

restrooms, assistance with IDs, & mail service.  
Free. English, Spanish.

**Trauma Recovery/Rape Treatment Center.**

2727 Mariposa, Suite 100 (bet. Florida & Bryant). 437-3000. 24hr forensic evaluation. Call M-F 8am-5pm, Tu 8am-7pm. Short or long-term care focused on sexual assault, domestic violence, & other interpersonal violence. For men & women. Services include case management, individual & group psychotherapy, STD treatment, food boxes, evidence collection, & medical care (at SF General Hospital). Free. English, Mandarin, Portuguese, Spanish. ☎

**UCSF AIDS Health Project (AHP).**

1930 Market (at Guerrero). 476-3902. Outpatient mental health services for HIV+ & LGBT SF residents include psychiatry, psychotherapy, support groups, case management, & substance abuse counseling. Drop-in substance abuse group: Th 10:30am. Letter of diagnosis required for most HIV+ services. Call for intake appointment M-F 9am-5pm or drop in M-F 9-11am. Waiting list for some services. Free, MediCal. English, limited Spanish, call for other languages.

**UCSF Over 60 Program - CARE-D Project.**

476-7746. For anyone 60+, low-income, home-bound & feeling down, blue, sad, or depressed & willing to answer research questions about mood & health. Participants receive 12 weeks of case management & a small stipend. Free. English.

**VeraMax House.**

1006 Bush (at Jones). 817-1832. Homeless or at risk of homelessness women 55+. Drop in or call for appt Tu-Th 8am-12pm, 12:30-4pm. Mental health care and total case management; assistance with housing placement, applying for SSI, Medicare, etc. Free. English.

**Vet Center (VA Readjustment Counseling Service).**

505 Polk (at Golden Gate). 441-5051. Combat zone veterans, survivors of military sexual trauma & significant others only. Call or drop in M-F 8am-4:30pm. Group & individual counseling (including post-traumatic stress disorder, depression, bereavement, & sexual trauma), family & couple counseling, information & referrals. Free. English, Mandarin, Cantonese, Tagalog.

**Vietnamese Youth Development Center.**

166 Eddy (bet. Mason & Taylor). 771-2600. For youths aged 12-24 & their families. Call M-F 10am-6pm. Case management; help with family conflict, culture/generation gap, gang issues; leadership program; tutoring; substance abuse counseling; language assistance; information &

referral; advocacy for housing, welfare & legal concerns; job training & part-time employment for youths. Free. English, Cambodian, Laotian, Vietnamese.

**Westside Ajani.** 1140 Oak (bet. Divisadero & Broderick). 431-8252. Call M-F 9am-5pm. For youth up to age 21 & their families. Mental health treatment services. Free, MediCal, Healthy Families or uninsured. English.

**Westside Community Services.** 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 & referral. \$0-full bill. English; some Spanish & Tagalog; call for other languages; some TDD support.

**Westside Crisis.** 245 11<sup>th</sup> St. (at Kissling). Call 355-0311 (M-F 8:30am-6pm, Sa 8:30am-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. \$0-Full bill. English, sometimes Spanish.

**WOMAN, Inc.** 333 Valencia, Suite 450 (bet. 14<sup>th</sup> & 15<sup>th</sup> Sts). 864-4722 or (877) 384-3578 (toll-free). TTY (888) 724-4722. 24hr crisis lines for domestic violence survivors & children. Call if you can or drop in M-F 10am-4pm for crisis counseling in English; or TuTh 10-11:30am, W 3-4pm, for Spanish. Call for crisis management, group therapy, referrals, & support groups in English & Spanish. Drop-in intake for marriage and family therapy with an intern W 11am-12:30pm. 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

