

PACIFIC CENTER RESOURCES

These are resources offered
directly by the Pacific Center

Counseling and Psychotherapy

- Sliding scale therapy for individuals, families, couples, and groups.
- Intake required. More info: <https://www.pacificcenter.org/counseling-and-psychotherapy>

Grief Group

- Free 8 week clinician facilitated support group for anyone dealing with loss due to the death of a loved one.
- Intake required. For inquiries about this group and when the next group will start please email us at griefgroup@pacificcenter.org

Older and Out Therapy Groups

- Free 8 week clinician facilitated therapy group for LGBTQIA+ folx age 55+ to counteract ageism, isolation and loneliness.
- Intake required. Please email olderandout@pacificcenter.org for more info

HIV Services

Living Fully With HIV

- Free, recurring Ryan White funded group that meets weekly for 9 sessions via video/teleconferencing.
- To join or for more information please complete this form: bit.ly/Livingfullygroup

HCH510

- Collaborative program with Asian Health Services, now known as HCH510, or Honeycomb Hideout 510 to offer free rapid testing.
- Services include HIV testing, PrEP and PEP, STI/STD Testing, HIV Care services, para-professional counseling sessions, insurance navigation and enrollment services.
- Contact HCH510 at 510-972-4483 to learn more



Pacific Center Digital Resource Guide



CRISIS SUPPORT SERVICES

EXTERNAL RESOURCES

These are resources that the external community providers offer

COVID-19 Resources

Clinic locations, testing sites, online appointments, digital vaccination record: <https://myturn.ca.gov/>

En español: <https://livelafamilia.org/es/>

Multilingual: <https://asianhealthservices.org/ahs-covid-sites/>

Monkeypox Resources

Oakland LGBTQ Center

- No appointment necessary
- Bring proof of first dose to receive second dose
- Dates and times vary depending on month
- Check website for vaccine schedule: <https://www.oaklandlgbtcenter.org/clinic>

Asian Health Services

- Mondays and Fridays from 10 AM until 12 PM
- Must meet eligibility requirements
- Multiple language options
- To make an appointment call: **(510) 735-3222**
- More information: <https://hch510.org/>

LOCAL

GLBT National Help Center Youth Talkline
(800) 246-7743

Crisis Support Services (East Bay) [OPEN 24/7]
(800) 309-2131

Mobile Crisis Unit (Berkeley) (510) 644-8566

Suicide Prevention Hotline (SF) [OPEN 24/7]
(415) 781-0500

GLBT Hotline of San Francisco (415) 355-0999

NATIONAL

GLBT National Help Center Hotline
(888) 843-4564

Trans Lifeline (877) 565-8860

Trevor Project (866) 488-7386

Crisis Text Line: Text the word "HOME" to 741741

EN ESPANOL

National Suicide Prevention Lifeline (Spanish):
(866) 628-9454

Crisis Text Line (Spanish): Text **HOLA** to 741741 or Text **442-AYUDAME** in WhatsApp

NON-POLICE CRISIS RESPONSE

ACCESS (800) 854-7771

TTY for the Hearing Impaired (562) 651-2549

For more non-police approaches to handling a crisis: <https://projectlets.org/resources> or check out alternatives to the police resources by city at <https://dontcallthepolice.com/>