

Additional Community Resources

Crisis Support Services of Alameda County

- 24 hour Crisis Line: 1-800-309-2131
- Grief Counseling/Support: 1-800-260-0094
- 24 hour Stress Support Hotline: 1-888-866-7561

Suicide Hotline: 1-800-784-2433 (1-800-SUICIDE)

National Domestic Violence Hotline: 1-800-799-7233

24-hour Sexual Assault Crisis Hotline: 510-845-7273

Highland Hospital (Public Hospital)

- Healthcare Line: 510-437-4800
- Domestic Violence Line: 510-534-9290
- Psychiatric Outpatient 510-535-7476

Alameda County Victims of Crime Services

- Alameda County District Attorney's Office 510-272-6222
- Victim Witness Services 510-272-6180

Oakland Police Department: 510-777-3333 or 911 for emergency

Emergency Shelter Program: 510-786-1284

Eden Information & Referral (Housing & Homelessness): 510-537-2552

CalFresh Food Assistance/MediCal (Peralta Rep): 510-444-9655

Alameda County Community Food Bank

- Main Line: 510-635-3663 (FOOD)
- Emergency Food Hotline: 1-800-870-3663 (FOOD)

Access Mental Health Referral Line (MediCal/Low Fee): 1-800-491-9099

Sausal Creek Outpatient Stabilization Clinic (Mental Health): 510-437-2363

East Bay Community Recovery Project: 510-446-7100

Alcoholics Anonymous of the East Bay: 510-839-8900

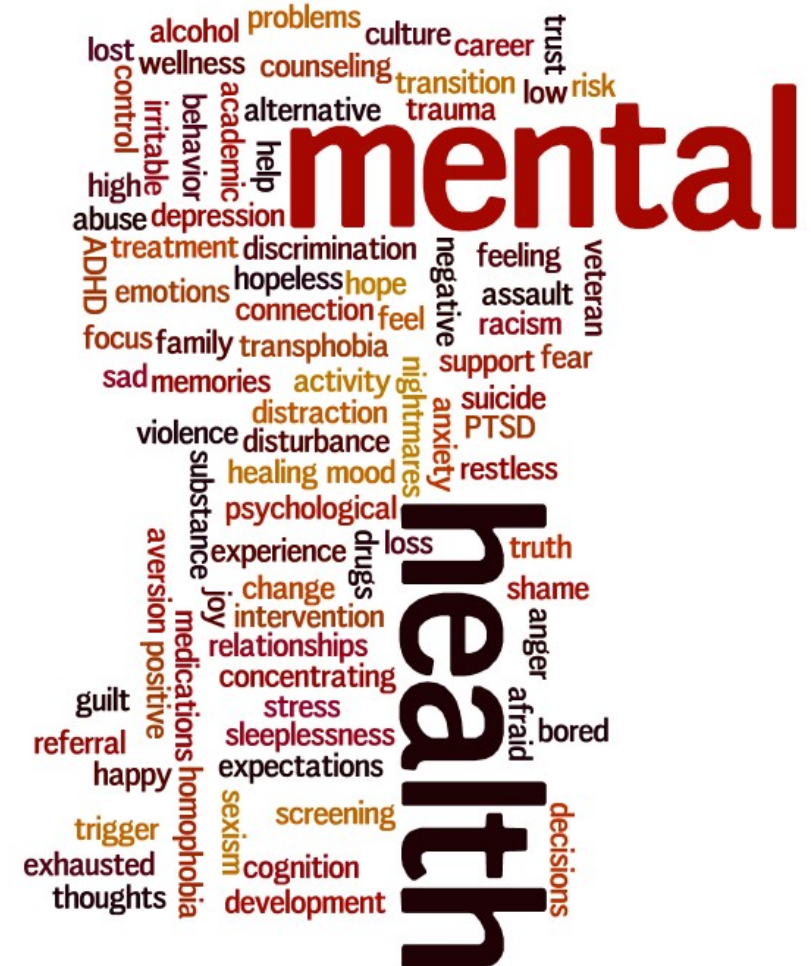
Bay Area Legal Aid (Legal Advice Line): 510-250-5270 or 1-800-551-5554

