

## Alameda County Behavioral Health Resource Guide for Afghan Community Members

Service	Phone	Website
<p><b>ACCESS- 24/7 Multilingual Hotline</b></p> <p>Alameda County Behavioral Health Care’s Referral Services</p>	1-800-491-9099	
<p style="text-align: center;"><b>Mobile Crisis Team (MCT):</b></p> <p>This team operates with two Licensed Clinicians who respond to mental health crisis calls from the general community, providers, as well as 911 mental health crisis call outs. MCT services are available Monday – Friday 10am-8pm.</p>	510-891-5600	<a href="http://www.acbhcs.org/acute-integrated-health-care/acute-crisis-services/">http://www.acbhcs.org/acute-integrated-health-care/acute-crisis-services/</a>
<p style="text-align: center;"><b>Crisis Support Srvs of Alameda County</b></p> <p>Provides a 24 hour crisis line to offer support to people of all ages and backgrounds during times of crisis, to work to prevent the suicide of those who are actively suicidal, and to offer hope and caring during times of hopelessness.</p>	1-800-309-2131	<a href="https://www.crisissupport.org/">https://www.crisissupport.org/</a>
<p style="text-align: center;"><b>Afghan Coalition</b></p> <p>The Afghan Coalition provides a variety of different services to the Alameda County community. The AC is working to train and support community members to be civically engaged so that they can create positive and effective change in community.</p> <p>The Afghan Coalition also provides many services that are available to the public including: Cultural Counseling, assistance with Social Services, job-hunting, and translation. Other services include: Mental Health for Adults, English Literacy Classes, Cal-Fresh Enrollment, Social Service Advocacy and much more.</p>	<p>510-745-1680</p> <p>Seema Farhad  <a href="mailto:seema@afghancoalition.org">seema@afghancoalition.org</a></p>	<a href="https://www.afghancoalition.org/">https://www.afghancoalition.org/</a>
<p style="text-align: center;"><b>Afghan Elderly Association</b></p> <p>Services include a weekly healthy aging program, a health promotion program, and community linkages to an array of government and social support services.</p>	<p>(510) 574-2059 or                      (510) 574-2075</p>	<a href="https://www.afghanelderlyassociation.org/index.html">https://www.afghanelderlyassociation.org/index.html</a>

<p align="center"><b>Afghan Path Towards Wellness – North County -International Rescue Committee (Resettlement Agency)</b></p> <p>Our programs are designed to ensure refugees thrive in America. The IRC helps those in need to rebuild their lives and regain control of their future in their new home community. Priority Population Served: Afghan</p>	<p>(510) 452-8222 <a href="mailto:jordane.tofighi@rescue.org">jordane.tofighi@rescue.org</a> OR <a href="mailto:nabeil.lemar@rescue.org">nabeil.lemar@rescue.org</a></p>	<p><a href="https://www.rescue.org/united-states/oakland-ca">https://www.rescue.org/united-states/oakland-ca</a></p>
<p align="center"><b>City of Fremont Human Services Department, Aging and Family Services</b></p> <p>The City of Fremont Human Services Department, Aging and Family Services offers counseling and emotional support for elders. They have staff who speak Dari, Farsi and are also of Afghan descent. Please call the Senior Infoline to be referred to one of these staff members.</p>	<p>510-574-2041</p>	<p><a href="https://www.fremont.gov/219/Counseling-and-Emotional-Support">https://www.fremont.gov/219/Counseling-and-Emotional-Support</a></p>
<p align="center"><b>Jewish Family and Community Services (Resettlement Agency)</b></p> <p>JFCS East Bay’s mental health programs for Afghans, Iranians, Iraqis, Syrians, and Russians focus on assessing each refugee or immigrant to determine their mental health status and needed services. This early intervention helps prevent larger crises later in life. If appropriate, our own Farsi/Dari-speaking psychologist will provide direct therapy services. Case managers are trained to recognize the signs and symptoms of mental health problems. When outside services are needed, our staff provides case management, advocacy, and translation to help refugees and immigrants connect with mental health providers.</p>	<p>(925) 927-2000</p>	<p><a href="https://jfcs-eastbay.org/mental-health-services/">https://jfcs-eastbay.org/mental-health-services/</a></p>
<p align="center"><b>South Asian Community Health Promotion Services – Countywide (Portia Bell Hume Center)</b></p> <p>A comprehensive program specifically to serve the South Asian Community. This program offers community programs and services that are uniquely and best suited for our consumers whether that is an individual, family, community, or organization.</p>	<p>510-745-9151  Preet Sabharwal, PsyD <a href="mailto:psabharwal@hume-center.org">psabharwal@hume-center.org</a></p>	<p><a href="http://www.humecenter.org/south-asian-community-health-promotion-services">http://www.humecenter.org/south-asian-community-health-promotion-services</a>  <a href="http://www.humecenter.org/humecenter-profile-and-brochure">http://www.humecenter.org/humecenter-profile-and-brochure</a></p>

