

UCSF Alliance Health Project (AHP). 1930 Market (by Laguna). 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 M-F 8am-5pm. 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 5-18 & their families. Call M-F 10am-6pm. Case management; help with family conflict, culture/generation gap; leadership program; tutoring; information & referral; job training & part-time employment assistance for youths & adults; substance abuse prevention; Vietnamese/English translation service; ESL classes; adult English support; health wellness program. *Free.* English, Cebuano, Cambodian, Cantonese, Laotian, Vietnamese.

Westside Ajani. 245 11th St (at Kissling). 415-431-8252 ext 1135. Call M-F 9am-7pm. For youth age 5-21 & their families. Mental health treatment services, case management, psychological education, groups, crisis intervention. *Free.* English.

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, case management, & referral. *Free.* English; 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). Crisis intervention, brief crisis treatment (averaging 1-3 visits). For ongoing services, must be 18+ & SF resident. *No one turned away for lack of funds.* English; other languages with telephone interpreter.

W.O.M.A.N., Inc. 26 Boardman Pl (off Bryant btw 6th & 7th). 415-864-4722 or 877-384-3578 (toll-free). 24hr peer support lines for domestic violence survivors & their children, family & friends. Drop-in counseling W 11am-12:30pm, F 2-3:30pm. For evening appointments, call the support line or email appointments@womaninc.org. Call for phone counseling, referrals, & support groups. *Free.* English, Spanish; other languages via telephone interpreter. ☺

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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

W.O.M.A.N., Inc: 415-864-4722 or 877-384-3578

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In case of emergency, call 911

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760 Harrison (bet. 3rd & 4th Sts). (415) 836-1700. Drop in MTuThF 8:30-10:30am or W 1-2:30pm. Psychiatric medication management, counseling, clinical case management & support group. Filipino counseling team. Citywide, but priority given to SOMA, Western Addition, & Tenderloin. *\$0-full bill.* English, Spanish, Tagalog.

Southeast Child Family Therapy Center (DPH). 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, 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 A & B; \$0-full bill.* English, Cantonese, Spanish.

Stonewall Project. 1035 Market St (bet 6th and 7th), 4th Fl. 415-487-3100. <stonewallsf.org> Drop in M-F 4pm or call for info. 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 & Spanish.

Strut. 470 Castro Street (near 18th). 415-437-3400. info@strutsf.org. Drop in only. Sa-M 10am-6pm, Tu-Th 10am-8pm. For gay, bi & trans men 18+. Walk-in counseling, HIV & STI testing & vaccinations (come early!), sex ed, condoms, social events, peer counseling, acupuncture, chair massage, harm reduction & substance use treatment. Call or check online for schedule of support groups, syringe access, book club. Apply online to volunteer. *Free.* English & Spanish.

Suicide Prevention. All lines 24hrs. 415-781-0500. TDD: 415-781-2244. <www.sfsuicide.org>. 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). Ask about a second site near 24th Ave and Judah. 415-753-7400. Call

for appt. M-F 8:30am-5pm. Drop-in (call ahead if you can) MTuWF 9-11am, Th 1-3pm. Primary care & medications, individual therapy, peer counseling support & activity groups, referrals. *Medi-Cal/Medicare (will help you get Medi-Cal), \$0-full bill for first 90 days.* English, Cantonese, Mandarin, Russian.

Swords to Plowshares. 1060 Howard (bet. 6th & 7th Sts). 415-252-4788. For all veterans. Drop in M-F 8:30am-4:30pm; Tu 9am for benefits advocacy (SS, VA, military discharge upgrade). Case management, social services, individual counseling, employment, legal assistance, substance abuse support, information & referrals, emergency & transitional housing, move-in assistance, eviction prevention, daily support groups, 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, other languages via telephone interpreter). For parents & guardians of minor children only. Call or drop in M-Th 9am-2pm for services which include crisis counseling (including on-site childcare while a parent is in the building, 10am-2pm). Call for info about SafeStart program (for children aged 0-6) & for information & referrals to help children exposed to violence. Call 415-668-0494 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 referrals, case management services, employment services, massage therapy, & basic support such as respite from the streets, restrooms, & assistance with IDs. *Free.* English, Spanish.

