

Bryant). 415-437-3000. Call M-F 8am-5pm, Tu 8am-7pm. Short-term care focused on sexual assault, domestic violence, & other interpersonal violence. For SF residents, 18+. Services include case management & individual & group psychotherapy. 24hr forensic evaluation & medical care at SF General Hospital. *Free*. English, Mandarin, Portuguese, Spanish; other language interpreters available. ☺

UCSF Alliance Health Project (AHP). 1930 Market (by Duboce). 415-476-3902. Outpatient mental health services for HIV+ & LGBT SF residents include crisis services, psychiatry, psychotherapy, support groups, case management, substance abuse counseling, HIV testing & test counseling. Drop-in substance abuse group: Th 10:30am. Letter of diagnosis required for most HIV+ services. Call M-F 9-11am or drop in MWF 9-11am for screening. Waiting list for some services. *Free, MediCal, Uninsured, Underinsured.* English, limited Spanish, call for other languages.

Vet Center (VA Readjustment Counseling Service). 505 Polk (at Golden Gate). 415-441-5051. Combat zone veterans, survivors of military sexual trauma & significant others only. Call or drop in MTuThF 7am-5pm, W 7am-6pm, Sa 7am-3pm. Group & individual counseling (including combat post-traumatic stress disorder, depression, bereavement, & sexual trauma), family & couple counseling, information & referrals. *Free.* English.

Vietnamese Youth Development Center. 166 Eddy (bet. Mason & Taylor). 415-771-2600. For youths aged 10-24 & their families. Call M-F 10am-6pm. Case management; help with family conflict, culture/generation gap; leadership program; parenting support; tutoring; information & referral; job training & part-time employment assistance for youths & adults; Vietnamese-to-Eng-

lish translation services; ESL classes; substance abuse prevention. *Free.* English, Cambodian, Cantonese, Laotian, Vietnamese.

Westside Ajani. 1140 Oak (bet. Divisadero & Broderick). 415-431-8252 ext 0. Call M-F 9am-7pm. For youth age 5-21 & their families. Mental health treatment services, case management, psychological education, groups, crisis intervention. *Free, MediCal, HealthyKids or uninsured.* English & Spanish.

Westside Community Services. 415-431-9000. <www.westside-health.org>. For age 5+. Call M-F 9am-5pm for referral to integrated treatment for mental health & substance abuse. Housing referral, family counseling, employment assistance, socialization, counseling, medication support, crisis services, methadone detox & maintenance, HIV testing, home health care, case management, & referral. *Free.* English, Cantonese, Mandarin; some Spanish & Tagalog; call for other languages; some TDD support.

Westside Crisis. 245 11th St. (at Kissling). Call 415-355-0311 (M-F 8am-5:30pm, Sa 9am-4pm) or drop in M-F 8am, Sa 9am. Crisis intervention, brief crisis treatment (averaging 1-3 visits), referrals. For ongoing services, must be 18+ & SF resident. *Free.* English, Spanish, Cantonese, Mandarin & Tagalog.

WOMAN, Inc. 333 Valencia, Suite 450 (bet. 14th & 15th Sts). 415-864-4722 or 877-384-3578 (toll-free). 24hr crisis lines for domestic violence survivors & their children, family & friends. Call if you can or drop in WF 2-3:30pm for peer support (still open while building is under construction). Call for crisis management, referrals, therapy & support groups. 40-hour domestic violence training available for groups & volunteers. *\$0-full bill.* English, Spanish; other languages via telephone interpreter. ☺

San Francisco Free Mental Health Chart

January-March 2016

24 Hour Hotlines	1	Mobile Help For People In Crisis	3
Children & Family Issues	2	Substance Abuse	3
Complaints About Helpers Of The Mentally Ill	2	Suicide Intervention.....	3
Counseling & Psychotherapy	2	Support & Peer Groups	3
Disability Issues	2	Talklines	4
Drop-In Help For People In Crisis.....	2	Telephone Help For People In Crisis	4
General Information	2	Veteran Issues.....	4
Geriatric Issues.....	2	Violence, Abuse & Rape	4
HIV/AIDS Issues.....	3	Women's Issues.....	4
Homeless Issues	3	Youth Issues	4
LGBTQIQ Issues.....	3	Directory Of Organizations	5

24 HOUR HOTLINES

Adult Protective Services: 415-355-6700 or 800-814-0009

Alcoholics Anonymous: 415-674-1821, 415-824-1843 (Spanish)

Asian Women's Shelter Crisis Line: 415-751-0880 or 877-751-0880

California Youth Crisis Line: 800-843-5200

Center for Domestic Peace: Abused Women's Hotline: 415-924-6616, 415-924-3456 (Spanish)

Child & Adolescent Sexual Abuse Resource Center: 415-206-8386

Child Crisis: 415-970-3800

Child Protective Services: 415-558-2650 or 800-856-5553

Gamblers Anonymous: 855-222-5542
Helplink: 211

Huckleberry Youth Multi-Service Center: 415-621-2929

Institute on Aging Friendship Line: 415-752-3778 or 800-971-0016

La Casa de las Madres: Adults - 877-503-1850, **Teens -** 877-923-0700

Men's Crisis Line: 415-924-1070

Narcotics Anonymous: 415-621-8600
National Runaway Switchboard: 800-786-2929

Psychiatric Emergency Services at SF General Hospital: 415-206-8125

Rosalie House Domestic Violence Crisis Line: 415-255-0165

Sexual Assault Hotline: 800-656-4673
SF Women Against Rape: 415-647-7273

Suicide Prevention: 415-781-0500

T.A.L.K. Line: 415-441-5437
Veteran's Suicide Hotline: (800) 273-8255

WOMAN, Inc: 415-864-4722 or 877-384-3578

Please call 415-648-3222, or e-mail free@freeprintshop.org to make suggestions, comments, corrections, or additions for the next update. This chart may be downloaded from the Free Print Shop web site <<http://www.freeprintshop.org>> & may be reproduced freely (but revised only with permission).

© 2016 Free Print Shop.