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### 24 HOUR HOTLINES

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| <b>Alcoholics Anonymous:</b> 674-1821   | <b>Mobile Assistance Patrol:</b> 431-7400                              |
| <b>Asian Women's Shelter Crisis Line:</b> 751-0880 or (877) 751-0880          | <b>Narcotics Anonymous:</b> 621-8600                                   |
| <b>California Youth Crisis Line:</b> (800) 843-5200                           | <b>National Runaway Switchboard:</b> (800) 786-2929                    |
| <b>Center for Domestic Peace: Abused Women's Hotline:</b> 924-6616            | <b>Psychiatric Emergency Services at SF General Hospital:</b> 206-8125 |
| <b>Child &amp; Adolescent Sexual Abuse Resource Center:</b> 206-8386          | <b>Rosalie House Domestic Violence Crisis Line:</b> 255-0165           |
| <b>Child Crisis:</b> 970-3800   | <b>SF Women Against Rape:</b> 647-7273                                 |
| <b>Child Protective Services:</b> 558-2650 or (800) 856-5553                  | <b>Suicide Prevention:</b> 781-0500                                    |
| <b>Gamblers Anonymous:</b> (888) 424-3577                                     | <b>T.A.L.K. Line:</b> 441-5437   |
| <b>Huckleberry Youth Multi-Service Center:</b> 621-2929                       | <b>Veteran's Suicide Hotline:</b> (800) 273-8255                       |
| <b>Institute on Aging Friendship Line:</b> 752-3778 or (800) 971-0016         | <b>WOMAN, Inc:</b> 864-4722 or (877) 384-3578                          |
| <b>La Casa de las Madres:</b> Adults - (877) 503-1850, Teens - (877) 923-0700 |  |

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).

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*In case of emergency, call 911*

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**Shanti.** 730 Polk, 3rd Fl. (bet. Eddy & Ellis). 674-4700. M-F 9am-5pm. Drop-in or call for appt. Health support, peer counseling, support groups (including 2 for people coinfectd with HepC & HIV), advocacy, breast cancer support, gay men’s cancer support, care navigation, activities, HIV education, prevention with positives, information & referrals, & volunteering. *Free.* English, Spanish.

**Sixth St. Self-Help Center (Hospitality House).** 169 & 181 6<sup>th</sup> St. (bet. Howard & Natoma). 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.

**South of Market Mental Health Services (Adult Integrated Service Center) (CBHS).** 760 Harrison (bet. 3<sup>rd</sup> & 4<sup>th</sup> Sts). 836-1700. Drop in MTuThF 8:30-10:30am or W 1-2:30pm. Psychiatric medication management, counseling, clinical case management & group therapy. Filipino counseling team. Citywide, but priority given to SOMA, Western Addition, & Tenderloin. *\$0-full bill.* English, Cantonese, Spanish, Tagalog.

**Southeast Child Family Therapy Center (CBHS).** 100 Blanken (at Tunnel), 330-5740. 1525 Silver Ave (at San Bruno), 657-1770. 3905 Mission (at Crescent), 337-2400. Call M-F 9am-5pm, Sa (Blanken only) 9am-1pm. Evening hours by appt. Individual, group & family therapy, school consultation & Special Education partnerships, preschool preparation, parent support, medication evaluations, assessments & referrals. *MediCal, HealthyFamilies, HealthyKids, HealthySF, those uninsured for mental health, \$0-full bill.* English, Cantonese, Mandarin, Spanish.

**Southeast-Mission Geriatric Services (CBHS).** 3905 Mission (at Crescent). 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 CBHS programs. Medication services, case management, counseling. *MediCal, MediCare; \$0-full bill.* English, Cantonese, Spanish.

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

M-F 3-11pm). Drug Information & Referral Line: 362-3400, for referral to local treatment services. Relapse Line: 834-1144, counseling support for people in recovery or in danger of relapse. Training services for groups: 984-1900. *Free.* English; other language interpreters available. ☺

**Sunset Mental Health Services.** 1990 41st Ave (bet. Pacheco & Ortega). 753-7400. Call for appt. M-F 8:30am-4:30pm (let them know if you are disabled). Medications; individual, family, group & child therapy. *\$0-full bill.* English, Cantonese, Mandarin, Russian, Spanish.

