

NAMI SF Mental Health Resource Guide



National Alliance on Mental Illness, San Francisco
Fall 2020



This resource guide is intended for informational purposes only. As services and programs are subject to change, individuals are responsible for verifying the accuracy of the services provided and the fees associated. The intent of NAMI SF is to update the guide annually so please feel free to contact staff with current information and we will do our best to keep the online version up to date. Send updates to: resources@namisf.org.

NAMI SF does not endorse, certify, or sponsor any of the organizations or services included in this guide (except for those labeled as programs held by "NAMI SF") and NAMI is not responsible for the content of or service provided by any of these resources. Any omissions are unintentional.

Crisis Intervention

Suicide Prevention (24-hour hotline).....(415) 781-0500 or (800) 273-8255

Drug Information Line.....(415) 362-3400

Relapse Line.....(415) 834-1144

Provides referrals to specialized treatment programs, crisis intervention, information on addiction/recovery and emotional support.

Linea de Crisis.....(800) 303-7432

Spanish speaking crisis line. 1pm-9pm

Mobile Crisis.....(415) 970-4000

Provides psychiatric crisis intervention services for adults in the City and County of San Francisco.

For Adults: Monday-Friday 8:30am to 11pm (last field visit at 10pm) Saturdays and Holidays 12pm-8pm (last field visit 7pm)

Closed Sundays

SF Night Ministry Crisis Line.....(415) 441-0123

Faith-based organization that provides crisis intervention, counseling and referrals between 10pm and 4am every night. "Night Ministers" (most are clergy) available for face-to-face conversations to help relieve loneliness, anxiety, or general fear. Also offers worship services and meals. 1031 Franklin Street, San Francisco. 10pm-4am.

Comprehensive Child Crisis Service (24-hour hotline).....(415) 970-3800

Multilingual help for families and children experiencing emotional distress, physical violence, school truancy, behavioral problems and other crises. Evaluation includes assessment for inpatient hospitalization. Offers crisis stabilization services following a crisis for up to two months. *English, American Sign Language, Cantonese, Spanish, Vietnamese, Tagalog. Serves children under 18 living in San Francisco

Westside Community Crisis.....(415) 431-9000

Serves vulnerable populations and those suffering from life crises and transitions.

Services for 18+ SF residents who are chronically mentally ill, homeless and mentally ill, elderly, individuals with ethnic/lifestyle diversity, suffering from comorbid disorders or chemical dependency.

245 11th Street San Francisco, CA 94103.

1153 Oak Street, San Francisco, CA 94117 (HIV/AIDS services)

Monday-Friday 8am-2pm, *closed on Weekends and Holidays*

Crisis Clinic & Adult Outpatient Services.....(415) 355-0311

Provides culturally competent crisis, urgent care, referral services. The Crisis Clinic is a voluntary, drop-in service open to local adults in need of emergency psychiatric care.

245 11th Street, San Francisco, CA 94103

Monday-Friday 8am-6pm, Saturday 9am-4pm, *closed on Sundays and Holidays*

San Francisco ACCESS Helpline.....(415) 255-3737 or 1(888) 246-3333

Answered 24/7 but clinicians are on duty M-F, 8:00 am- 5:00 pm. Translators provided (Cantonese, Spanish, Vietnamese, Tagalog, Russian)

Provides resources for people with mental illness, including but not limited to information and referral services, prevention services, a continuum of voluntary behavioral health services for children, adults, and older adults including case management, medication support, and substance abuse services.

*If a situation is not an emergency requiring 911 assistance, but it appears it may become one, utilize the 24hr Access helpline

HIV Nightline..... (415) 434-2437 or (800) 628-9240

Provides referrals and emotional support to those who feel distressed and isolated due to recent HIV diagnosis, individuals in later stages of AIDS, caregivers experiencing stress related to caring for a loved one, and people concerned about HIV risk

Center for Elderly Suicide Prevention.....(415) 752-3778

Provides a 24hr line available to locals age 60+ experiencing emotional distress, depression, and or suicidal thoughts

San Francisco General Hospital Psychiatric Emergency Services.....(415) 206-8125

24hr intake for mental health emergencies; provides walk in assessments, crisis stabilization, complete medical/psychiatric evaluation, and initial treatment

1001 Potrero Avenue, San Francisco, CA 94110

California Youth Crisis Line.....(800) 843-5200

Offers support, encouragement, and referrals to youth needing assistance or in crisis situations. Addresses issues to include suicidal thoughts, runaway/homelessness, sexual assault/rape, dating/domestic/or relationship violence, self-injury, and human trafficking.

