

“History, despite its wrenching pain, cannot be unlived, however, if faced with courage, need not be lived again”

- Maya Angelou

Students who are tired, sick, stressed, depressed, or who struggle with health issues have the most difficulty succeeding in school. They're also at a higher risk of dropping out.

Youth Uprising/Castlemont Health Clinic provides a safe and convenient place for East Oakland students to receive the medical and mental health care they need to succeed in school and become productive members of our community.

Youth Uprising/Castlemont Health Clinic acts as an epicenter for teachers, parents and students to coordinate therapy, care and help. Staff and student support groups advocate accessible and confidential health care that cultivates the mind, body and spirit...because health, personal growth, and development is a holistic endeavor.

Our services empower teens to proactively take control of their well-being, while also serving as important resources for their peers and the East Oakland community.

SERVICES AND SUPPORT

for appointments or referrals
510.428.3556

MEDICAL SERVICES

- Comprehensive, holistic, integrative health care services
- Comprehensive physical exams
- Management of acute and chronic illnesses
- Sports, college, and employment physicals
- Vision and hearing services
- Reproductive health services
- Immunizations
- First aid and triage
- Emergency medical response

- HIV/STD prevention and counseling
- Family planning
- Peer health education
- Human sexuality support groups and counseling

MENTAL HEALTH SERVICES

- Individual, family, and group therapy
- Psychiatric assessment and medication management
- Crisis intervention
- Relationship issues
- Body image and eating disorders
- Stress management, anger management, depression, and anxiety
- Behavioral, narrative, solution focused, and cognitive therapy
- Psychological assessments

PEER AND HEALTH EDUCATION

* In collaboration with HIFY (Health Initiatives for Youth)

- Healthy lifestyle counseling including nutrition and exercise
- Substance abuse and tobacco prevention services