**Swords to Plowshares.** 1060 Howard (bet. 6<sup>th</sup> & 7<sup>th</sup> Sts). 252-4788. For all veterans. Drop in M-F 9am-noon, 1-5pm for intake appt. Case management, social services, individual counseling, employment, legal assistance, substance abuse support, information & referrals, emergency & transitional housing, benefits advocacy (SS, VA, military discharge upgrade), mail and message services. *Free.* English, Spanish.

**T.A.L.K. Line (Telephone Aid in Living with Kids).** 1757 Waller (bet. Stanyan & Shrader). 441-5437 (24hr English hotline, other languages via telephone interpreter). For guardians of minor children only. Call or drop in M-Th 10am-2pm & M 5-7pm for crisis counseling. Call for info about therapy or for SafeStart information & referral hotline for children exposed to violence. *\$0-full bill.* English; Mandarin & Spanish by appt. ☺

**Tenderloin Health.** 255 Golden Gate (at Leavenworth). 437-2900. For HIV+ SF residents. Call M-F 9am-4pm for intake. Case management (including transitional case management for those who have been incarcerated), individual & group counseling, drop-in mental health support groups, prevention with positives, home nursing, help for substance abuse, medication & attendant care, food & nutritional supplements. *MediCal; Free.* English, Spanish.

**Tenderloin Self-Help Center (Hospitality House).** 288 Turk St (bet. Jones & Leavenworth). 749-2143. M-F 7am-7pm (closed M 11am-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,

*In case of emergency, call 911* ☺ 24 hrs

☺ Night time only

**Progress Foundation.** 368 Fell. 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 1B40. 206-8125. 24hrs. Call or drop in for comprehensive psychiatric emergency treatment. *\$0-full bill.* English, Cantonese, French, Mandarin, Russian, Spanish; other language interpreters available.

**Recovery International.** 333-6454 (8am-8pm). <www.lowselfhelpsystems.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.

**Riley Center Community Office.** 3543 18<sup>th</sup> St. #4 (at Valencia), 3<sup>rd</sup> Fl. 552-2943. For battered women & their children. Call for appointment for support groups; drop-in MWTh 9am-noon & 1-4pm for peer counseling, case management, information, & referrals. *Free.* English, Cantonese, Mandarin, Spanish; other languages by request.

#### Roaddawgz Homeless Youth Drop-In.

923-9085. <www.roaddawgz.org> Youths age 16-25 call T-Th 1-6pm for information, referrals, & drop-in. Creative activities, art therapy. *Free.* English only.

**Rosalie House.** 24hr crisis line: 255-0165. Call for counseling, resources, & shelter availability. 12-week emergency shelter for women with or without children leaving a domestic violence situation. *Free.* English, Cantonese, Mandarin, Spanish; other languages available by request. ☎

**SF Aging & Adult Services.** 1650 Mission St, 5th Floor (at Duboce). 355-6700 8am-5pm. Seniors 60+ & adults with disabilities call or drop in. Info & referrals for Adult Protective Services, In Home Supportive Services, home delivered meals, case management, mental health counseling, & legal services. *Free.* English, Cantonese, Mandarin, Spanish, Tagalog; other languages by telephone interpreter.

**SF AIDS Foundation.** 1035 Market (bet 6<sup>th</sup> & 7<sup>th</sup> St), Fl. 4. 487-8000. TDD: 487-8099. SF residents 18+ can call for appt. M-F 9am-5pm. Services include client advocacy & counseling for housing services, financial benefits, ADAP enrollment, support groups, substance abuse counseling, HIV & HepC testing. For AIDS information & referrals, call California AIDS

Hotline: (800) 367-2437 M-F 9am-5pm. *Free.* English, Spanish.