In case of emergency, call 911

CHILDREN & FAMILY ISSUES

APA Family Support Services5
 Bayview Hunters Point Foundation (BHS)6
 Cameron House: Social Services6
 Child & Adolescent Support, Advocacy & Resource Center (CASARC)6
 Child Crisis6
 Child Protective Services6
 Chinatown Child Development Center (BHS)6
 Community Wellness Department (Native American Health Center)7
 Depression & Bipolar Support Alliance of SF (DBSA)7
 Edgewood Center for Children & Families7
 Family Mosaic Project (BHS)7
 Family Service Agency of SF7
 Instituto Familiar de La Raza (BHS)8
 Mission Family Center (BHS)9
 Oakes Children's Center9
 OMI Family Center (BHS)9
 Southeast Child Family Therapy Center (BHS)11
 Sunset Mental Health Services11
 TALK Line (Telephone Aid in Living with Kids)11

COMPLAINTS ABOUT HELPERS OF THE MENTALLY ILL

Access Line Grievances (Behavioral Health Services - BHS)5
 Depression & Bipolar Support Alliance of SF (DBSA)7
 Disability Rights California7
 Mayor's Office on Disability9
 NAMI (National Alliance on Mental Illness)9
 SF Mental Health Clients' Rights Advocates10

COUNSELING & PSYCHOTHERAPY

APA Family Support Services5
 Balboa Teen Health Center5
 Bayview Hunters Point Foundation (BHS)6
 Bayview Hunters Point Foundation— Youth Services2
 Cameron House: Social Services6
 Central City Older Adults (BHS)6
 Child & Adolescent Support, Advocacy & Resource Center (CASARC)6
 Chinatown Child Development Center (BHS)6
 Chinatown North Beach Mental Health Services (BHS)6
 Community United Against Violence (CUAV)6
 Community Wellness Department (Native American Health Center)7

Dimensions Clinic for Queer and Questioning Youth7
 Dore Urgent Care7
 Family Mosaic Project (BHS)7
 Family Service Agency of SF7
 FSA Geriatric Services (BHS)7
 HIV Mental Health Case Management Program at South Van Ness Services8
 Huckleberry Youth Multi-Service Ctr8
 Instituto Familiar de La Raza (BHS)8
 La Casa de Las Madres8
 Mission Family Center (BHS)9
 Night Ministry9
 Oakes Children's Center9
 OMI Family Center (BHS)9
 Progress Foundation10
 Shanti11
 South of Market Mental Health Services (Adult Integrated Service Center) (BHS)2
 Sunset Mental Health Services11
 Tenderloin Self-Help Center (Hospitality House)11
 UCSF Alliance Health Project (AHP)12
 Westside Community Services12
 WOMAN, Inc.12

DISABILITY ISSUES

Disability Rights California7
 In-Home Supportive Services8
 Institute on Aging Friendship Line8
 Mayor's Office on Disability9
 People With Disabilities Foundation10
 SF Dept of Aging & Adult Services10

DROP-IN HELP FOR PEOPLE IN CRISIS

Child & Adolescent Support, Advocacy & Resource Center (CASARC)6
 Chinatown North Beach Mental Health Services (BHS)6
 Psychiatric Emergency Services at SF General Hospital10
 Southeast Child Family Therapy Center (BHS)11
 Tenderloin Self-Help Center (Hospitality House)11
 Trauma Recovery/Rape Treatment Center11
 Westside Crisis12

GENERAL INFORMATION

Access Line (Behavioral Health Services - BHS)5
 Disability Rights California7
 HELPLINK8
 Mayor's Office on Disability9
 Mental Health Association of SF9

GERIATRIC ISSUES

Adult Protective Services5
 Central City Older Adults (BHS)6

Mandarin, Marathi, Portuguese, Romanian, Russian, Spanish, Tagalog, Tamil, Turkish, Vietnamese. ☺

Shanti. 730 Polk, 3rd Fl. (bet. Eddy & Ellis). 415-674-4700. Primarily for women with cancer, or anyone with HepC or HIV. Call for appt M-F 9am-5pm. HIV drop-in TuTh (9:30am-12:30pm). Health support, peer counseling, support groups (including for people coinfecting with HepC & HIV, people with breast cancer, gay men with cancer, & women with HIV), advocacy, care navigation, activities, HIV education, prevention with positives, information & referrals, & volunteering. *Free.* English, Cantonese, Spanish & Russian.

Sixth St Self-Help Center (Hospitality House). 169 6th St. (bet. Howard & Natoma). 415-369-3040. M-F 9am-5pm (closed M 10am-1pm). Socialization & wellness center, including peer counseling, support groups, harm reduction therapy, mental health & substance use assessments & treatment, case management services, employment services, massage therapy, & basic support such as respite from the streets, restrooms, assistance with IDs, & mail service. *Free.* English, Spanish.

Southeast Child Family Therapy Center (BHS). 100 Blanken (at Tunnel), 415-330-5740. 1525 Silver Ave (at San Bruno), 415-657-1770. 3905 Mission (at Crescent), 415-337-2400. Call M-F 9am-5pm, Sa (Blanken only) 9am-2pm. Evening hours by appt. Individual, group & family therapy, school consultation, parent support, medication evaluations, assessments & referrals. *MediCal, HealthyKids, HealthySF; those uninsured for mental health, \$0-full bill.* English, Cantonese, Farsi, Mandarin, Spanish.

Southeast-Mission Geriatric Services (BHS). 3905 Mission (at Crescent). 415-337-2400. For 60+ only. Call M-F 8:30am-5pm to find out if your address is covered; if not they will refer you to other BHS programs. Medication services, case management, counseling. *MediCal, MediCare; \$0-full bill.* English, Spanish.

Stonewall Project. 1035 Market St, 4th Fl. 415-487-3100 (bet 6th and 7th). <stonewallsf.org> Drop in M-F 4pm or call for appt. Drug and alcohol counseling & harm reduction services for any gay, bi or trans man, or self-identified man who has sex with men. *Free.* English & limited Spanish.

Suicide Prevention. All lines 24hrs. 415-781-0500. TDD: 415-227-0245. <www.sfsuicide.org> (live

chat available on website 11am-11pm). Crisis texting available from 3-7pm: text MYLIFE to 741-741 & wait for a counselor to respond. Drug Information & Referral Line: 415-362-3400, for support & referral to local treatment services. Relapse Line: 415-834-1144, counseling support for people in recovery or in danger of relapse. Training services for groups: 415-984-1900. *Free.* English; other language interpreters available. ☺

Sunset Mental Health Services. 1990 41st Ave (bet. Pacheco & Ortega). 415-753-7400. Call for appt. M-F 9am-4:30pm. Drop-in (call ahead if you can) M-F 9-11am. Medications; individual & family therapy. *\$0-full bill.* English, Cantonese, Mandarin, Russian, Spanish.

