

## Affordable Teletherapy for the San Francisco Bay Area

### San Francisco

California Institute of Integral Studies (3 SF locations):

**Church Street Integral Counseling Center**

1782 Church St, San Francisco  
(415) 648-2644

**Pierce Street Integral Counseling Center**

2140 Pierce St, San Francisco  
(415) 776-3109

**Golden Gate Integral Counseling Center**

507 Polk St #450, San Francisco  
(415) 561-0230

California Institute Center for Somatic Psychotherapy

<https://www.ciis.edu/counseling-and-acupuncture-clinics/center-for-somatic-psychotherapy>

1453 Mission Street, San Francisco  
(415) 217-8895

Center for Mindful Psychotherapy

<https://mindfulcenter.org/contact/>

(various locations in SF, East Bay and Peninsula)  
(select a therapist and schedule phone consult on their website)

Grateful Heart Therapy

<https://gratefulhearttherapy.org>

(various locations in SF and East Bay)  
(510) 394-5065

Haight Asbury Psychological Services

<http://www.hapsclinic.org>

3330 Geary Blvd., San Francisco  
(415) 221-4211

Liberation Institute

[infor@liberationinstitute.org](mailto:infor@liberationinstitute.org)

3150 18<sup>th</sup> Street  
San Francisco, CA 94110  
(415) 606-5296

Marina Counseling Center

<https://www.marinacounseling.com>

2137 Lombard Street, San Francisco  
(415) 563-2137

The San Francisco Marriage and Couples Center (offers therapy for individuals as well)

<https://www.sanfranciscomarriagecenter.com>

254 Church Street, San Francisco

(415) 494-7074

RAMS (accepting SF adult residents with Medical, Medicare or SF Health Plan)

<https://ramsinc.org>

3626 Balboa Street, San Francisco

(415) 668-5955

## East Bay

Blue Oak Therapy

<https://blueoaktherapycenter.org/therapists/>

(various locations in the East Bay)

(510) 649-9818

Grateful Heart Therapy

<https://gratefulhearttherapy.org>

(various locations in SF and East Bay)

(510) 394-5065

Center for Mindful Psychotherapy

<https://mindfulcenter.org/contact/>

(various locations in SF, East Bay and Peninsula)

(On their website, select a therapist and schedule your phone consultation)

The Psychotherapy Institute

<https://www.tpi-berkeley.org/clinic/starting-therapy>

2232 Carleton Street, Berkeley

(510) 548-2250, press 1

## South Bay

ACT for Mental Health

<https://www.actmentalhealth.org>

441 Park Avenue, San Jose

(408) 287-2640

**For crisis hotlines, warmlines, and Information: <http://sfresourceconnect.org/helplines.php>**