#### SF Mental Health Clients' Rights Advocates.

1095 Market (at 7<sup>th</sup> St), Suite 618. After Jan 15: 944 Market, Floor 7. (800) 729-7727 or 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). 281-5100. Call for an appt. M-F 8am-4pm for psychiatric evaluations, medical triage, support groups, informational classes, primary care, substance abuse treatment referrals. 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, Bldg 8 (at 42<sup>nd</sup> Ave). Call 750-6674 (mental health), 221-4810 (general info) M-F 8am-4:30pm, or 750-2189 (Minority Veterans Program Coordinator). 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), 3<sup>rd</sup> Fl, Suite 7. 861-2024 (M-F 9am-5pm) or 647-7273 (24hr crisis hotline). Call for individual peer counseling, referrals, support groups, case management, medical & legal advocacy/accompaniment, rape prevention & education. *Free.* English, Arabic, Assyrian, Bengali, Cantonese, Farsi, French, Georgian, German, Hindi, Japanese, Lao, Mandarin, Marathi, Nepali, Oriya, Portuguese, Russian, Spanish, Tagalog, Tamil, Turkish. ☎

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4pm in City Hall, Room 400. *Free.* English, Spanish.

**Men's Crisis Line.** 924-1070. 24hrs. Emergency counseling for straight or gay abusive men in crisis. *\$0-full bill.* English only. ☺

**Mental Health Association of SF.** 870 Market, Suite 928. 421-2926. Call M-F 9am-5pm. Mental health education & awareness, various peer support groups (including Hoarding & Cluttering), advocacy, participation in local policy issues, referrals. Workshops for consumers, family members, & professionals. No clinical services. *Free.* English.

**Mission Family Center (CBHS).** 759 S Van Ness (bet 18<sup>th</sup> & 19<sup>th</sup> Sts). 642-4550. Call M-F 8:30am-5pm & ask for intake coordinator. Children & youth aged 3-17 or still in high school. Individual, group, & family therapy; medication. *MediCal, Healthy Families.* If you don't have insurance, they will try to help you get it. English, Spanish.

**Mobile Assistance Patrol (MAP).** 24 hours: 431-7400. TDD: 241-1193. Transportation to & from detox or shelter. Street-based assessment & referral. *Free.* English, Spanish. ☺

**Mobile Crisis Treatment Team (CBHS).** 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). *Free.* English, Cantonese, Mandarin, Russian, Spanish. Phone interpreters available.

**NAMI.** (National Alliance on Mental Illness) 905-6264 (helpline) or 474-7310 (office). <namisf.org>. Support, referral & advocacy for the severely mentally ill, their friends & families. 24hr message hotline offers crisis intervention, information & referrals, & other services. Speaker & schizophrenia support group: 3<sup>rd</sup> Wed of each month 6:30-8:00pm (Jan 18, Feb 15, Mar 21), 1010 Gough (bet. Ellis & Eddy). Family & friends support groups: Tu 5:15-6:45pm at SF General Hospital, 1001 Potrero (at 23<sup>rd</sup>), 7<sup>th</sup> Floor, Rm 7M30; also 2<sup>nd</sup> W of each month 6:30-8pm (Jan 11, Feb 8, Mar 14), 1010 Gough; & 2<sup>nd</sup> Sa of each month 10:30am-12pm (Jan 14, Feb 11, Mar 10), 4141 Geary (at 6<sup>th</sup> Ave), Rm 2. African-American-focused healing circle: 1<sup>st</sup> Th of each month 1-2pm (Jan 5, Feb 2, Mar 1), 1099

Sunnydale Ave. Call about schizophrenia support group or 12-week Family-to-Family course on dealing with the mentally ill. *Free.*

**Narcotics Anonymous.** 621-8600 (English, 24hrs); 864-3155 (Spanish, leave msg). 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.* ☺

**National Runaway Switchboard.** 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.** 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, Mandarin, & Spanish available on request. ☺

**Oakes Children's Center.** 1550 Treat (near Precita). 641-8000. 5-18yrs. Must be referred. Call clinical co-ordinator (Dr. Brenner ext. 214) M-F 8:30am-5pm (except school holidays) & ask how to get referred. Day treatment & outpatient therapy. *MediCal, Free if eligible.* English, Spanish, Tagalog; limited Cantonese, Russian.