Swords to Plowshares. 1060 Howard (bet. 6th & 7th Sts). 415-252-4788. For all veterans. Drop in M-F 9am-12pm & 1-4pm for intake appt; TuTh 9-10am for legal assistance. Case management, social services, individual counseling, employment, legal assistance, substance abuse support, information & referrals, emergency & transitional housing, move-in assistance, eviction prevention, benefits advocacy (SS, VA, military discharge upgrade), mail and message services. *Free.* English, Spanish.

TALK Line (Telephone Aid in Living with Kids). 1757 Waller St. (at Stanyan). 415-441-5437 (24hr English hotline for guardians, other languages via telephone interpreter). For parents & guardians of minor children only. Call or drop in M-Th 9am-2pm for crisis counseling (including on-site childcare while a parent is in the building, 10am-2pm). Call for info about therapy; for SafeStart program (for children aged 0-6); & for information & referrals to help children exposed to violence. Call 415-387-3684 for information about groups & workshops. *Free.* English; Spanish by appt. ☺

Tenderloin Self-Help Center (Hospitality House). 146 Leavenworth St (at Turk). 415-749-2143. M-F 7am-7pm (closed M 10am-1pm). Socialization & wellness center, including peer counseling, support groups, harm reduction therapy, mental health & substance use assessments & treatment, case management services, employment services, massage therapy, & basic support such as respite from the streets, restrooms, assistance with IDs, & mail service. *Free.* English, Spanish.

Trauma Recovery/Rape Treatment Center. 2727 Mariposa, Suite 100 (bet. Florida &

management, medication management, information, & referrals. *\$0-full bill.* English, Spanish.

Overeaters Anonymous. <www.oasf.org>. 415-335-OASF (6273). 12-step program for those who wish to recover from anorexia, bulimia, & compulsive overeating or exercising. Go online for meeting times & locations, including weekly LGBTQQ group. Newcomers meeting: Tu 7:30pm followed by 8pm general meeting, St. James Church, 4630 California St (btw 8th & 9th Aves.). *Free.* English.

People With Disabilities Foundation. 415-931-3070. <www.pwdf.org> Legal services & educational workshops for people with mental &/or developmental disabilities who need help getting on or staying on SSI or SSDI. Legal representation for initial applications or eligibility issues (such as medical & work reviews). Call for appt: M-F 9am-4:30pm. *\$0-full bill.* English, ask about other languages.

Progress Foundation. 368 Fell. 415-861-0828 (M-F 9am-5pm). Referrals to mental health treatment & residential programs. *\$0-full bill.* English, Spanish. Call about other languages.

Psychiatric Emergency Services at SF General Hospital. 1001 Potrero, Room 1B20. 415-206-8125. 24hrs. Call or drop in for comprehensive psychiatric emergency treatment. *\$0-full bill.* English, Cantonese, French, Mandarin, Spanish; other language interpreters available. ☺

Recovery International. 415-333-6454 (8am-8pm). <www.recoveryinternational.org>. Over 18 only. Call for information about self-help groups for anyone with anxiety, depression, panic attacks, compulsive behavior, or other mental disorders. *Free. Donation requested but not required.* English only.

SF AIDS Foundation. 1035 Market (bet 6th & 7th St), 4th fl. 415-487-8000. TDD: 415-487-8099. SF residents 18+ can call for appt. M-F 9am-5pm. Services include client counseling for financial benefits; ADAP, PrEP & primary care enrollment; HIV prevention support groups; HIV & HepC testing; HIV+ medical case management; substance use counseling for gay and bisexual men, & needle & works distribution. *Free.* English, Spanish.

SF Dept of Aging & Adult Services. 1650 Mission St, 5th Floor (at Duboce). 415-355-6700 8am-5pm. Seniors 60+ & adults with disabilities call or drop in. Info & referrals for Adult Protective Services, In-Home Supportive Services, transitional care (from hospital to home), home delivered meals, case management, mental

health counseling, & legal services. *Free.* English, Cantonese, Spanish, Korean, Mandarin, Russian, Tagalog; other languages by telephone interpreter.

SF Mental Health Clients' Rights Advocates. 1663 Mission (at Plum), 3rd Fl, Rm 310. 800-729-7727 or 415-552-8100. Mental health clients of the city & county of SF & their families, call or drop in M-F 9am-5pm to make appt. State-mandated agency investigates client complaints at in-patient psych units, day treatment centers, residential treatment facilities, SRO's, board & care facilities, youth facilities, community based psychiatric programs, or jail. Referrals. Provides educational trainings on 5150s, patients' rights, special ed, and foster care. *Free.* English, Spanish; other language interpreters available.

SF VA Downtown Clinic. 401 3rd St (at Harrison). 415-281-5100. For most veterans. Call for an appt. M-F 8am-4:30pm for psychiatric services, medical triage, support groups, informational classes, medical and HIV primary care, substance abuse treatment & housing referrals. Drop-in for primary care M-F 8am. Drop-in social work clinic M-F 8am-12pm. Sobriety Support group MWF 9:30am. Harm Reduction Group Tu 9:30-10am. AA meetings Th 5:30-6:30pm. Call for schedule of free shuttle to Ft. Miley. *Sliding scale; Free to most veterans.* English, Tagalog; call for other languages.

SF VA Medical Center (Fort Miley). 4150 Clement (at 42nd Ave), Bldg 200, Room GA185. Call 415-750-6674 (mental health), 415-221-4810 (general info) M-F 8am-4:30pm. For all veterans who have not been dishonorably discharged. First-time patients must register with Member Services for intake eligibility; bring discharge paperwork (DD214) or prior treatment info if you have them (if you don't they will help you get them). Psychiatric evaluation; outpatient services; individual, group & family therapy. Programs for women, people with HIV/AIDS/HepC, substance abusers, post-traumatic stress, victims of sexual harassment/abuse, & veterans dealing with anger, pain, smoking, anxiety or mood disorders. Medications; case management. *\$0-full bill.* English, Spanish.