W.O.M.A.N. Inc. Domestic Violence Crisis Line..... (415) 864-4722 or (877) 384-3578

Offers 24hr support line for domestic violence emergencies. Individual and family therapy services are provided for domestic violence survivors and their children.

Services available to Spanish speaking clients.

Sexual Assault Hotline.....(800) 656-4673

Provides confidential emotional support and referrals to local sexual assault services (emergency services/forensic exams) to assist with recovery and healing.

Veteran's Suicide Hotline.....(800) 273-8255

24hr crisis line serving Veterans and their family members in crisis. Veterans and their loved ones can call, chat online or send a text message to receive confidential support.
1-800-273-8255, press 1

Text 838255

Chat confidentially at www.veteranscrisisline.net

San Francisco Hospitals

- People often call looking for their loved ones and the hospital will not give information. You may get around this by calling and asking to speak with your loved ones nurse or doctor or saying that he called asking me to visit him. You may either be told that there is no such patient, or they will say "just a minute" and come back saying that they cannot give out any information. This may be a clue that your loved one is there and you can use your rights to insist on leaving a message for the charge nurse. You may then need to follow up with a one page history of your loved one even if he has just been there a week. The hospital does not look at the records.
- * ***Make sure the "one page" is easy to read and not too detailed***
- * ***Include list of medications***
- * ***If necessary, explain the best way to interact with the missing person***
- * ***Tell the staff member "if they're there please have them call me at..."***

(CHECK UPDATED GUIDELINES FOR HIPAA) *a provider can give some information to a loved one if they believe that it is in the best interest of the client HIPAA compliance document from the DPH

<http://www.sfdph.org/dph/files/HIPAAdocs/PrivacyPolicies/HIPAAAuthorizationPolicy.pdf>

UCSF ER

(415) 753-4578 or (415)353-1037

505 Parnassus Avenue, San Francisco, CA 94143

UCSF Langley Porter LLPPI (inpatient psychiatric unit)

(415) 476-7410 (nursing station)

(415) 476-7500 (intake desk)

401 Parnassus Avenue, San Francisco, CA 94143

St. Francis Memorial Hospital *psych unit is located on 3rd floor

(415) 353-6230 (inpatient psychiatric unit)

(415) 353-6000 (main hospital)

900 Hyde St., San Francisco, CA 94109

California Pacific Medical Center (CPMC) ER

(415) 600-3333

2333 Buchanan Street, San Francisco, CA 94115

Davies Campus CPMC ER

(415) 600-0600

Castro & Duboce Streets, San Francisco, CA 94114

St Luke's ER

(415) 641-6625

3335 Cesar Chavez Street, San Francisco, CA 94110

CPMC Inpatient Psychiatric Unit

(415) 600-3252

2323 Sacramento Street, San Francisco, CA 94115

San Francisco General Hospital (SFGH) Psychiatric Emergency Services (PES)

(415) 206-8125

1001 Potrero Avenue, San Francisco, CA 94110

*call or drop in; can accommodate individuals who speak Cantonese, French, Mandarin, Spanish, Tagalog, and Vietnamese

San Francisco VA Medical Center

(415) 221-4810

4150 Clement Street, San Francisco, CA 94121

Legal Aid

Behavioral Health Court.....(415) 551-0315

850 Bryant Street, San Francisco, CA 94103

BHC provides wraparound services that support evidence-based practices for treating mentally ill offenders. The BHC mission is to enhance public safety and reduce recidivism of criminal defendants who suffer from serious mental illness by connecting these defendants with community treatment services, and to find appropriate dispositions to the criminal charges by considering the defendant's mental illness and the seriousness of the offense.

San Francisco Jail.....(415) 553-1430

Information is also provided on their website <http://www.sanfranciscojail.com>

Jail Behavioral Health Services..... (415) 995-1700

650 5th Street #309, San Francisco, CA 94107

Monday-Friday 8:00 am- 4:00 pm

Services available at no cost to any inmate in the San Francisco City and County Jail System

Provides services to inmates seeking psychiatric assistance. Also provides post-release planning through referrals to its Jail Reentry Services (JRS) component. JRS provides case management services to inmates suffering from mental illness that may have a co-occurring substance use disorder; assisting in the reintegration into the community.

