

# Mental Health Care for Santa Clara County Children & Youth



FAMILY &  
CHILDREN SERVICES

Our Palo Alto office now offers mental health services for Santa Clara County children and youth who have Medi-Cal or Healthy Families!

Children and youth can receive professional help with a variety of **emotional and mental health needs**, including:

- Depression
- Trauma
- Behavior disorders (e.g., ADHD)
- Social issues (e.g., withdrawal, peer or family conflict)
- Anxiety
- Moodiness
- Anger issues
- Classroom behavior
- Difficulty focusing
- Difficulty accepting authority

Our staff has extensive experience counseling children and adolescents and supporting families. We have served Silicon Valley since 1948.

## Contact Us

- **Children have Medi-Cal or Healthy Families benefits:**  
*Should you have questions or need assistance with the referral process, call our intake coordinator at 408-292-9353.*

A referral from the Santa Clara County Mental Health Department is required to begin services. Call the Call Center at 408-885-5673 or 1-800-704-0900. Request to be referred to Family & Children Services' Palo Alto office.

In addition to our new services for children and youth with Medi-Cal and Healthy Families, our Palo Alto office also offers other **free or low-cost services** for families. Call our Palo Alto office at 650-326-6576:

- Students enrolled in the Palo Alto Unified School District have access to three (3) free counseling sessions. Please ask the school counselor for approval.
- San Mateo County students who are Medi-Cal eligible may be eligible for free services.
- We accept private insurance and have a sliding fee scale.

375 Cambridge Avenue, Palo Alto, CA 94306 | 650-326-6576 | [www.fcservices.org](http://www.fcservices.org)



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