SF Women Against Rape. 3543 18th St (bet Valencia & Guerrero), 3rd Fl, Suite 7. 415-647-7273 (24hr confidential crisis hotline, collect calls accepted), or 415-861-2024 (M-F 9am-5pm). Call for individual peer counseling, referrals, support groups, case management, medical & legal advocacy/accompaniment, rape prevention & education. *Free.* English, Arabic, Cantonese, Farsi, French, Georgian, Hindi, Japanese, Korean,

Chinatown North Beach Mental Health Services (BHS).....6
 Family Service Agency of SF.....7
 FSA Geriatric Services (BHS).....7
 In-Home Supportive Services.....8
 Institute on Aging Friendship Line.....8
 SF Dept of Aging & Adult Services.....10
 Southeast-Mission Geriatric Services (BHS).....11

HIV/AIDS ISSUES

AIDS/ HIV Nightline.....5
 Balboa Teen Health Center.....5
 Community Wellness Department (Native American Health Center).....7
 Family Service Agency of SF.....7
 Ferguson Place.....7
 HIV Mental Health Case Management Program at South Van Ness Services.....8
 Huckleberry Youth Multi-Service Ctr.....8
 Instituto Familiar de La Raza (BHS).....8
 Linea de Crisis.....9
 SF AIDS Foundation.....10
 SF VA Downtown Clinic.....10
 SF VA Medical Center (Fort Miley).....10
 Shanti.....11
 Stonewall Project.....11
 UCSF Alliance Health Project (AHP).....12
 Westside Community Services.....12

HOMELESS ISSUES

Homeless Veterans Rehabilitation Program (HVRP Domiciliary Service).....8
 Sixth St Self-Help Center (Hospitality House).....11
 Tenderloin Self-Help Center (Hospitality House).....11

LGBTQIQ ISSUES

Asian Women's Shelter.....5
 Community United Against Violence (CUAV).....6
 Dimensions Clinic for Queer and Questioning Youth.....7
 Lavender Youth Recreation Information Center (LYRIC).....8
 Night Ministry.....9
 Overeaters Anonymous.....10
 Stonewall Project.....11
 UCSF Alliance Health Project (AHP).....12

MOBILE HELP FOR PEOPLE IN CRISIS

Adult Protective Services.....5
 Central City Older Adults (BHS).....6
 Child Crisis.....6
 Crisis Response Team.....7
 Mobile Crisis Treatment Team (BHS).....9
 Night Ministry.....9

SUBSTANCE ABUSE

Alcoholics Anonymous.....5
 Balboa Teen Health Center.....5
 Community Wellness Department (Native American Health Center).....7
 Ferguson Place.....7
 FSA Geriatric Services (BHS).....7
 Homeless Veterans Rehabilitation Program (HVRP Domiciliary Service).....8
 Narcotics Anonymous.....9
 Marijuana Anonymous.....9
 Progress Foundation.....10
 SF VA Downtown Clinic.....10
 SF VA Medical Center (Fort Miley).....10
 Stonewall Project.....11
 Swords to Plowshares.....11
 Tenderloin Self-Help Center (Hospitality House).....11
 UCSF Alliance Health Project (AHP).....12
 Vietnamese Youth Development Center.....12
 Westside Community Services.....12

SUICIDE INTERVENTION

Child Crisis.....6
 Grief Related Services at CESP.....8
 Institute on Aging Friendship Line.....8
 Linea de Crisis.....9
 Night Ministry.....9
 Suicide Prevention.....11

SUPPORT & PEER GROUPS

Adult Survivors of Child Abuse (ASCA) Morris Center.....5
 Alcoholics Anonymous.....5
 Cameron House: Social Services.....6
 Community United Against Violence (CUAV).....6
 Community Wellness Department (Native American Health Center).....7
 Depression & Bipolar Support Alliance of SF (DBSA).....7
 Gamblers Anonymous.....8
 Glide Men in Progress Breaking the Cycle.....8
 Grief Related Services at CESP.....8
 Instituto Familiar de La Raza (BHS).....8
 La Casa de Las Madres.....8
 Marijuana Anonymous.....9
 Mental Health Association of SF.....9
 NAMI (National Alliance on Mental Illness).....9
 Narcotics Anonymous.....9
 Overeaters Anonymous.....10
 Recovery International.....10
 SF AIDS Foundation.....10
 SF VA Downtown Clinic.....10
 Shanti.....11
 UCSF Alliance Health Project (AHP).....12

In case of emergency, call 911

WOMAN, Inc12

TALKLINES

AIDS/ HIV Nightline5

APA Family Support Services5

Institute on Aging Friendship Line8

Lavender Youth Recreation Information Center (LYRIC)8

Linea de Crisis9

Night Ministry9

TALK Line (Telephone Aid in Living with Kids)11

TELEPHONE HELP FOR PEOPLE IN CRISIS

Adult Protective Services5

Asian Women's Shelter5

California Youth Crisis Line6

Center for Domestic Peace6

Child Protective Services6

Huckleberry Youth Multi-Service Ctr8

Institute on Aging Friendship Line8

La Casa de Las Madres8

Men's Crisis Line9

National Runaway Safeline9

Night Ministry9

Psychiatric Emergency Services at SF General Hospital10

SF Dept of Aging & Adult Services10

SF Women Against Rape10

TALK Line (Telephone Aid in Living with Kids)11

Westside Crisis12

WOMAN, Inc12

VETERAN ISSUES

All veterans' programs except Swords to Plowshares require either: Honorable Discharge; General Discharge (Under Honorable Conditions) with 2 years' active duty; or General Discharge (Under Honorable Conditions) before 1982 with 45 days of active duty.