Mental Health Conservatorship.....(415) 551-3657

400 McAllister Street, Dept. 204, San Francisco, CA 94102

The purpose of mental health conservatorship is to oversee the legal responsibilities of people with severe mental illness through providing individualized treatment plans, supervision, and living arrangements while still protecting their individual rights. Family members and other private parties cannot start a mental health conservatorship; only the professional treatment staff where the person is being treated can begin the process. Additional information:

www.sfsuperiorcourt.org/divisions/probate/mental-health-conservatorship

Setting up a Trust

Proxy Parent: Proxy Parent Foundation safeguards public benefits for disabled persons through the PLAN of California Master Pooled Trust and provides “family like” Personal Support Services for people with mental illness and other brain disorders.

Phone.....(714) 997-3310

Toll Free.....(888) 574-1258

Baron Miller.....(415) 522-0500

SPECIAL NEEDS TRUST: Estate planning for an individual with severe mental illness/disability (who is receiving or is eligible for government benefits such as SSI or Medi-Cal) to ensure future care for that individual.

*** Need to consider:**

- o Who has access to funds (be careful who is selected); who has the final decision of how the money is used
- o How the money may effect public benefit programs
- o Plan for when the beneficiary is no longer alive
- o If/when the beneficiary is considered stable and may gain access to funds

***For specific questions, contact Baron Miller (lawyer; 415-522-0500 ext 03)**

***Proxy Parent Foundation (Miller is on the board of directors)**

info@proxyparentfoundation.org

Social Security Assistance

To apply for SSI, make certain that the psychiatrist fills out the forms properly. For example, the doctor must state that the patient is not able to work due to a mental health condition. A diagnosis of substance abuse will disqualify you for

SSI. Expect to be denied the first time and always demand a hearing. Remind your doctor that you must have an Axis 1 diagnosis to qualify.

People With Disabilities Foundation..... (415) 931-3070 or (510) 522-7933

507 Polk Street, Suite 430, San Francisco, CA 430

Legal clinic for social security beneficiaries with post-entitlement/ eligibility issues. Uses sliding scale for attorney fees.

Independent Living Resource Center of San Francisco..... (415) 543-6222

825 Howard Street, San Francisco, CA 94103

ILRCSF provides three services to the disability community: information, support, and advocacy. Services include information & referrals services, assistive technology education and support, peer counseling, system change advocacy, housing counseling, benefits & employment planning, individual advocacy, benefits eligibility, transitioning from institutional living, and self-advocacy training.

Bay Area Legal Aid SF.....(415) 354-6360 Legal Advice Line

1035 Market Street, 6th Floor, San Francisco, CA 94103

Legal Advice Line is open Mondays and Thursdays 9:30am-3pm; Tuesdays and Wednesdays from 9:30am-1pm

Provides legal advice on legal matters involving housing, public benefits, and health access

Psychiatric Advance Directives

Psychiatric Advance Directives are legal instruments that may be used to document a competent person's specific instructions or preferences regarding future mental health treatment in preparation for the possibility that the person may lose capacity to give or withhold informed consent to treatment during acute psychiatric illness. For more information and forms visit www.nrc-pad.org

[Vocational Programs](#)

Hire-Ability (Division of Rams).....(415) 282-9675

1234 Indiana Street, San Francisco, CA 94107

Serves as a bridge between those ready and willing to return to work and possible employers. Offers training programs for food service, janitorial, Help Desk and DeskTop support work.

Vocational Rehabilitation Services (VRS) serves individuals who may benefit from real work experiences in a supported setting. VRS provides paid internships at SF Dept. of Public Health sites in fields such as clerical/reception, customer service, and janitorial. Participants are scheduled up to 20 hours per week and assigned a Vocational Case

Manager who provides job support. VRS assists participants in returning to work by utilizing real work activity. www.hire-ability.org or office@hire-ability.org

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Medication Options

www.needymeds.org is a non-profit that helps people obtain medications at a lower cost. Individuals are not required to receive SSI or other public assistance to qualify.