Merritt College

Mental Health Services

12500 Campus Drive, R106, Oakland, CA 94619

510-436-2533



Mental Health Services at Merritt

College life can be stressful. It is normal to experience personal and academic stressors which can lead to symptoms of anxiety and depression. Mental Health Counseling can help you deal with these stressors and prevent them from interfering with your academic success. As a student enrolled in the Peralta Community College District, you are eligible to receive **FREE and CONFIDENTIAL** Counseling Services.

We provide:

- **Individual Counseling**
- **Couples Counseling**
- **Addiction and Recovery Counseling**
- **Workshops and Consultation**
- **Consultation to faculty, staff, administrators, and campus community**
- **Assessment and Referrals for longer term care.**

All mental health counseling services are provided on first come, first serve basis. Counseling sessions are limited to **up to 10 sessions per academic year**. This will be determined by you and your mental health counselor. Depending on your unique situation, your insurance options, and the current demand for counseling services, you may be referred to another provider within the Peralta Community College District or in the larger Bay Area Community.

All Merritt mental health counseling services are provided or supervised by Larry D. Lariosa, LMFT, Licensed Marriage and Family Therapist, MFC43974.



Mental Health Counseling Hours

Health Services at Merritt College, R106
510-436-2533

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|-------------------|------------------|
| • Monday | 9-12:30pm |
| • Tuesday | 9-4pm |
| • Thursday | 9-4pm |

Frequently Asked Questions

How Do I Make An Appointment? Drop in to make an appointment at Merritt Health Services, R106. You will be asked to complete a "Request for Mental Health Counseling Form". Complete the form with as much detail as possible. This will assist in the process.

I submitted the Request Form. What happens next? Your form will be reviewed by a licensed mental health provider. You will be contacted either by the mental health provider or clinic staff within 3 days. Requests made on Thursdays will generally be contacted on Monday.

I am in an urgent situation, feel that I am in danger and cannot wait. Urgent situations where you feel you are in danger are addressed immediately. Please indicate this to the front desk staff and on your "Request for Mental Health Counseling Form". Please note that on Fridays, our clinic is closed. When we are not available, please contact Peralta Police at 510-466-7236 or call 911. Also see the resource list on the back of this pamphlet for additional support.

I need an evaluation to be seen for educational accommodations as soon as possible. We provide mental health assessments for students who are requesting educational accommodations. Fill out the "Request for Mental Health Counseling Form" and mark "DSPA Evaluation". You will be contacted when there is an available slot to be seen. Because this is a 1-2 session evaluation, we ask for your patience as we schedule these around existing, ongoing appointments.

My situation is not urgent, but I do not want to wait to be seen. All enrolled Peralta Community College students are eligible to be seen for mental health services at Laney College and College of Alameda. You can also request from Health Services staff a resource list of mental health options that may be covered by your insurance. Our Nurse Practitioner, Jon Murphy, at Health Services, is available to assist with this.

I was told I was placed on a wait list. How long is the wait list? Why did my friend get seen sooner? The amount of time you are on the wait list varies, depending on schedules and severity of symptoms or situation. Wait time can be between 2-6 weeks.

Can I be seen for more than 10 sessions? Unfortunately, our mental health program is not set up to see long term clients. The length of sessions will be determined by your therapist. If you are seeking longer term therapy, request a consultation from Health Services staff and they can assist with providing you referrals.

Can I just drop in to see a counselor? Our therapist has pre-scheduled appointments with others but there may be the occasional cancellation or no-show. Check in with the front desk staff if you want to be seen for a drop in session and they can contact you if the therapist's schedule frees up. Our Nurse Practitioner, Jon Murphy, may also be available if you are seeking additional resources or referrals.