

To Access Kaiser Mental Health Services in Northern California:

When you call, a Kaiser representative will assess your needs and offer you a phone, video, or in-person appointment with a mental health specialist, if appropriate for nonurgent mental health concerns. *Please note that you don't need a referral to access mental health services.*

Evening and weekend calls will be automatically connected to our after-hours call center.

Call your nearest location:

- Antioch: [1-925-777-6300](tel:1-925-777-6300)
- Campbell: [1-408-366-4400](tel:1-408-366-4400)
- Clovis: [1-559-324-5100](tel:1-559-324-5100)
- Elk Grove: [1-916-478-5850](tel:1-916-478-5850)
- Fairfield: [1-707-366-3600](tel:1-707-366-3600)
- Folsom: [1-916-973-5300](tel:1-916-973-5300)
- Fremont: [1-510-248-3060](tel:1-510-248-3060)
- Fresno: [1-559-448-4620](tel:1-559-448-4620)
- Gilroy: [1-408-972-3095](tel:1-408-972-3095)
- Milpitas: [1-408-945-2915](tel:1-408-945-2915)
- Modesto: [1-855-268-4096](tel:1-855-268-4096)
- Mountain View: [1-650-903-2850](tel:1-650-903-2850)
- Napa: [1-707-645-2700](tel:1-707-645-2700)
- Oakland: [1-510-752-1075](tel:1-510-752-1075)
- Petaluma: [1-707-765-3565](tel:1-707-765-3565)
- Pleasanton: [1-925-847-5051](tel:1-925-847-5051)
- Rancho Cordova: [1-916-973-5300](tel:1-916-973-5300)
- Redwood City: [1-650-299-4777](tel:1-650-299-4777)
- Richmond: [1-510-307-1591](tel:1-510-307-1591)
- Roseville: [1-916-973-5300](tel:1-916-973-5300)
- San Jose: [1-408-972-3095](tel:1-408-972-3095)
- Sacramento: [1-916-973-5300](tel:1-916-973-5300)
- San Francisco: [1-415-833-2292](tel:1-415-833-2292)
- San Leandro: [1-510-626-2800](tel:1-510-626-2800)

- 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
- Sleep problems
- Substance use

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

We also offer a variety of health and wellness classes and other resources.

Care Team

Our mental health team is passionate about helping people. Here are the different types of clinicians who can help you:

- Psychiatrists
- Addiction medicine physicians
- Psychologists
- Licensed clinical social workers
- Marriage and family therapists
- Medical social workers
- Psychiatric clinical nurse specialists

Access Concerns

Have concerns or need help accessing mental health or substance use services?

Call us at 1-800-390-3503, Monday through Friday, from 8 a.m. to 5 p.m.

If you have Kaiser Insurance (Adapted from UCSB CAPS):

In some instances, Kaiser Permanente will approve its members to receive services from community providers for mental health-related care on an outpatient basis. In order to request this, call the Department of Psychiatry (NOT Member Services) in your Kaiser Permanente service area and explain why you are requesting treatment from a community provider (i.e., discuss your symptoms and the relative lack of access to a Kaiser mental health provider in Ventura County). If you are immediately refused, you can ask to speak to the manager and make your request to them. *You do not need a referral to the Department of Psychiatry from your PCP.*