Helpline (800) 503-6897

Partnership for Prescription Assistance (PPA)

Free service that assists with lowering medication cost and links individuals to low-cost clinics. Visit www.pparx.org

Rx assist is an online database where patient can search their medication to determine if a particular med qualifies for cost reduction assistance **www.rxassist.org**

Housing

Tenderloin Housing Clinic

(415) 771-2427

472 Turk Street, San Francisco, CA 94102

Provides landlord-tenant information, a modified payment program for rent, eviction prevention, employment services, counseling/case management, and SRO housing.

PRC Baker Places

<https://prcsf.org/residential-services/>

4 mental health programs/ houses (+2 substance abuse programs) provide up to 90 days of residential treatment. All residential programs are licensed through the California Department of Health Care Services. Accepts any adult age 18 and older. Most clients have experienced episodes of homelessness and previous hospitalizations for mental health crises, as well as drug and alcohol intoxication.

All individuals referred from community partners must:

- Be a resident of the City and County of San Francisco
- Be marginally-housed or homeless
- Be uninsured or receiving city or state health benefits (not from employment)
- Have a source of income (usually SF-CAPP/General Assistance or SSI/SSDI) to pay program fees – with the exception of Joe Healy Detoxification Program, which is a free service

All individuals referred to PRC Baker Places' mental health programs are required to be authorized for treatment to stay by the SF Department of Public Health Placement Team prior to admission, as part of the referral process to the PRC Baker Places Intake Department. The referral process also requires individuals to have a physical exam, tuberculosis clearance, and a mental health diagnosis provided by a licensed practitioner (MD/NP/PA/LCSW/LMFT/Ph.D./Psy.D.).

PRC Baker Places (continued)

<https://prcsf.org/residential-services>

CO-OP TRANSITIONAL LIVING

The Assisted Independent Living Program (AILP) was established to meet this need for clients desiring continued assistance to manage and structure their lives. Clients form relationships with other clients, and PRC Baker Places provides a flat or apartment where they can live together while receiving case management services from the staff. Today, there are between 80 to 100 individuals residing in apartments across the city. The Baker Supported Housing Program (BSLP) is a similar temporary subsidy and case management program for people with substance use and HIV/AIDS. Through BSLP, approximately 60 clients live in scattered site housing across the city.

THE ODYSSEY HOUSE PROGRAM

PRC Baker Places created the Odyssey House Program with HUD funding in 1991. This large, fully-restored Victorian provides permanent housing for African American adults who were formerly institutionalized for extensive periods of time, or who lived on the street for many years. The Odyssey House maintains an active program for clients to develop independent living skills. The Odyssey House is licensed as an Adult Residential Facility and has 24-hour staffing. It is the only such program in the city of San Francisco.

Progress Foundation

(415) 861-0828

368 Fell St at Octavia, San Francisco, CA 94102 www.progressfoundation.org

Programs are for adults 18+ and are designed for people considered severely disabled due to mental illness and co-occurring substance abuse. Provides community based psychiatric residential treatment, acute diversion units, and other housing programs to foster the highest level of independence.

For referrals, contact Stephanie Twu (415) 206-3473

For Progress Foundation's Dore Urgent Care, (415) 553-3100

Conard House**(415) 864-7833**1385 Mission St #200 at 10th, San Francisco, CA 94103 www.conard.org

Provides self-management resources to those who live with chronic mental illness; highly community based. There are 8 residential properties/hotels in the Tenderloin and SoMa, and groups of 4-6 adults share leased apartments (supportive housing) throughout San Francisco. These housing units provide counseling, community involvement, coordination of care, self-management training, and health education. Provides assistance with vocational assessment and placement as well as money management.

Walden House**(415)-762-3700 or (415) 762-3705**

Services provided through HealthRIGHT 360. Walden House serves an adult population with a focus directed towards the integration of care for people who are either HIV positive, have co- occurring disorders of mental health and substance use, and are homeless or without a medical home.

Services offered:

- Primary Medical Care
 - Men's Residential Behavioral Health Treatment
 - Women's Residential Behavioral Health Treatment *Women's Hope-this program offers specialized care to the underserved female population of San Francisco with a special focus on pregnant and parenting women with co-occurring substance use and psychiatric disorders*
 - Social-model Detoxification
 - Transgender Recovery Program
 - Adult Outpatient Services Re-Entry Services
 - Jail Psychiatric Services
 - Services to Enhance Parolee Success (STEPS)
 - Bridges-*Intensive mental health day treatment services to parolees who have serious mental illnesses*
 - Sober Living Environment Programs
 - Representative Payee Services
 - African American Healing Center (AAHC)
- <http://www.sfccenter.org/resources/walden-house#sthash.sdS9R92F.dpuf>

The Sanctuary Shelter formerly "The Episcopal Sanctuary"**(415) 487-3300**201 8th St at Howard, San Francisco, CA 94103. www.ecs-sf.org

Provides emergency shelter to homeless adults who register through the City of San Francisco. 24 hr facility that provides two meals a day for shelter residents. Collaborates with local nursing schools to offer drop-in clinic hours. Behavioral health team (START) provides behavioral health services for residents.

