

A safe place for sharing and healing,
to help you achieve a **healthier body** and **mind**.

All services are private and confidential.

Behavioral Health

We all encounter stressors in our lives that are outside of our control. During these times, you can feel better and learn valuable skills by speaking with caring counselors. We provide a safe and confidential space to share issues that may be hard to talk about with anyone else.



Your doctor recommends we discuss:

- Sadness
- Worries
- Sleep
- Stress
- Relationship Issues
- Major Life Changes or Loss
- Alcohol/Substance/Tobacco Use
- Other

These common issues can affect appetite, sleep, energy, and overall health. They can worsen other diseases like pain, diabetes, hypertension and heart disease. Many of our patients who get help see improvements in their mood, health, and well-being.



ASIAN HEALTH SERVICES

Frank Kiang Medical Center
250 E 18th Street, 2nd Floor
Oakland, CA 94606

To make an appointment:
(510) 735-3849

For urgent help:
(800) 309-2131

For emergencies:
911

or go to the nearest emergency room