

Mental Health Resources For Young People

NAMI Resources

Youth Resources Page:

Counseling services, advocacy organizations, videos, hotlines, and more

Youth and Family Resource Guide:

Catalog of educational resources, clinics, support groups, community orgs, etc.

Youth Council:

Join a community of like-minded young adults who are passionate about mental health advocacy

Call/ Text Support Lines

Huckleberry 24/7 Teen Crisis Hotline:
415-621-2929

24/7 Crisis Text Line:
Text "HOME" to 741741

SF Suicide Prevention 24/7 Hotline:
415-781-0500

988: National Support Line
Call or text

Community/Advocacy Orgs.

Huckleberry House (SF)

Crisis shelter, health clinic, counseling, and career training

Greenlight Clinic (SF)

Local nonprofit offering free counseling services for young people aged 14-26

Access Institute (SF)

Counseling services for young people and their families - sliding scale

Marina Counseling Center (SF)

Counseling services for young people and their families - sliding scale

Trevor Project (National)

Counseling, hotlines, and resources for LGBTQ+ youth

Seize the Awkward (National)

Tips and videos on communication and sharing