<p align="center"><b>SIDRA Community Wellness Project (Diversity in Health Training)</b></p> <p>This project is designed to provide culturally sensitive prevention and early intervention mental health services and increase access to mental health treatment for Middle Eastern and Arabic communities in Alameda County.</p> <p>Priority Population Served: Middle Eastern &amp; Arabic Communities in Alameda County. This includes, but is not limited to, individuals identifying as: Afghan, Iranian, Iraqi, Syrian, and/or Yemeni.</p>	<p>(510) 838-1110</p> <p>Shirin Nourmanesh  <a href="mailto:Shirin.Nourmanesh@dhti.org">Shirin.Nourmanesh@dhti.org</a></p>	<p><a href="http://dhti.org/">http://dhti.org/</a></p>
<p align="center"><b>Multi-Lingual Counseling Center</b></p> <p>In recognizing the need for cultural and language specific mental health services in the Bay Area and lack of multi-lingual speaking counselors, we created Multi-lingual Counseling Center to serve the needs of growing multi-lingual community. Our mission is to provide mental health services and treatment to individuals suffering from different mental health symptoms such as depression, PTSD, Bipolar, anxiety, ADHD and all other mental health Diagnosis. Offers services in Dari/Farsi.</p>	<p>510-451-0661</p> <p><a href="mailto:info@multilingualcounseling.com">info@multilingualcounseling.com</a></p>	<p><a href="https://multilingualcounseling.com/">https://multilingualcounseling.com/</a></p>
<p align="center"><b>Tiburcio Vasquez Union City Health Center</b></p> <p>to assist Afghan refugees to sign up for public benefits</p>	<p>(510) 471-5907</p>	<p><a href="https://tvhc.org/">https://tvhc.org/</a></p>
<p align="center"><b>Alameda County Social Services Agency Refugee Cash Assistance Program</b></p> <p>to assist Afghan refugees to sign up for public benefits</p> <p><a href="https://www.alamedacountysocialservices.org/our-services/Immigrants-and-Refugees/RCA">https://www.alamedacountysocialservices.org/our-services/Immigrants-and-Refugees/RCA</a></p>		
<p align="center"><b>Center for Empowering Refugees and Immigrants</b></p> <p>CERI offers a holistic array of culturally-sensitive bilingual services that support the mental health and well-being of refugee and immigrant clients who have multiple layers of complex needs. We integrate traditional services such as clinical mental health counseling and medication management with culturally/spiritually tailored intervention strategies.</p>	<p>510-444-1671</p> <p><a href="mailto:info@cerieastbay.org">info@cerieastbay.org</a></p>	<p><a href="http://cerieastbay.org">Contact — CERI (cerieastbay.org)</a></p>

