

## MENTAL HEALTH AND COUNSELING SERVICES FOR LOW INCOME SENIORS IN MARIN COUNTY

Below is a listing of the agencies that offer services in Marin County and other local areas. Following the names of the agencies is an abbreviated list of the services each offers. An explanation of the abbreviations can be found below.

Although most agencies offer services in English and Spanish, other languages may be available. Most have a sliding payment scale and accept Medi-Care. Group sessions vary in duration, size and topic. For information, please call the agency. Free grief counseling (six sessions) is available for newly bereaved persons.

Community Mental Health Services (CMHS), 250 Bon Air Rd., Greenbrae, CA 94904, 499-6835

### Marin Agency Listing:

|  |                        |
|--|------------------------|
| Bay Area Community Resources – 444-5580                          | SA only for GP and I   |
| CYO, Catholic Charities – 507-4262                               | B, G, GP, F, I, SA     |
| Center for Attitudinal Healing – 331-6161                        | B, GP, F, I            |
| Community Institute for Psychotherapy – 459-5999                 | I                      |
| Family Service Agency (FSA) – 491-5700                           | G, GP, G, HV, I, SA    |
| Grief Counseling- 499-1195                                       | B, GP, 24 hour hotline |
| Latino Services 459-8974 (Canal Dist)                            | G, GP, F, I            |
| North Marin – 897-2559 (Novato)                                  | G, GP, F               |
| Suicide Prevention- 499-1100 24                                  | hour hotline           |
| Hospice D{ "Vj g'Dc{ *- 927-2273                                 | B, GP, HV              |
| Jewish Family & Children's Services – 491-7960                   | G, GP, F, HV, I, SA    |
| Seniors at Home (JFCS program) – 507-0564                        | B, F, HV               |
| Kaiser Psychiatry – 444-3522                                     | G, GP, I, SA           |
| Marin Community Mental Health Services (CMHS) - 499-6835         |                        |
| Older Adult Services - 499-6802                                  | G, GP, HV              |
| Psychiatric Emergency Services- 499-6666 G,                      | I                      |
| Senior Peer Counseling - 499-6802 G,                             | GP, HV                 |
| West Marin Service Center- 663-8231 G,                           | GP, HV, I              |
| Marin General Hospital   |                        |
| Senior Partial Care (outpatient) - 925-7679 GP                   | only                   |
| Sutter VNA & Hospice - 492-4600 (Homebound/MD Referral required) | G, HV                  |

### Other Area Listings:

Petaluma--Psych. Strategies (takes Medi-Cal, Medicare, Medi-Medi, or private insurance) (707) 776-0945  
 Oakland-- Asian Community Mental Health Services (Cambodian, Chinese, Japanese, Laotian, Vietnamese) 510-869-6018  
 Asian Pacific Psychiatric Services -510-835-2777 Take referrals from CMHS

Legend: B=Bereavement; F=Family; G=General; GP=Group; HV=Home Visits; I=Individuals; SA=Substance Abuse, \* free grief counseling.

Updated Dec.2005. Prepared by Older Adult Advisory Committee (499-6979)