**Office of Self Help.** 1095 Market (at 7<sup>th</sup> St), Suite 202. 575-1400. Moving to 944 Market 7<sup>th</sup> Floor. Call for new hours for peer counseling and other services. *Free.* English, Cantonese, Mandarin, Spanish, Tagalog, Vietnamese.

**OMI Family Center (CBHS).** 1701 Ocean (at Faxon). 452-2200. For all San Franciscans 59 and under. Call MTuThF 9-11am or drop-in MTuThF 9-10am & W 11am-noon to ask about group & individual counseling, case management, medication management, information, & referrals. *\$0-full bill.* English, sometimes Spanish.

**Overeaters Anonymous.** 436-0651 (recorded message). <www.oasf.org>. 12-step program for those who wish to recover from compulsive overeating, anorexia, bulimia, or exercising. Call 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 8<sup>th</sup> & 9<sup>th</sup> Aves.). *Free.* English & Spanish.

*In case of emergency, call 911* ☺ 24 hrs

☺ Night time only

**Grief Related Services at CESP.** 3575 Geary, Ste 107 (at Arguello). 750-4180 x 230. 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). 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. 347, Menlo Park. Call (800) 848-7254 for screening (redial if busy). Intensive 4-6 month residential program for homeless vets who have no history of sexual assault. Behavior modification program for homeless vets who want to change their lifestyle. 3-6 week waiting list. Also have a 28-day or 3-month residential drug & alcohol program: call toll-free (866) 717-1978 for info. *First 90 days free, afterwards \$0-5 per day.* English only.

**Homeless Women's Center.** 1006 Bush (at Jones). 817-1824. Homeless women 18+. Call for total case management or drop-in MTTh 8am-4pm, W 8am-3pm for support services including computer access, referrals to meals & food pantries, hygiene kits. *Free.* English, Spanish.

**Huckleberry Youth Multi-Service Ctr.** Huckleberry House: 1292 Page (at Lyon). 621-2929 (24hr). Cole Street Multi-Service Ctr: 555 Cole (at Haight) 386-9398. For youths aged 11-21. Services include family & individual therapy, case management, & crisis services. Call for crisis shelter for runaway youths 11-17. Medical & health education programs at Cole Street Youth Clinic include: peer health education; testing & counseling for HIV, pregnancy & STD. *\$0-full bill.* English & Spanish. ☺

**In-Home Supportive Services.** 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. Services include: housecleaning,

meal preparation, laundry, grocery shopping, bathing, accompaniment to medical appointments, referrals. *Free for SSI.* English, Chinese, Korean, Russian, Spanish, Tagalog, Vietnamese.

**Institute on Aging Friendship Line.** 752-3778 or (800) 971-0016. Call 24hrs for crisis or 8am-11pm for friendship line & reminder service. Call 750-4111 M-F 8:30am-5pm for information regarding case management, day care, referrals, & assistance for older adults, younger disabled adults, & their families. *Free, MediCal, MediCare.* English; other languages sometimes available. ☺

**Instituto Familiar de La Raza (CBHS).** 2919 Mission (bet. 25<sup>th</sup> & 26<sup>th</sup> Sts). 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). Call for initial screening to determine eligibility. 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 18<sup>th</sup>). For appt. call 703-6150 ext. 14 M-F 10am-6pm. Community- building groups TuWF 4-6pm. Job training, activities & internships for LGBTQQ youth 24yrs & under. No clinical services. *Free.* English, Spanish.