Homeless Veterans Rehabilitation Program (HVRP Domiciliary Service)8

SF VA Downtown Clinic10

SF VA Medical Center (Fort Miley)10

Swords to Plowshares11

Vet Center (VA Readjustment Counseling Service)12

VIOLENCE, ABUSE & RAPE

Adult Protective Services5

Adult Survivors of Child Abuse (ASCA) Morris Center5

Asian Women's Shelter5

Brennan House6

Cameron House: Social Services6

Center for Domestic Peace6

Child & Adolescent Support, Advocacy & Resource Center (CASARC)6

Child Crisis6

Child Protective Services6

Community United Against Violence (CUAV)6

Community Wellness Department (Native American Health Center)7

Ferguson Place7

FSA Geriatric Services (BHS)7

Glide Men in Progress Breaking the Cycle8

Glide Women's Center Domestic Violence Program8

La Casa de Las Madres8

Men's Crisis Line9

Mental Health Association of SF9

Progress Foundation10

SF Women Against Rape10

Trauma Recovery/Rape Treatment Center11

Vietnamese Youth Development Center12

Westside Ajani12

Westside Community Services12

WOMAN, Inc12

WOMEN'S ISSUES

Asian Women's Shelter5

Brennan House6

Cameron House: Social Services6

Center for Domestic Peace6

Glide Women's Center Domestic Violence Program8

La Casa de Las Madres8

SF Women Against Rape10

Trauma Recovery/Rape Treatment Center11

WOMAN, Inc12

YOUTH ISSUES

Balboa Teen Health Center5

Bayview Hunters Point Foundation (BHS)6

Bayview Hunters Point Foundation - Youth Services4

California Youth Crisis Line6

Cameron House: Youth Services6

Child & Adolescent Support, Advocacy & Resource Center (CASARC)6

Child Protective Services6

Chinatown Child Development Center (BHS)6

Chinatown Child Development Center (BHS)6

Chinatown North Beach Mental Health Services (BHS)6

Community United Against Violence (CUAV)6

Dimensions Clinic for Queer and Questioning Youth7

Edgewood Center for Children & Families7

Family Mosaic Project (BHS)7

Huckleberry Youth Multi-Service Ctr8

Instituto Familiar de La Raza (BHS)8

La Casa de Las Madres8

for LGBTQIAQ youth 24yrs & under. No clinical services. *Free.* English, Spanish.

Línea de Crisis. 415-989-5212 or 800-303-7432 (M-F 5-9pm). Information, referrals, & counseling for mental health, suicide prevention, & HIV/AIDS. *Free.* Spanish only. ☎

Marijuana Anonymous. 415-325-4785. <www.ma-sf.org>. info@ma-sf.org. 12-step program focusing on recovery from marijuana addiction. Call or go to website to check for meeting times in San Francisco. *Free.*

Marin Youth Services. 415-526-2557, M-F 9am-5pm. Youth 12-25 with dating violence issues. Counseling, safety planning, emergency shelter, legal advocacy. *Free.* English, Spanish.

Mayor's Office on Disability. 1155 Market, Floor 1. 415-554-6789, 415-554-6799 (TTY), 415-554-6159 (Fax). mod@sfgov.org. <www.sfgov.org/sfmod> Call or drop in M-F 8am-5pm with requests & complaints about disability access to city-owned or -administered facilities, programs, services, & activities. Information about disability rights laws. Public meetings of Mayor's Disability Council, input welcome, 3rd Friday of the month (Jan 15, Feb 19, Mar 18), 1-4pm in City Hall, Room 400. *Free.* English; phone, & video interpreters available. Council Meeting interpreters available with 48hrs notice.

Men's Crisis Line. 415-924-1070. 24hrs. Emergency counseling for straight or gay abusive men in crisis. *Free.* English only. ☎

Mental Health Association of SF. 870 Market, Suite 928. 415-421-2926. Call M-F 9am-5pm. Peer-run Warm Line: 855-845-7415 7am-11pm daily. Mental health education & awareness, various peer programs and support groups (including Hoarding & Cluttering; Suicide Prevention), advocacy, participation in local policy issues, referrals. Workshops for consumers, family members, & professionals. No clinical services. *Free.* English.

Mission Family Center (BHS). 759 South Van Ness (bet 18th & 19th Sts). 415-642-4550. Call for intake appt. M-F 8:30am-5pm. Children & youth aged 3-17 or still in high school. Individual, group, & family therapy; case management; medication. *MediCal, SFHealth.* If you don't have insurance, they will try to help you get it. English & Spanish.

Mobile Crisis Treatment Team (BHS). 415-970-4000. Crisis intervention for SF residents & visitors ages 18+. M-F 8:30am-11pm, Sa &

holidays noon-8pm. If you are over 60 or HIV+ you may be transferred to another line. Evaluation & alternative placement attempted. If need be, authorized to do a "5150" (involuntary 72-hour hospital hold). *Lack of insurance or money is not a barrier.* English, Cantonese, Mandarin, Spanish, Tagalog. Phone interpreters available.

NAMI (National Alliance on Mental Illness). 415-905-6264 (non-emergency helpline) or 415-474-7310 ext. 668 (office). <namisf.org>. info@namisf.org. Support, education & advocacy for the mentally ill, their friends & families. 24hr message helpline offers crisis support, information & referrals. Multiple ongoing support groups; call or look online for schedules. Ask about 12-week Family-to-Family or 10-week Peer-to-Peer classes. *Free.* English, Spanish & Cantonese.

Narcotics Anonymous. 415-621-8600 (24hrs). 12-step fellowship focusing on recovery from drug addiction. Call 24hr hotline or check <www.sfn.org> for information on meeting times & locations throughout SF. *Free.* English, Spanish. ☎

National Runaway Safeline. 800-786-2929 (800-RUNAWAY). Youth 12-21 & their families. Free bus rides home for qualified youth via Greyhound Home Free Program. *Free.* English; telephone interpreters available. ☎

Night Ministry. 415-441-0123. Non-judgmental, compassionate, comprehensive crisis counseling, referrals &, when requested, intervention (e.g. in domestic violence cases). Call 10pm-4am any night of the year to talk to a volunteer counselor, or ask for a minister, priest or rabbi to call you back &, if you like, meet you in person anywhere in SF. *Free.* English; Cantonese, German, Japanese, Mandarin, & Spanish available on request. ☎

Oakes Children's Center. 1550 Treat (near Precita). 415-641-8000. 5-18yrs. Must be referred. Call clinical director (Dr. Brenner ext. 214-M-F 8:30am-5pm (except school holidays)) & ask how to get referred. Education program with counseling & outpatient therapy; behavioral health support for youth and their families. *MediCal, Free if eligible.* English, Spanish, Tagalog; limited Cantonese, Russian.

OMI Family Center (BHS). 1701 Ocean (at Faxon). 415-452-2200. For all San Franciscans. Call MTuThF 8:30am-5pm, W 12-5pm; drop-in intake MTuThF 9:45-10:30am. Short term solution-focused group & individual counseling, case

with coexisting mental health issues. *\$0-full bill.* Franklin St.: English, Korean, Latvian, Mandarin, Spanish. Geary Blvd.: English, Cantonese, Russian.

