel:1-707-624-2830)  
Vallejo: [1-707-645-2700](tel:1-707-645-2700)  
Walnut Creek: [1-925-295-4145](tel:1-925-295-4145)  
Watsonville: [1-831-768-6736](tel:1-831-768-6736)

## Services

Mental health services include assessment, treatment, and support for a variety of mental, emotional, and substance use concerns and conditions. Adults, families, teens, and children can get help for a wide range of issues, including:

- Attention deficit hyperactivity disorder (ADHD)
- Anxiety and stress
- Autism spectrum disorders
- Bipolar disorder
- Depression
- Eating disorders
- Obsessive-compulsive disorder

## Treatment

You have a range of treatment options. We'll help you select the care that's right for you, including:

- Therapy and counseling – individual and group

- Autism assessment centers

- Medication management

- Substance use disorder treatment

- Crisis intervention