**Línea de Apoyo.** 989-5212 (M-F 6pm-10pm). Information, referrals, & counseling for general mental health, suicide prevention, & HIV/AIDS. *Free.* Spanish only. ☺

**Mayor's Office on Disability.** 401 Van Ness, Room 300. 554-6789, 554-6799 (TTY). <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, third Friday of the month (Jan 20, Feb 17, Mar 16), 1-

## DIRECTORY OF ORGANIZATIONS

**Access Line (Community Behavioral Health Services - CBHS).** (888) 246-3333 (toll-free), 255-3737, or (888) 484-7200 (TDD). M-F 8am-5pm or leave message 24 hrs. Information & referral for all outpatient mental health services (therapy, case management, emotional support, and medication management) offered by CBHS (neighborhood clinics, groups, psychologists & psychiatrists). Call for initial phone screening to determine financial & clinical eligibility. *\$0-full bill, SFMediCal, Healthy SF accepted.* English, Arabic, Cantonese, French, Mandarin, Portuguese, Spanish & Tagalog; other languages by telephone interpreter.

**Adult Protective Services.** 1650 Mission (bet. Duboce & S. Van Ness), 5<sup>th</sup> floor. 355-6700 or 800-814-0009. 24hrs. For disabled/dependent adults 18-64 yrs & elders 65+. Short-term case management, counseling, & crisis intervention for victims of abuse, neglect, violence, sexual assault, financial exploitation, or harassment. Services may include emergency shelter, in-home protection. *Free.* English, Chinese dialects, Japanese, Korean, Russian, Spanish, Tagalog, Vietnamese; other languages available. ☺

**Adult Survivors of Child Abuse (ASCA) Morris Center.** <castroasca.org>. Self-help program for adult survivors of physical, sexual & emotional child abuse. Meeting: Tu 6:30-8:30pm, 501 Castro, 2<sup>nd</sup> floor, 689-4076. *Donation requested but not required.* English only.

**AIDS / HIV Nightline.** 434-2437 or (800) 628-9240. TDD: 227-0245. www.sfsuicide.org (live chat M-F 3-11pm). Nightly phone counseling 5pm-5am. *Free.* English; other languages by request. ☺

**Alcoholics Anonymous.** 674-1821. Spanish: 554-8811. 24hrs. 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 in SF; English, Spanish & Tagalog in Daly City; ASL with 5 days' notice. ☺

**APA Family Support Services.** Mental Health Ctr: 657 Jackson (near Grant), 617-0061. Family Service Ctr: 730 Commercial (near Kearny), 616-

9797. Call for appt. M-F 8:30am-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. *\$0-full bill.* English, Cambodian, Cantonese, Japanese, Lao, Mandarin, Tagalog, Thai, Vietnamese.

**Asian Women's Shelter.** 751-0880 (crisis line). (877) 751-0880 (toll-free). Women and transgendered victims of domestic violence, call M-F 9am-5pm (after hours, phone is answered by WOMAN, Inc.). Advocacy, support groups, 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 & 34 languages. ☺

**Balboa Teen Health Center.** Balboa High School, 1000 Cayuga, Room 156. 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, ASL.

**Bayview Hunters Point Foundation – Mental Health Service.** 5815 3rd St. (at Carroll). 822-7500. Call M-F 9am-5pm for intake appt. For the severely mentally ill of all ages. Individual & family therapy, coordination with schools, preventive consultation with schools & agencies, medication monitoring, information, & referrals. *MediCal, \$0-full bill.* English, Spanish, Mandarin.

**Bayview Hunters Point Foundation – Youth Services.** 5015 3rd St (bet. Quesada & Revere). 822-1585. For children aged 12-22 and their families. Call or drop in M-F 10am-8pm. Counseling, evening reporting center for juvenile probationers, substance abuse treatment & prevention. Homework help, computer lab, recreational activities. *Free.* English, Spanish.