Gamblers Anonymous. 855-222-5542. <www.gamblersanonymous.org>. 12-step support groups for recovering compulsive gamblers. 3 groups meet weekly in SF. Call or go online for meeting times & locations, peer counseling, information. 24hrs. *Free.* English & Tagalog. ☺

Glide Men in Progress Breaking the Cycle. 330 Ellis (at Taylor), Freedom Hall. 415-674-6195 (ask for Ray White). Drop-in support for men overcoming violence: Tu 5-8pm (new members 4:30pm); advanced group: Th 5-8pm. *Free.* English only.

Glide Women's Center Domestic Violence Program. 330 Ellis (at Taylor), 101A. 415-674-6023. Drop-in support and counseling for women Tu-F 9-10:30am followed by breakfast. Tu: self-care; W: harm reduction; Th: healthy relationship; F: fun day, bring a friend. M, 3-4:30 pm: Girl Talk. 1st and 2nd W (Jan 6 & 13, Feb 3 & 10, Mar 2 & 9), 3-4:30pm: expressive arts. 3rd and 4th W (Jan 20 & 27, Feb 17 & 24, Mar 16 & 23) 3-4:30pm: Healing through Negro Spirituals, soul food meal. *Free.* English only.

Grief Related Services at CESP. 3575 Geary (at Arguello). 415-750-4133. For people of any age who have experienced difficult, sudden, or traumatic loss. Traumatic Loss Group, drop-in Sa 10:30am-12pm. Call for 8-week traumatic loss grief group & individual grief counseling. *\$0-full bill.* English.

HELPLINK. Toll-free: 211 or 800-273-6222. 24hr confidential information & referral service for Bay Area resources. *Free.* English, Cantonese, Mandarin, & Spanish. Other languages through telephone interpreter. ☺

HIV Mental Health Case Management Program at South Van Ness Services. 755 South Van Ness (at 19th). 415-642-4580. M-F 9am-5pm. Professional mental health service for those living with HIV/AIDS in SF. Individual & group psychotherapy. Medication evaluation & management, psychiatric evaluations. *No one refused for lack of funds.* English, Spanish.

Homeless Veterans Rehabilitation Program (HVRP Domiciliary Service). 795 Willow Rd, Bldg. 347B, Menlo Park. Call 800-848-7254 (M-F 9am-12pm & 1-3pm) for screening (redial if busy). Intensive 4-6 month residential program for homeless vets of any gender. Behavior modification program for homeless vets who want to change

their lifestyle. 1-2 week waiting list. *First 90 days free, afterwards \$0-5 per day.* English only.

Huckleberry Youth Multi-Service Ctr. 1292 Page (at Lyon). 415-621-2929 (24hr). For youths aged 11-21. **Huckleberry Youth Health Ctr:** 555 Cole (at Haight) 415-386-9398 (M-F 9am-5pm). For youths aged 11-24. Services include family & individual therapy, case management, crisis services, peer health education; also tests & counseling for HIV, pregnancy & STD. Call for crisis shelter for runaway youths 11-17. *\$0-full bill.* English & Spanish; limited Cantonese. ☺

In-Home Supportive Services. 415-355-6700. Call M-F 8am-5pm for intake. Provides in-home domestic-related & personal care services for low-income, blind, aged, & disabled people on MediCal or SSI. Help with: housecleaning, meal preparation, laundry, grocery shopping, bathing, walking, accompaniment to medical appointments, referrals. *Free for SSI.* English, Chinese, Korean, Russian, Spanish, Tagalog, Vietnamese.

Institute on Aging Friendship Line. 415-752-3778 or 800-971-0016. Call 24hrs for crisis or elder abuse; 8am-11pm are best times for non-crisis calls. Call 415-750-4111 M-F 8:30am-5pm for information regarding case management, day care, referrals, & assistance for older adults, disabled adults 18+, & their families. *Free, MediCal, MediCare.* English; other languages sometimes available. ☺

Instituto Familiar de La Raza (BHS). 2919 Mission (bet. 25th & 26th Sts). 415-229-0500. Latino-focused (but for all SF residents). Call M-F 9am-5pm & ask for an intake worker. Open M-F 9am-7pm; Sa 9am-2pm. Case management & advocacy services for youth, family services, HIV education, counseling services, women's group, referrals, cultural events. *MediCal, Healthy Families, \$0-full bill.* English, Spanish.

La Casa de Las Madres. 1663 Mission, Suite 225 (bet. S. Van Ness & Division Sts). 24hr toll-free domestic violence hotlines: 877-503-1850 (adults), 877-923-0700 (teens). Confidential. Call for initial screening or drop in M-F 8:30am-5pm. Individual counseling, support groups, & referrals for women, teens, & their children. Advocacy & support services, including 8-week shelter. *Free.* English, Spanish; other languages by telephone interpreter. ☺

Lavender Youth Recreation Information Center (LYRIC). 127 Collingwood (at 18th). For appt. call 415-703-6150 M-F 10am-6pm. Case management, job training, activities & internships

Lavender Youth Recreation Information Center (LYRIC)8
Mission Family Center (BHS)9

National Runaway Safeline9
Vietnamese Youth Development Center12
Westside Ajani12

DIRECTORY OF ORGANIZATIONS

Access Line (Behavioral Health Services - BHS). 888-246-3333 (toll-free), 415-255-3737, or 888-484-7200 (TDD). SF residents can call anytime for initial phone screening to determine financial & clinical eligibility. Information & referral for all outpatient mental health services (therapy, case management, emotional support, and medication management) offered by BHS: neighborhood clinics, groups, psychologists & psychiatrists. *\$0-full bill, MediCal, Medicare, HealthySF, SFHealth Plan.* English, Cantonese, Mandarin, Spanish & Tagalog; other languages by telephone interpreter.

Access Line Grievances (Behavioral Health Services - BHS). 1380 Howard, 1st Fl. (at 10th St). 415-255-3737. TTY: 888-484-7200. Call M-F 8am-5pm for questions or problems concerning any mental health or substance abuse service funded by City & County of SF (BHS). If you are unsatisfied with the treatment you receive at any BHS-funded program, you can file Grievance Form CBHS 316, available at any BHS-funded program or at BHS, 1380 Howard, 94103 (to get a form by mail send a stamped self-addressed envelope). File in person, by phone, or by mail. BHS is required to respond within 60 calendar days. Leave a message at 415-255-3632 to ask about the status of your complaint. *Free.* English, Cantonese, Russian, Spanish, Tagalog, Vietnamese; interpreters available for other languages.