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

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. Meetings are available in person, by telephone or online. *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 or drop in for info 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, bi, & trans men. *Free.* English, Spanish.

SF Dept of Aging & Adult Services. 2 Gough St (at Otis). 415-355-6700 8am-5pm. Adults 60+ or with disabilities call or drop in. Info & referrals for Adult Protective Services, In-Home Supportive Services, IHSS Care Transitions Program (from hospital to home), home delivered meals & case management. *Free.* English, Cantonese, Spanish, Mandarin, Tagalog; all languages available with telephone or video 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 and significant others of any gender or sexual orientation, 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 - Healthcare for Homeless Vets. 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. *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 415-221-4810 (general info), ext. 2-4824 (mental health), 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. Same-day, 24/7, urgent mental health appts. in Psychiatric Evaluation Services in Bldg. 200, Ground Floor, Emergency Department. Drop-in Mental Health Clinic: Open M-F 8am-5pm in Bldg. 203, Ground Floor, Room GA-28. 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, ASL, Bosnian, Cantonese, Catalan, Croatian, French, Filipino, Gujarati, Hindi, Japanese, Macedonian, Portuguese, Russian, Serbian, Spanish, Tagalog, Toisanese, Turkish. ☺

Shanti. 730 Polk, 3rd Fl. (bet. Eddy & Ellis). 415-979-9550. Primarily for women with cancer; or anyone with HepC or HIV, or LGBTQ 50+, or disabled. Call for appt M-F 9am-5pm. Health support, peer counseling, support groups (including people coinfectd with HepC & HIV, HIV+ folks over 50, gay men with cancer, & HIV+ women), advocacy, care navigation, activities, HIV education, prevention with positives, information & referrals, & volunteering. *Free.* English, Cantonese, Mandarin, 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 referrals, case management services, employment services, massage therapy, & basic support such as respite from the streets, restrooms, & assistance with IDs. *Free.* English, Spanish.

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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: 415-421-1880 SuMTuTh 1-9pm W 2-6pm. Mental health education & awareness, various peer programs and support groups (including Hoarding & Cluttering), advocacy, participation in local policy issues, referrals. Workshops for people with mental health challenges, family members, & professionals. No clinical services. *Free.* English & Spanish.

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). 415-970-3800. 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. If need be, authorized to do a "5150" (involuntary 72-hour hospital hold). 30-day case mgmt. available. *Lack of insurance or money is not a barrier.* English, Cantonese, Mandarin, Spanish, Tagalog. Phone interpreters available.

Narcotics Anonymous. 415-621-8600 (24hrs). 12-step fellowship focusing on recovery from drug addiction. Call 24hr hotline or check <www.sfna.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. Confidential phone crisis counseling & intervention; family message service; referrals to shelter; free bus rides home for qualified youth via Greyhound Home Free Program. Crisis email, live chat & forum available through 1800Runaway.org. *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 clergy person 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. Holmberg 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.

OCD Peer Support Group. Marriot Hotel, 55 4th, St, 2nd Floor Atrium. rebecca@rebeccamasie.com. For people 18+. Drop-in peer support group for people with OCD and related challenges, with almost no structure. Sit, talk, and socialize. *Free.* English only.

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 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 7:15-7:30pm followed by 7:30pm 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 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, Tagalog, & Vietnamese; other language interpreters available. ☺

Group, soul food meal. Drop in counseling M-F 9am-5pm. *Free*. English & Spanish.

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 & Spanish. Other languages through telephone interpreter. ☺

HIV Mental Health Case Management Program at South Van Ness Services. 755 South Van Ness (at 19th). 415-642-4500. 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 6 month residential program for homeless vets of any gender including trans. Behavior modification program for homeless vets who want to change their lifestyle. 1-2 week waiting list. *Free*. English only.