**Brennan House.** 255-2894. Call M-F 9am-5pm. 18 months of transitional housing for female survivors of domestic violence & their children.

*In case of emergency, call 911* ☺ 24 hrs

☺ Night time only

Must be referred by an agency. 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). 781-0401 ext. 101. Asian-focused. For victims of domestic violence & child witnesses of domestic violence. Call or drop in M-F 9am-noon & 1-5pm. Non-psychiatric individual, couple & family counseling; parenting workshop, case management, ESL Support groups (Cantonese): women call for times; cancer patients & family members 2<sup>nd</sup> & 4<sup>th</sup> Sat 1:30-3:30pm (Jan 14, 28; Feb 11, 25; Mar 10, 24). *Sliding scale counseling; Free domestic violence program & support groups.* English, Cantonese, Mandarin.

**Cameron House: Youth Services.** 920 Sacramento (bet. Powell & Stockton). 781-0401 ext. 142. Friday 7-10pm: program for middle & high school youth (sports, movies, basketball team, etc.). English & Cantonese.

**Center for Domestic Peace.** 24hrs: 924-6616 (English), 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. *Free.* English, Spanish. ☺

**Central City Older Adults (CBHS).** 90 Van Ness (at Fell). 558-5900. Primarily serves seniors 60+ who live in the Tenderloin & SOMA. Call M-F 8:30am-5pm. Psychiatric evaluation, medication management, counseling, home visits, & referrals. *\$0-full bill.* English, Cantonese, Spanish, Tagalog.

**Child Abuse Council of San Francisco.** 1757 Waller (bet. Stanyan & Schrader). 668-0494. Call or drop in M-Th 9am-2pm for information & referrals. Printed child abuse information, educational seminars, referrals for parents, educators, & anyone else who works with children. *Free.* English, Spanish, some materials in Asian languages.

**Child & Adolescent Support, Advocacy & Resource Center (CASARC).** SFGH,

995 Potrero (at 22<sup>nd</sup> St), Bldg 80, Ward 82, Rm. 239. 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 (CBHS).** 3801 3rd St, Suite 400, 2<sup>nd</sup> Fl., Bayview Plaza Shopping Center (at Evans). 970-3800. For youth under 18. Call for intake interview. 24hr field visits in SF. 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, Spanish; other language interpreters available. ☺

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

**Chinatown Child Development Center (CBHS).** 720 Sacramento (at Kearny). 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, Healthy Families, & uninsured (\$0-full bill).* English, Cambodian, Cantonese, Mandarin, Vietnamese.

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

**Community United Against Violence (CUAV).** 427 S. Van Ness (bet 15 & 16 Sts). 333-4357. For LGBTQQ survivors of domestic violence, hate violence, or sexual assault. Drop-in W 4-8pm (dinner at 5pm). Emotional support, safety planning, resources and referrals, advocacy, organizing, education. *Free.* English, Spanish. ☺

**Cultural Competence & Client Relations (CBHS).** 1380 Howard, 5<sup>th</sup> Fl. (at 10<sup>th</sup> St). 255-3433. TDD: 255-3429. Call M-F 8am-5pm for questions or problems with mental health & substance abuse services funded by City & County of SF. *\$0-full bill.* Interpreters available.

**Depression & Bipolar Support Alliance of SF (DBSA).** St. Francis Memorial Hospital, 900 Hyde (at Pine), Lower Level, conference Rooms B & C. 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), 1<sup>st</sup> & 3<sup>rd</sup> M (Jan 2, 16; Feb 6, 20; Mar 5, 19), 6:45-8:15pm. Support group for friends & family in Weyerhaeuser Rm, 2<sup>nd</sup> floor: 1<sup>st</sup> & 3<sup>rd</sup> M of month (see above), 6:45-8:15pm. *Free. Donation requested, not required.* English only.