Canon Kip Senior Center (705 Natoma St) for those 60+; open 8:30am-3pm M-F, and 3-4:30pm by appointment; serves lunch at 11:30am but encourage to arrive early to ensure a meal. Also provides case management and community services.

DISH San Francisco

(415) 776-3474

232 Eddy Street, San Francisco, CA 94102

Assists with providing permanent housing for the formerly homeless/chronically ill, has 6 housing sites in SF's Tenderloin and Mission neighborhoods. Offers various community services and activities.

Episcopal Community Services

(415) 487-3300

165 Eighth Street, 3rd Floor, San Francisco, CA 94103

Provides supportive housing, shelter services, and senior services.

For Supportive Housing, contact Scott Ecker at (415) 487-3300x2011

For Shelter Services, contact Kathy Treggiari at (415)487-3300x4122

Residential Substance Abuse Treatment

PRC Baker Places Residential Treatment Services

(415) 864-1515 intake

Provides services to adults with mental health, substance abuse and HIV/AIDS related issues; aims to provide information for participant to regain life skills.

<https://prcsf.org/residential-services/>

Ohlhoff Recovery Programs.....(877) 677-4543

www.ohlhoff.org

Treatment services for chemical dependency (drug/alcohol) in SF

***Skip Byron Primary Program (SBPP)**

- * 30 day clinical inpatient program for the beginning stages of recovery (designed for men); affordable alternative to hospital rehabilitation; 24hr staff supervision. Offers intensive day treatment program for 7 to 30 days for men/women. Provides individualized treatment plan, psychiatric care, individual/group counseling, art/drama/recreational therapy, yoga/meditation, relapse prevention, discharge planning, routine random drug and alcohol testing and aftercare.
- * Post-acute detox facility; prospective clients are assessed and must be medically stable and not require medical detoxification (which can be provided in hospital setting)
- * CRITERIA FOR ADMISSION: clients must be sober for at least 24 hours, call for further specifics

***Henry Ohlhoff House-Men's Residential Program**

601 Steiner Street, San Francisco, CA 94117

*6 month program. Long-term, residential treatment program for men 18+ with alcohol and/or drug dependency. Offers safe, structured, and sober living environment where men can focus on recovery while maintaining regular work schedule. Designed for working men with treatment offered in the evenings. Based on social model and 12-steps. Group/psychoeducation/individual therapy offered.

*Men are required to maintain full time (30hrs or more per week) work schedule or full time education or volunteer work.

***Ohlhoff Outpatient Services (415) 575-1100**

2191 Suite A Market Street, San Francisco, CA 94114

- * Offers outpatient programs for adults (18+), adolescents and families
- * Women's group M-W-Th 10am to 1pm focuses on 12-step principals, relapse prevention and sustaining recovery; contact Hilary Swanson 415-575-1100
- * Adult Intensive 26 week program (13 weeks of outpatient treatment followed by 13 weeks of Aftercare); includes individualized treatment plan, individual/group/family counseling, 12-step meetings, urine analysis, discharge planning; Aftercare involves weekly group therapy, 12-step meetings and individual therapy
- * Teen Intervene 4 week program (13-18yr) for mild to moderate problems associated with drugs/alcohol use; three 90min sessions with the teen and an optional but recommended fourth session is used to open communication with the family; uses cognitive-behavioral therapy

**Ohlhoff programs accepts most private insurance and self-pay (does not accept Medicare/Medi-Cal)*

**Offers free substance abuse counseling in SF public schools including Phillip and Sala Burton High School, Galileo, Lincoln, Lowell, Thurgood, Marshall, John O'Connell, and San Francisco School of the Arts.*

**Delancey Street Foundation
(415) 512-5104 (intake)**

600 Embarcadero, San Francisco, CA 94107

Residential alcohol and drug rehabilitation program accepting both men and women. Residents range from teens to senior citizens. Minimum stay is 2 years; program is drug/alcohol/and crime free. Residents receive substance abuse treatment, GED, and are trained in 3 different marketable skills.