Huckleberry House. 1292 Page (at Lyon). 415-621-2929 (24hr). For youths aged 11-21. Services include family & individual therapy, case management, crisis services. Call for crisis shelter for runaway youths 11-17. Call 415-386-9398 for tests & counseling for HIV, pregnancy & STD. *\$0-full bill*. English, Cantonese, Mandarin & Spanish. ☺

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 Medi-Cal. Help with: housecleaning, meal preparation, laundry, grocery shopping, bathing, accompaniment to medical appointments, referrals. *Free for SS*. English, Chinese, Korean, Russian, Spanish, Tagalog, Vietnamese.

Institute on Aging Friendship Line. 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. For women, teens, & their children surviving domestic violence or trafficking. Call for initial screening or drop in M-F 8:30am-5pm. Individual counseling, support groups, & referrals. Advocacy & support services, including shelter (up to 8 weeks). *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 for LGBTQ youth 24yrs & under. No clinical services. *Free*. English, Spanish.

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 for literature and to check for meeting times in San Francisco. *Free*.

Marin Youth Services. 415-526-2557 (call or text), 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, 415-554-6159 (Fax). mod@sfgov.org. <www.sfgov.org/mod> 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 18, Feb 15, Mar 15), 1-4pm in City Hall, Room 400. *Free*. English; phone & video interpreters available. Council Meeting: ASL; other interpreters available with 72hrs notice.

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, psychologists & psychiatrists. *\$0-full bill, MediCal (Free), Medicare, HealthySF, SFHealth Plan & uninsured (no private insurance)*. English, Cantonese, Mandarin, Spanish & Tagalog; other languages by telephone interpreter.

Adult Protective Services. 2 Gough St. (mailing address). 415-355-6700 or 800-814-0009 (24hr hotline for reporting abuse). For SF residents who are dependent adults 18-64 yrs, & people 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, Cantonese, French, Greek, Japanese, Mandarin, Russian, Spanish, Tagalog, Toisanese, 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: 415-781-2244. Textline: 415-200-2920. 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 Notting-ham Pl. (off 1020-28 Kearny btw. Broadway & Pacific); 1099 Sunydale (at Rey). 415-617-0061. Call for appt. M-F 9am-5pm. Support services for 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.

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

Bayview Integrative Behavioral Health (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, information, & referrals. *MediCal, \$0-full bill*. English.

Behavioral Health Services Problem Resolution & Grievances (BHS). 1380 Howard, 1st Fl. (at 10th St). 888-246-3333 (toll free) or 415-255-3737. 888-484-7200 (TDD). Call anytime for questions or problems concerning any mental health or substance abuse service funded by City & County of SF (BHS). If you are unsatisfied with or need to resolve a problem with any BHS-funded program, you can file Grievance Form CBHS 316, available at any BHS-funded program or at BHS. File in person, by phone, or by mail. BHS will immediately acknowledge the receipt of your concern and is required to evaluate it and respond to it within 60 calendar days. Leave a message at 415-255-3632 to ask about the status of your complaint. *Free*. Forms and languages available: English, Cantonese, Russian, Spanish, Tagalog, Vietnamese; interpreters available for other languages.

Brennan House. 415-255-2894. Call M-F 9am-5pm. 12 months of transitional housing for survivors of domestic violence & their children. Residency includes counseling, support groups,

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

& 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.calyouth.org>. For all California youth and their families. Crisis intervention, 24hr counseling line, information & referrals; conference calls to guardians & services; message center for guardians & children. You can text phone number or go to website and hit chat button. 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 9:30am-6pm. 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 12 & 26, Feb 9 & 23, Mar 9 & 23). *\$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 (service projects, arts & crafts, learn to work together). *Free.* English & Cantonese.