**Disability Rights California.** 800-776-5746. 1330 Broadway (near 13<sup>th</sup> St), Suite 500, Oakland. Call or drop in M-F 9am-5pm. Legal representation & advocacy for people with psychiatric, physical & developmental disabilities. Referrals, advocacy training, technical support for family members & advocates. Help with Special Ed. & various other legal issues. Can do most work over the phone. *Free.* English, Spanish, other languages available.

**Edgewood Center for Children & Families Kinship Support Services Program / Grandparents Who Care.** The Family Center, 1801 Vicente (at 29<sup>th</sup> Ave). 681-3211. Call M-F 8:30am-5pm. Social & recreational activities, support groups, information & referral. Services for children 0-17 living with grandparents or other relatives. *MediCal.* English, Cantonese, Spanish.

**Family & Child Guidance Clinic (Native American Health Center).** 160 Capp (at 16<sup>th</sup> St). 621-4371, M-F 9am-5pm. Substance abuse counseling, traditional counseling, talking circles, children/youth services & case management. Drop-in: HIV testing Tu-F 10am-1pm & 2-4pm, beading class M 2-4pm, men's drum group W 12-2pm. Community outreach. Waiting list for some services up to 12 weeks. *Free.* English.

**Family Service Agency of SF.** 1010 Gough (at Eddy). 474-7310. For SF community only. Call M-F 8:30am-5pm. Individual psychotherapy & counseling, psychiatric medication evaluations, neuropsychological testing. *\$0-full bill.* English,

Burmese, Cantonese, Japanese, Korean, Mandarin, Spanish, Tagalog, Vietnamese, & ASL.

**Ferguson Place.** A transitional residential treatment program for adults who are diagnosed with mental illness, drug addiction, & HIV/AIDS. Call 922-9104 (M-F 9am-4pm) for assessment. *Pay 30% of income, Free if no income.* English, Tagalog, Spanish. Other languages may be available by request.

**FSA Geriatric Services (CBHS).** 6221 Geary Blvd (at 26<sup>th</sup> Ave), 386-6600; 1010 Gough (at Eddy), 474-7310. For SF seniors 60+ only. Call M-F 9am-5pm for initial comprehensive assessment. Individual, couple, & family counseling. Various outpatient groups, peer counseling, 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.* Gough St.: English, Cantonese, Japanese, Spanish. Geary Blvd.: English, Cantonese, Mandarin, Russian.

**Gamblers Anonymous.** (888) 424-3577. <www.gamblersanonymous.org>. 12-step support groups for recovering compulsive gamblers. People affected by them can call (408) 866-4132. 3 groups meet weekly in SF. Call for meeting times & locations, volunteer counseling, information. 24hrs. *Free.* English & Tagalog. ☺

**Glide Health Services.** 330 Ellis St, 6<sup>th</sup> Fl. (at Taylor). 674-6170. SF residents only. New client drop-in MW 8:30am. Assessment & treatment planning, short-term solution-focused individual therapy (6-8 wks), smoking cessation, substance abuse recovery, medication management, & referrals. *HealthySF, MediCal, MediCare; \$0-full bill.* English.

**Glide Men in Progress Breaking the Cycle.** 330 Ellis (at Taylor), Freedom Hall. 674-6189 (Ask for Ray). Drop-in support for men overcoming violence: M 3-6pm. *Free.* English only.

**Glide Women's Center Domestic Violence Program.** 330 Ellis (at Taylor), 101A. 674-6027. Drop-in support and counseling for women M-F 9-10:30am followed by breakfast. M: acupuncture for trauma; Tu: stress reduction; W: harm reduction, domestic violence, codependency, substance abuse; Th: healthy relationship; F: Finding our Voices/Defending our Lives; W 3:30-4:30: Healing through Negro Spirituals. *Free.* English only.

*In case of emergency, call 911* ☺ 24 hrs

☺ Night time only