Clean and Sober houses

TLC Residential.....1-800-852-7374

Offers over 24 sober living homes throughout the greater San Francisco Bay Area. These homes are set up exclusively for men & women recovering from alcohol and drug addiction. TLC's intention is to provide the highest quality of living at affordable rates for those serious about recovery. <http://www.tlcreidential.com/index.htm>

Good Shepherd Gracenter**(415) 337-1938**

1310 Bacon Street, San Francisco, CA 94134

Licensed recovery residence that provides transitional housing for women ages 18-35 in recovery coming out of treatment programs who are seeking a supportive sober living environment. Fees are based on a sliding scale based on income. 12-step based, services include case management, AA/NA meetings, workshops, and work with a sponsor.

Participants make a 6 month commitment but may stay up to 24 months. Participants are required to work, go to school, or do volunteer work. Other requirements include: minimum 30 days sobriety or have completed a recovery program.

Salvation Army Harbor Lights**(415) 503-3050 or (415) 503-3003**

1275 Harrison Street, San Francisco, CA 94103

Faith-based, 12 step residential treatment and transitional housing for men, women and their children.

Oxford houses

Self-supporting, drug and alcohol free group homes located across the US. You can find a list of local vacancies on www.oxfordhouse.org or call **(888) 689-6411**

SF 12 Step Meetings

Alcoholics Anonymous (AA) San Francisco Chapter**(415) 674-1821**

Call or visit www.aasf.org to locate a meeting and obtain support

Narcotics Anonymous (NA) San Francisco Chapter**(415) 621-8600**

Call or visit www.sfna.org to locate a meeting and obtain support

Al-Anon/Alateen San Francisco Chapter**(415) 834-9940**

Call or visit www.al-anonsf.org

SF Outpatient Substance Abuse Services

BAART Programs

(415) 552-7914

1111 Market Street, San Francisco, CA 94102

Or

(415) 928-7800

433 Turk Street, San Francisco, CA 94102

Provides individual and group therapy for individuals with substance use disorders who may also have a co-occurring mental health condition. Offers Methadone and Suboxone maintenance therapy, mental health services, and primary care. Accepts Medicaid/Medi-Cal, most private insurance, and self-pay.

UCSF Division of Substance Abuse and Addiction Medicine

(415) 206-8426

Offers a variety of substance abuse services located at Zuckerberg SFGH and within the community. Services include Opiate Treatment Outpatient Program (OTOP), Methadone Van, Stimulant Treatment Outpatient Program (STOP), drop in counseling, treatment planning, couples/family/and group therapies, drug screening, HIV/STD risk reduction and medication adherence support, case management, and psychiatric medication management.

Treatment Options

San Francisco County Mental Health Access

(415) 255-3737 or (888) 246-3333

Facilitates linkage of eligible individuals seeking specialty mental health services with the appropriate mental health resources. Eligible individuals must be enrolled in MediCal, SF Health Plan, Healthy SF, or who are uninsured or indigent.

UCSF Langley Porter Psychiatric Clinics

(415) 476-7500 *intake and appointments*

401 Parnassus Avenue, San Francisco, CA 94143

-Adult/child outpatient services: consultation, evaluation, short or long term psychotherapy, group psychotherapy, and medication management.

-Partial Hospitalization program (PHP): day treatment program for severe/persistent mental illness using a multi-disciplinary treatment team

-Electroconvulsive Therapy (ECT)

- Psychiatric Assessment and Brief Intervention Program (PABI)
- Early Psychosis, Depression, Anxiety, Bipolar Clinics
- Women's Mood & Hormone Clinic/Moms Program: treatment for mothers, pregnant women, and women experiencing mood symptoms due to menopause or menstrual cycle
- WomenCare Program: provides services for women with special emphasis on depression, lifecycle issues, and reproductive issues. Also provides services for issues unique to lesbian and bisexual women.

