Weight Management, Nutrition, & Mental Health Resources*

**Stanford Research Studies**
- Online registry of all biological & behavioral clinical trials: [http://clinicaltrials.stanford.edu](http://clinicaltrials.stanford.edu)

**Weight Management & Wellness**
- Kaiser Permanente: Weight Management Classes. Kaiser members & non-members welcome. Contact your local Kaiser Health Education Department. [www.kaiserpermanente.org](http://www.kaiserpermanente.org)
  - Fremont: (510) 248-3455
  - Hayward: (510) 784-4531
  - Mountain View: (650) 903-2636
  - Oakland: (510) 752-6150
  - Redwood City: (650) 299-2433
  - Richmond: (510) 307-2210
  - San Francisco: (415) 833-3450
  - Santa Clara: (408) 851-3800
  - South San Francisco: (650) 742-2439
- Weight Watchers. Online & in-person programs available. [www.weightwatchers.com](http://www.weightwatchers.com)
- Partnership for Healthy Weight Management [www.consumer.gov/weightloss](http://www.consumer.gov/weightloss)

**Nutrition**
- American Dietetic Association Information & referrals to nutrition professionals. [www.eatright.org](http://www.eatright.org)

**Mental Health**
- Online resources & information on eating/dieting, body image, depression, etc.
  - National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)
  - American Psychological Assoc. Help Center [www.apahelpcenter.org](http://www.apahelpcenter.org)
  - National Eating Disorders Association [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
  - Overeaters Anonymous [www.oa.org](http://www.oa.org)
  - Dr. Debbie Burgard’s website on body image [http://www.bodypositive.com/](http://www.bodypositive.com/)
  - National Mental Health Services Locator [http://mentalhealth.samhsa.gov/databases](http://mentalhealth.samhsa.gov/databases)

**Local Clinics Providing Treatment**
- Kurt & Barbara Gronowski Psychology Clinic: (650) 961-9300/ [www.mentalhealthclinic.org](http://www.mentalhealthclinic.org)
- Family & Children Services: (650) 326-6576/ [www.fcservices.org](http://www.fcservices.org)

**Local Agencies Providing Treatment Referrals**
- Santa Clara County Mental Health Dept. 1-800-704-0900
- San Mateo County Mental Health Services 1-800-686-0101

**Crisis & Suicide Prevention Hotlines**
- Santa Clara County Suicide & Crisis Center (408) 279-3312 or 1-800-704-0900
- San Mateo County Crisis Line: (650) 579-0350
- National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)

*The resources presented here are a sample of the many options available. The Fresh Start Study does not endorse any particular organization or service.*