Adult Protective Services. 1650 Mission, Suite 100 (bet. Duboce & S. Van Ness). Office: 8am-5pm. 415-355-6700 or 800-814-0009 (24hr hotline for reporting abuse). For SF residents who are disabled/dependent adults 18-64 yrs, & elders 65+. Crisis intervention, investigation, short-term case management, referrals & resources for victims of abuse, neglect, violence, sexual assault, financial exploitation, and emotional/psychological abuse, including severe self-neglect. *Free.* English, Chinese dialects, Greek, Japanese, Korean, Russian, Spanish, Tagalog, Vietnamese; other languages available. ☺

Adult Survivors of Child Abuse (ASCA) Morris Center. ascasanfrancisco@gmail.com. Self-help meetings for adult survivors of physical, sexual & emotional child abuse. Tu 6:30-9pm:

501 Castro, 2nd floor; 415-689-4076. Th 6:30-8:30pm: California Pacific Medical Center, 45 Castro St, Conf Rm B2/B3. <www.ascasanfrancisco.org>. *Donation requested but not required.* English only.

AIDS / HIV Nightline. 415-434-2437 or 800-628-9240. TDD: 415-227-0245. 24/7 information, referrals, and counseling. *Free.* English; other languages by request. ☺

Alcoholics Anonymous. 415-674-1821 (24hrs). Spanish: 415-824-1834 (message only). Call for meeting times & locations or look online: <www.aasf.org>. Newcomers are welcome to any meeting, but you may ask for a beginner's meeting. Volunteers sometimes available to meet new members beforehand. *Free, donation basket passed.* English & Spanish; ASL with 5 days' notice. ☺

APA Family Support Services. 10 Nottingham Pl. (off 1020-28 Kearny btw. Broadway & Pacific); 50 Raymond St (bet. San Bruno & Alpha). 415-617-0061. Call for appt. M-F 9am-5pm. Support services for Asian families to prevent child abuse & domestic violence. Parenting & health education, support groups, kinship support, referrals, home visits, case management, assessment, counseling, individual & group therapy, parental stress hotline, employment program. *Free.* English, Cambodian, Cantonese, Korean, Lao, Mandarin, Tagalog, Spanish, Thai, Vietnamese.

Asian Women's Shelter. 415-751-0880 (crisis line). 877-751-0880 (toll-free). Women and transgendered survivors of domestic violence, call M-F 9am-5pm (after hours, phone is answered by WOMAN, Inc.). Advocacy, case management, transportation to residence, referrals to professional counselors, children's program, queer services, services for victims of trafficking, public education. *\$0-full bill.* English & 41 languages. ☺

Balboa Teen Health Center. Balboa High School, 1000 Cayuga, Room 156. 415-469-4512. Middle & high school students who live in SF. Call M-F 8:30am-5pm. Drop-in for Balboa students only M,Tu,Th,F 8:45-11am, W 10-11am. Medical care, health education program, HIV counseling & testing, individual & group counseling, family planning,

In case of emergency, call 911 ☺ 24 hrs
☺ Night time only

substance abuse program, & educational support. *Free.* English, Cantonese, Spanish, Tagalog.

Bayview Hunters Point Foundation (BHS). 5815 3rd St. (at Carroll). 415-822-7500. Call M-F 9am-5pm for intake appt. Individual & family therapy, coordination with schools, preventive consultation with schools & agencies, medication monitoring, alcohol and drug abuse counseling, information, & referrals. *MediCal, \$0-full bill.* English.

Brennan House. 415-255-2894. Call M-F 9am-5pm. 18 months of transitional housing for female survivors of domestic violence & their children. Residency includes counseling, support groups, & advocacy. *Sliding scale based on income; Free if zero income.* Cantonese, English, Mandarin, Spanish; other languages may be available.

California Youth Crisis Line. 800-843-5200. <www.youthcrisisline.org>. For all California at-risk youth and their families. Crisis intervention, 24hr counseling line, information & referrals; conference calls to guardians & services; message center for guardians & children. Anonymous & confidential. *Free.* English, Spanish, other languages on request. ☎

Cameron House: Social Services. 920 Sacramento (bet. Powell & Stockton). 415-781-0401 ext. 101. Asian-focused. For survivors of domestic violence & child witnesses of domestic violence. Call or drop in M-F 9am-5pm. Non-psychiatric individual, couple & family counseling; parenting workshop, case management, adult ESL & computer classes. Support groups (Cantonese): women call for times; cancer patients & family members 2nd & 4th Sat 1:30-3:30pm (Jan 9 & 23, Feb 13 & 27, Mar 12 & 26). *\$0-full bill.* English, Cantonese, Mandarin.

Cameron House: Youth Services. 920 Sacramento (bet. Powell & Stockton). 415-781-0401 ext. 101. Friday 7-10pm: program for middle & high school youth (sports, movies, basketball team, etc.). *Free.* English & Cantonese.

Center for Domestic Peace. 24hrs: 415-924-6616 (English), 415-924-3456 (Spanish). <www.centerfordomesticpeace.org> Support & information for battered women. Assistance in obtaining emergency shelter (24hr intake). Referrals to community resources, including medical & legal assistance. Volunteers needed. *Free.* English, Spanish. ☎

Central City Older Adults (BHS). 90 Van Ness (at Fell). 415-558-5900. Primarily serves seniors 60+ who live in the Tenderloin, Civic Center, &

SOMA. Call M-F 8:30am-5pm. Psychiatric evaluation, medication management, counseling, home visits, & referrals. *\$0-full bill.* English, Cantonese, Spanish, Tagalog.