Center for Domestic Peace. 24hrs: 415-924-6616 (English), 415-924-3456 (Spanish). <www.centerfordomesticpeace.org> Support & information for battered survivors. 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). 1563 Mission (at S Van Ness). 628-217-5200. 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, Thai, ASL.

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 24/7 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. *Medi-Cal, private insurance, or \$0-full bill.* English, Cantonese, Mandarin, Spanish, Tagalog; 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, Cantonese, Mandarin, Vietnamese.

Chinatown North Beach Mental Health Services (BHS). 729 Filbert (at Columbus). 415-352-2000. TDD: 415-352-2099. For 18+. Call M-F 8:30am-5pm or drop in M-F 9-11am, W 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). cuav.org. 415-333-4357. Office open M-F 10am-6pm; Warm line responds on Weds. For LGBTQQ survivors of domestic violence, hate violence or police misconduct. Call for intake. Emotional support, safety planning, resources and referrals, advocacy, organizing, political education. *Free.* English, Spanish.

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. *Medi-Cal, private insurance, or \$0-full bill.* English, Cantonese, Mandarin, Spanish, Tagalog; 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. 415-758-1799. Drop-in peer support group for those who suffer from depression or bipolar disorder: Mon 6:45-8:15pm, Sa 1:30-3pm (coffee and socializing after). Young adult meeting (ages 18-35), M 6:45-8:15pm & Sa 1:30-3pm. Support group for friends & family: 1st & 3rd M of month (Jan 7, Feb 4, Mar 4 & 18), 6:45-8:15pm. *Free. Donation suggested, not required.* English only.

Dimensions Clinic for Queer and Questioning Youth (at Castro-Mission Health Ctr.) 3850 17th St (at Pond). 415-934-7700. Call for intake appt M-F 8am-5pm or drop in Th 5-8pm and ask to be seen at Dimensions. Drop-in clinics Th 5-8pm & Sa 12-4pm. Mental health & support services for LGBTQ youth 12-25 years old. Medical care available including specialized services for transgender youth. *Healthy SF, private insurance, \$0-full bill.* English, Spanish; other languages by telephone interpreter.

Disability Rights California. 800-776-5746. <www.disabilityrightsca.org>. Call for appt M-F 9am-5pm. Provides legal services to people who have disabilities and advocates on disability related 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. Voluntary psychiatric emergency services. An alternative to hospital emergency room evaluation for people in mental health crisis. Call or drop in 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>. For ages 0-25. Residential treatment, day school, after-school 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, Tagalog, Vietnamese.

Family Service Agency of SF/Felton. 1500 Franklin (at Bush). 415-474-7310. For all San Franciscans. Call if you can or drop in M-F 9am-5pm. Individual psychotherapy & counseling, psychiatric medication management. *\$0-full bill.* English, ASL, Cantonese, Mandarin, Russian, & 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 available by request.

FSA/Felton 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 if you can or drop in M-F 9am-5pm for initial comprehensive assessment. Individual counseling. Outpatient groups, crisis intervention, case management, psychiatric evaluation, medication monitoring, day socialization program, home visits. Substance abuse counseling for seniors with coexisting mental health issues. *\$0-full bill.* Franklin St.: English, Mandarin, Spanish. Geary Blvd.: English, Cantonese, Mandarin, Russian.

Gamblers Anonymous. 855-222-5542. <www.gamblersanonymous.org>. 12-step support groups for recovering compulsive gamblers. 4 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), rm 416. 415-674-6082 or 415-674-6087. Drop-in support for men overcoming violence: Tu 5-7pm (mandatory orientation). *Free.* English only.

Glide Women's Center. 330 Ellis (at Taylor), Rm. 209. 415-674-6026. Drop-in support and counseling for women Tu-Th 9am-10:30am (Tu: self-care; W: harm reduction; Th: healthy relationship.) F 9-10:30am: Bingo, bring a friend. M, 3-4:30 pm: Girl Talk. W 3-4:30pm: Spirituals