<p><b>La Familia Sally's Place Peer Respite:</b></p> <p>Voluntary short term 14 day respite in a homelike setting with peer support and non-clinical mental health crisis prevention</p>	<p>510-963-9849</p>	<p><a href="https://www.lafamiliacounseling.org/sallys_place">https://www.lafamiliacounseling.org/sallys_place</a></p>
<p><b>Partnerships for Trauma Recovery:</b></p> <p>Through culturally aware, trauma-informed and linguistically accessible mental health care, we support the healing of refugees, asylees, asylum seekers and human trafficking survivors.</p>	<p>510-969-2581 <a href="mailto:info@traumapartner.org">info@traumapartner.org</a></p>	<p><a href="https://traumapartners.org/programs/the-mosaic-healing-center/">https://traumapartners.org/programs/the-mosaic-healing-center/</a></p>
<p><b>ACBH Office of Peer Support Services &amp; Peers Organizing Community Change (POCC)</b></p> <p>The Office of Peer Support Services purpose is to empower individuals who have experienced mental health and substance use challenges to take a leadership role in improving mental health services, through involvement in systems change initiatives, increasing peer support services, peer support specialist trainings and advocacy.</p>	<p>510-567-8102 Khatera Aslami Tamplen <a href="mailto:Khatera.aslami@acgov.org">Khatera.aslami@acgov.org</a></p> <p>510-639-1338 Mary Hogden <a href="mailto:Mary.Hogden@acgov.org">Mary.Hogden@acgov.org</a></p>	<p><a href="http://www.pocc.org">www.pocc.org</a></p>
<p><b>ACBH Office of Ethnic Services</b></p> <p>The Office of Ethnic Services is working on designing a welcoming toolkit for new Afghan arrivals, developing cultural trainings for ACBH staff and contract providers to better understand the dynamics and intersections impacting the lives and well-being of new Afghan arrivals to better align resources and services and is working to conduct a comprehensive Afghan/Afghan-American needs assessment.</p>	<p>510-777-2118</p> <p>Javarre Wilson <a href="mailto:Javarre.Wilson@acgov.org">Javarre.Wilson@acgov.org</a></p>	
<p><b>ACBH Office of Family Empowerment</b></p> <p>The Office of Family Empowerment is working on expanding and developing the resources and infrastructure dedicated to family run programs. They are charged with the inclusion of the family experience at an operational, organizational, and policy level throughout our County's system of care. Including, increasing the diversity and quantity of family members participating in workgroups, advisory councils, stakeholder meetings and other policy groups for ACBH.</p>	<p>510-567-8037</p> <p>Rosa Warder <a href="mailto:Rosa.Warder@acgov.org">Rosa.Warder@acgov.org</a></p>	

<p><b>Mental Health Association of Alameda County - Family Education Resource Center</b></p> <p><b>(‘FERC’)</b> is a family/caregiver-centered program that provides information, education, advocacy and support services to family/caregivers of children, adolescents, transitional age youth, adults, and older adults with serious emotional disturbance or mental illness living in all regions of Alameda County.</p>	1-888-896-3372	<a href="https://ferc.org/">https://ferc.org/</a>
<p><b>In Home Outreach Teams (IHOT)</b></p> <p>IHOTs outreach to adults and transition age youth (TAY) over 18 living with the most serious mental health diagnoses who struggle to engage in services. These individuals can have a cycle of repetitive psychiatric crises that result in hospitalizations, incarcerations, and homelessness. IHOTs do not provide treatment but they do work with individuals and their loved ones to help link these individuals to needed community-based and mental health services.</p>	1-800-491-9099	<a href="#">Community Services &amp; Supports - Mental Health Services Act - Alameda County Behavioral Health Care Services (acmhsa.org)</a>
<p><b>The Muslim American Society Social Services Foundation (MAS-SSF)</b></p> <p>offers peer mental health and social support services in five languages: English, Dari/Farsi, Pashto, Arabic, and Urdu.</p> <p>Support Services in-person, on the phone, and over the internet include:</p> <ul style="list-style-type: none"> <li>• A completely confidential and HIPAA-compliant peer mental health service that gives you the ability to interact with a dedicated peer specialist from virtually anywhere.</li> </ul>	<p>(916) 486-8626</p> <p>email: <a href="mailto:info@mas-ssf.org">info@mas-ssf.org</a></p> <p><a href="mailto:counseling@mas-ssf.org">counseling@mas-ssf.org</a></p>	<p><a href="https://youtu.be/8nCl1M713Tk">https://youtu.be/8nCl1M713Tk</a></p> <p><a href="https://www.mas-ssf.org/afghanistan/">https://www.mas-ssf.org/afghanistan/</a></p>
<p><b>2-1-1</b></p> <p>is a free, non-emergency, confidential, 3-digit phone number and service that provides easy access to housing information, and critical health and human services.</p>	211	<a href="http://211alamedacounty.org/2-1-1-alameda-county-resource-finder/">http://211alamedacounty.org/2-1-1-alameda-county-resource-finder/</a>
<p><b>Peer Support Warm Line</b></p> <p>STATEWIDE 24/7 Peer-Run Warmline</p>	1-855-845-7415	<a href="https://www.mentalhealthsf.org/peer-run-warmline/">https://www.mentalhealthsf.org/peer-run-warmline/</a>