**California Pacific Medical Center Outpatient Mental Health Clinic
(415) 600-3247**

2323 Sacramento Street, 2nd Floor, San Francisco, CA 94115

Individual therapy, family/couples therapy, group therapy, medication evaluation/consultation, and psychological testing provided. Clinic fees are based on a sliding scale

**PREP (Prevention and Recovery in Early Psychosis) San Francisco
(415) 476-7278**

6221 Geary Blvd., 2nd Floor, San Francisco, 94121

PREP is an early-intervention treatment program for schizophrenia and early psychosis, which uses a strength-based roster of services to create a 2-year plan designed specifically to support families. Provides assessment, diagnosis, and treatment in order to reduce crisis and hospitalization.

**Kaiser Permanente
(415) 833-2292**

4141 Geary Boulevard, San Francisco, CA 94115

7:30am-8pm Monday-Thursday

7:30am-5pm Friday

Psychiatric evaluation, psychotherapy, crisis intervention, group therapy, psychotherapy, and med management services. Patients may self-refer. Spanish and Chinese speaking staff available. Only available to patients with Kaiser insurance.

Child/Adolescent Outpatient Therapy

UCSF Langley Porter Child and Adolescent Psychiatric Clinics

(415) 476-7500 *intake and appointments*

401 Parnassus Avenue, San Francisco, CA 94143

Offers care for children, adolescents, young adults, and families with mental health and developmental concerns. Clinics treat issues including: ADHD, school issues, Autism, Depression, Bipolar, Anxiety, Psychosis, PTSD, Eating Disorders, suicidality, self-injury, OCD, Tourette's and other tic disorders, and family issues. Treatment team includes child/adolescent psychiatrists, psychologists, social workers, family therapists, pediatric neurologists, and pediatricians. Services include medication management, group/individual/family therapies, and assessment.

CPMC Child and Adolescent Psychiatry Outpatient Clinic

(415) 600-3247

2323 Sacramento Street, 2nd Floor, San Francisco, CA 94115

Offers treatment for children and adolescents up to age 18 who are suffering from chemical dependency, depression, anxiety disorders, developmental disorders, and other mental health concerns. Provides individual and group therapy, personality assessment, and ADHD assessment.

Westside Community Services

(415) 431-9000

1140 Oak Street, San Francisco, CA 94117

Offers child and adolescent ADHD/ADD clinic, teen mental health clinic (Monday-Saturday 9am-7pm, last intake seen at 6pm), and community case management.

Community Youth Center

(415) 775-2636

1038 Post Street, San Francisco, CA 94109

Offers early screening, diagnosis, and treatment for youth age 12-17 and their families (MediCal eligible youth up to age 21). Individual and family psychotherapy, case management, assessment, school site clinical services, and referrals. Also provides culturally appropriate services for at-risk youth, LGBTQ issues, HIV/AIDS issues, and substance abuse. www.cyssf.org

SF Community Clinics

OMI.....(415) 406-1370

156 Broad Street, San Francisco, CA 94112

This location provides job placement, case management, support groups

OMI 1701 Ocean Ave San Francisco, CA 94112

(415) 452-452-2200

This location provides mental health counseling and case management

Sunset Mental Health Clinic.....

(415) 753-7400 1990 41st Ave San Francisco, CA 94116

Provides individual therapy and medication management. Accepts MediCal, Medicare (without HMO), Healthy Workers, and Healthy SF. Self-pay option available through sliding scale.

South of Market.....(415) 836-1700 760

Harrison Street San Francisco, CA 94107

Provides outpatient mental health services: individual therapy, group therapy (limited) and medication management. Accepts MediCal, Medicare, and SF Health Plan

Mission Mental Health/Mission ACT.....(415) 401-2700

2712 Mission Street San Francisco, CA 94110

Chinatown North Beach MH Clinic.....(415) 352-2000

729 Filbert St San Francisco, CA 94133

Provides medication management, psychotherapy, and case management. Accepts self-pay at sliding scale and MediCal.

Castro Mission Health Center.....(415) 934-7700

3850 17th Street (at Noe Street) San Francisco, CA 94114

Offers primary care services and *Dimensions Queer Youth Clinic*. Clinic has staff who speak Spanish, Cantonese, Vietnamese, and Tagalog.

TAY Services Unit.....(415)

642-4500 755 S. Van Ness Ave San Francisco, CA. info@sf4tay.org

Serves youth age 16-25 who suffer from mental illness. Services include: intensive case management, medication monitoring, individual/family/group therapies, socialization skills, and peer support. Self-refer by calling or drop in for intake assessment M-F 9am-5pm.

