

# MENTAL HEALTH COUNSELING SUPPORT LINES

COMPILED BY THE FILIPINO MENTAL HEALTH INITIATIVE OF SAN FRANCISCO

## 24/7 MENTAL HEALTH HOTLINES & TEXT LINES

San Francisco Suicide Prevention Hotline: 415-781-0500

Huckleberry House Teen Crisis Hotline: 415-621-2929

Safe & Sound: Parent Talk Line: (415) 441-5437

SF Mobile Response Team: 1-877-305-8989

Trevor Project: LGBTQ Youth Hotline: (866) 488-7386

Suicide and Crisis Lifeline TEXT: 988

Huckleberry House Teen Crisis TEXT: 1-800-735-2929

## ADDITIONAL SUPPORT LINES

Filipino American Counseling and Treatment: 415-348-8042

SFDPH Mental Health Referrals: 1-415-255-3737

Bay Area Mobile Crisis Response Team Directory (211)



Scan the QR code for an extensive list of mental wellness resources compiled by community members of the Filipino Mental Health Initiative of San Francisco.

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"Together, we can end the stigma of mental health."  
[www.fmhi-sf.org](http://www.fmhi-sf.org)