



## K6 Primary Care Clinic Community Resources to Lower Stress

Links to these and other resources are on: [www.PCBehavioralHealth.com](http://www.PCBehavioralHealth.com)

### When you need someone to talk with right away:

Resource	Phone number	Organization
Walk-in clinic when you can't wait for a mental health appointment	510-437-2363 (call for hours open)	Sausal Creek Outpatient Stabilization Clinic: 2620 26th Ave, Oakland
24-hour Family Violence Support Hotline	1-800-947-8301	Family Violence Law Center: 470 27th Street, Oakland
24-hour Sexual Assault Crisis Hotline	510-845-7273	Bay Area Women Against Rape: 470 27th Street, Oakland
24-hour Parent Support Hotline	1-800-829-3777	Family Paths: 1727 Martin Luther King, Jr. Way, Suite #109, Oakland
24-hour Suicide Hotline	1-800-309-2131	Crisis Support Services

### Supportive relaxation practices:

Resource	When	Organization
Meditation sitting groups: - People of Color - People living with chronic illnesses & disabilities -Open to all -LGBT	Donation, if can afford: -Thursday eve 7-9 pm -Sunday eve 6-7:30 pm  -Friday eve 6:30-8:30 pm -Tuesday eve 7-8:30 pm	East Bay Meditation Center: 285 17th Street, Oakland 510-268-0696
Mindful movement class	Donation, if can afford: Wed 5:15-6:30 pm	East Bay Meditation Center: 285 17th Street, Oakland 510-268-0696
People of color yoga group	Donation, if can afford: Thursday 6-7 pm	East Bay Meditation Center: 285 17th Street, Oakland 510-268-0696
Yoga to the people	\$10 suggested donation: Monday-Sunday classes	64 Shattuck Square, Berkeley 917-573-9642 (9642)
Oakland Acupuncture Project	Sliding scale starts at \$15, no need to prove income	3576 Laurel Ave Oakland 510- 842-6350
Refuge Recovery sitting group	Thurs 5:30 pm	Kaiser CDRP, Rm 5, 969 Broadway, Oakland
Stop, breathe & think app	Free: learn meditation whenever you want	IOS, Android app download sites