Central City Older Adults MH OP.....(415) 558-5900 90

Van Ness Avenue San Francisco, CA 94102

Mental health service provider for geriatric population age 60+ providing psychotherapy and medication management.

Southeast Mission Geriatric MH OP Clinic.....(415) 337-2400

3905 Mission Street San Francisco, CA 94112

Mental health service provider for geriatric population age 60+. Accepts MediCal and Medicare (non HMO).

Richmond Area Multi-Services.....(415) 668-5955 3626

Balboa Street San Francisco, CA 94121

Private, non-profit mental health provider with emphasis on serving Asian and Pacific Islander clients. Services include Adult and Geriatric outpatient clinic, Asian Family Institute, Broderick Street Adult Residential Facility, job counseling and vocational counseling, Child/Youth/Family outpatient services, peer-based services, and job placement.

Asian-American Recovery Services.....(415) 750-5111

2024 Hayes Street San Francisco, CA 94117

Provider of case management, behavioral health services (adult and youth), substance abuse treatment, community-based outreach, HIV prevention/testing/counseling, and school based behavioral health services. Focused on culturally oriented, gender-responsive approaches delivered by multicultural/multilingual staff.

Westside Community Mental Health Center.....(415) 355-0311 or (415) 431-9000

245 11th Street, San Francisco, CA 94103

M-F 9am-5pm, intakes done Mon/Tues/Thurs/Fri between 9am-10:30am

Harm reduction approach to treatment; emphasis on case management and culturally competent care. Also provides Assertive Community Treatment (ACT) to individuals who suffer from severe mental illness and require a high level of services. Also provides HIV services and substance abuse services

Bayview Hunters Point Community Foundation..... (415) 822-7500

5815 Third Street San Francisco, CA 94124

Provider of mental health services to all ages; individual and group counseling, medication management, and case management. Also has youth and substance abuse programs.

Family Services Agency (Felton Insititute)..... (415) 474-7310

1500 Franklin Street San Francisco, CA 94109 (operates 5 other program sites)

Provides youth/family services, adult services, geriatric services, early psychosis recovery, and Bipolar recovery programs.

Curry Senior Center..... (415) 885-2274 333

Turk Street San Francisco, CA 94102

Provider of senior services to include health clinic, meals, housing, case management, behavioral health services, health education, and social programs.

UCSF Division of Citywide Case Management Programs.....(415) 597-8000

982 Mission Street, San Francisco, CA 94103

Supports recovery of SF's highest risk mentally ill adults by aiming to reduce their use of institutional care (psychiatric emergency services, hospital care, and/or jails), while helping to maximize their ability to maintain stable and fulfilling lives in the community. Services include medication assessment/management, crisis intervention, outreach/case management, individual/group/and family therapies.

<https://psychiatry.ucsf.edu/zsfq/citywide>

Hyde St. Community Services.....(415) 673-5700 815

Hyde Street, San Francisco, CA 94102

Tenderloin Outpatient Clinic offers mental health assessment and treatment to any resident of San Francisco County. Provides medical treatment and lab work, case management, housing assistance, and vocational training.

Alliance Health Project-UCSF Psychiatry.....(415)476-3902

1930 Market Street, San Francisco, CA 94102

Mission is to support the health and wellness of **LGBTQ** and HIV-affected community living with mental illness. Provides services in the Market Street location and in the community. Services offered: individual/couples therapy, psychiatric care management, therapy groups, peer support groups, substance abuse counseling, specialty case management for African American and Latino men, med management, neuropsychological testing for HIV positive clients who may experience cognitive changes, care coordination for clients with HIV-related dementia. *HIV testing phone line: (415) 502-TEST*

Instituto Familiar de la Raza.....(415) 229-0500 2919

Mission Street San Francisco, CA 94110

Oversees programs addressing the needs of the Chicano/Latino community in SF including outpatient mental health clinic, school programs, HIV services, social wellness programs, and case management.

[Additional Resources](#)

- <http://sf4tay.org/placecategory/behavioralhealth/>
- <http://sfreentry.com/wp-content/uploads/2012/06/Health-Treatment.pdf>

Grief/bereavement: **The Center for Elderly Suicide Prevention (CESP)** 415-750-5355.
Bereavement program offers both ongoing and time limited support groups for anyone who has experienced suicide in their family. Grief groups are \$15 per session