Child & Adolescent Support, Advocacy & Resource Center (CASARC). SFGH, 995 Potrero (at 22nd St), Bldg 80, Ward 80, basement. 415-206-8386. For children aged 0-17. Drop in or, preferably, call 24hr intake nurse for interview. Office is open 8:30am-5pm. Crisis intervention, sexual abuse therapy, play therapy, group therapy, counseling, Victim/Witness applications with police report, referrals to community resources, case management. *MediCal, Victim/Witness, first visit Free.* English, Spanish, other language interpreters available. ☎

Child Crisis. 415-970-3800. For youth under 18. Call for interview or referral. Evaluations for involuntary psychiatric hospitalization & crisis case management for up to 30 days. Specialized services for homicidal, suicidal & gravely disabled youth or victims & witnesses of community violence. *\$0-full bill.* English, Cantonese, Mandarin, Spanish, Tagalog, Vietnamese; other language interpreters available. ☎

Child Protective Services. 415-558-2650 or 800-856-5553. 24hr hotline to report emergency child abuse & neglect. Nonemergency referral & consultation. *Free.* English, Cantonese, Spanish, Tagalog, Vietnamese; other languages available by request. ☎

Chinatown Child Development Center (BHS). 720 Sacramento (at Kearny). 415-392-4453. 0-18 years old. Call M-F 8:30am-5pm & ask for intake worker. Individual, group, & family therapy. Psychological testing for clients, medication management, referrals, parent education. *Only for MediCal, HealthyKids, & uninsured (\$0-full bill).* English, Cambodian, Cantonese, Mandarin, Vietnamese.

Chinatown North Beach Mental Health Services (BHS). 729 Filbert (at Columbus). 415-352-2000. TDD: 415-352-2099. For 14+. Call M-F 8:30am-5pm or drop in M-F 9-11, WF 1-3pm. Psychiatric evaluation, individual therapy, counseling, group activities, medication, case management, crisis outreach, consultation, acupuncture, referrals to other city-funded programs. *MediCal, MediCare accepted. \$0-full bill.* English, Cambodian, Cantonese, Lao, Mandarin, other Chinese dialects, Vietnamese.

Community United Against Violence (CUAV). 427 S. Van Ness (bet 15th & 16th Sts). 415-333-4357. For LGBTQQ survivors of domestic violence, hate violence or police

misconduct. Call for intake. Emotional support, safety planning, resources and referrals, advocacy, organizing, education. *Free.* English, Spanish.

Community Wellness Department (Native American Health Center). 160 Capp (between 16th and 17th Sts.). 415-621-4321. Call M-F 9am-4:30pm. Counseling, children/youth services, case management, therapy, parenting classes, and mental health services grounded in Native American culture and spirituality. Waiting list for some services. *Free.* English.

Crisis Response Team. 415-970-3800. 24/7 mobile response to homicides, critical shootings, stabbings & suicides; provides clinical support, grief counseling & crisis management to individuals, families & community members affected by community violence and critical incidents. *\$0-full bill.* English, Cantonese, Mandarin, Spanish, Tagalog, Vietnamese; other language interpreters available. ☎

Depression & Bipolar Support Alliance of SF (DBSA). St. Francis Memorial Hospital, 900 Hyde (at Pine), Lower Level, conference Rooms A, B & C. 415-995-4792. Drop-in peer support group for those who suffer from depression or bipolar disorder: Mon 6:45-8:15pm, Sa 1:30-3pm. Young adult meeting (ages 18-30), M 6:45-8:15pm. Support group for friends & family: 1st & 3rd M of month (Jan 4 & 18, Feb 1 & 15, Mar 7 & 21), 6:45-8:15pm. *Free. Donation requested, not required.* English only.

Dimensions Clinic for Queer and Questioning Youth (at Castro-Mission Health Ctr.) 3850 17th St (at Pond). 415-934-7757. Call M-F 8am-5pm for intake appt. Mental health services for LGBTQQ youth 12-25 years old. Medical care available. Transgender and gender-variant support group Th 6:30pm. *Healthy SF, private insurance, \$0-full bill.* English, Spanish; other languages by telephone interpreter.

Disability Rights California. 510-267-1200. 1330 Broadway (near 14th St), Suite 500, Oakland. <www.disabilityrightsca.org> Call or drop in M-F 9am-5pm. Legal representation & advocacy for people with psychiatric, physical, sensory & developmental disabilities. Referrals, advocacy training, technical support for family members & advocates. Help with Special Education & various other legal issues. Can do most work over the phone. *Free.* English, Spanish, other languages with telephone interpreter.

Dore Urgent Care. 52 Dore (off Folsom between 9th & 10th Sts). 415-553-3100. Psychiatric emergency services. An alternative to hospital emergency room evaluation for people in mental health crisis. Call 24 hrs for referrals or information. English, Spanish; other languages with telephone interpreter. ☎

Edgewood Center for Children & Families. 1801 Vicente (at 29th Ave). 3801 3rd St (at Evans), Suite 610. 415-681-3211, or (844)-334-3411 (new clients). <www.edgewood.org>. Children 6-17. Residential treatment, day school, afterschool program, crisis intervention, counseling & referrals for children & their families experiencing mental health issues. *MediCal, private insurance, \$0-full bill.* English, Cantonese, Spanish; some other languages available by request.

Family Mosaic Project (BHS). 1309 Evans (bet Mendell & Jennings). 415-206-7600. Children 0-17 years old who live in SF, & their families. Intensive case management for children who have emotional and behavioral problems and are at risk of being placed out-of-home or out-of-school. Services include case management and referrals to therapy, psychiatric medication services, respite, tutoring, mentoring, occupational therapy, advocacy, and other programs. Length of treatment is 12-18 months. *Medi-Cal, Healthy SF/Healthy Families, and uninsured.* English, Cantonese, Spanish.

Family Service Agency of SF. 1500 Franklin (at Bush). 415-474-7310. For all San Franciscans. Call M-F 9am-5pm. Individual psychotherapy & counseling, psychiatric medication management. *\$0-full bill.* English, Cantonese, Korean, Mandarin & Spanish.

Ferguson Place. A transitional residential treatment program for adults who are diagnosed with mental illness, drug addiction, & HIV/AIDS. Call 415-864-1515 (M-F 9am-5pm) for assessment. *Pay 30% of income, Free if no income.* English, Spanish. Other languages may be available by request.

FSA Geriatric Services (BHS). 6221 Geary Blvd (at 26th Ave), 415-386-6600; 1500 Franklin (at Bush), 415-474-7310. For SF seniors 60+ only. Call M-F 9am-5pm for initial comprehensive assessment. Individual counseling. Outpatient groups, peer counseling, crisis intervention, case management, psychiatric evaluation, medication monitoring, day socialization program, home visits. Substance abuse counseling for seniors