

San Francisco Mental Health Resource Guide for Children, Youth, and their Families



National Alliance on Mental Illness,
San Francisco
Spring 2021



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: natasha@namisf.org.

NAMI SF does not endorse, certify or sponsor any of the organizations or services included in the guide and any omissions are unintentional.

San Francisco Mental Health Resource Guide for Children, Youth, and their Families

Introduction

This guide was created by the National Alliance on Mental Illness (NAMI) San Francisco to provide information about local San Francisco mental health resources for children, youth, and their families. While we know the list of resources is not comprehensive, we have tried to include those that are available to a wide range of San Francisco residents and for the most part have not included private practices. We at NAMI SF know how challenging it can be to find support for our children and youth with mental health issues so we hope this guide will provide a source of help in your times of need.

Please note the following:

While many of the organizations listed provide a range of services, we have only specifically included mental health services available for youth and their families.

Services at organizations change frequently so please make sure to contact each organization before visiting to ensure listed services are still provided and/or to obtain updated information. We update this guide annually.

The National Alliance on Mental Illness is not endorsing the quality of the included organizations, but just providing a list of resources available in the area.

How to use this guide

Table of contents: includes general categories of resources

Quick reference list: includes general contact information for resources in alphabetical order under each category

Directory of resources: includes more in-depth descriptions of resources and services offered in alphabetical order.

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Quick reference list

Resource name	Contact	Address	Languages (in addition to English)	Populations served	Page
Community clinics					
3rd Street Youth Center and Clinic	(415) 822-1707	1728 Bancroft Avenue (@ 3rd Street) San Francisco, CA 94124	Spanish (depends on day)	Youth, ages 12-24	10
Access Institute	(415)-861-5449	110 Gough Street, Suite 301, San Francisco, CA 94102		All populations	10
APA Family Support Services	(415) 617-0061 info@apafss.org	Chinatown office: 10 Nottingham Place, San Francisco, CA 94133 Visitacion Valley office: 1099 Sunnysdale Ave.	Cantonese, Spanish	All populations	11
Balboa Teen Health Center	(415) 469-4512	Balboa High School 1000 Cayuga Avenue, Room 156 San Francisco, CA 94112	Spanish, Cantonese, Tagalog, Italian	Youth, ages 12-25	12
Bayview Hunters Point Foundation Youth Services	(415) 822-1585	5015 3rd Street San Francisco, CA 94124	Chinese, Spanish	Youth who need help with substance use or re-entry from the juvenile justice system, or who need help to build life skills	12
Boys & Girls Clubs of San Francisco	(415) 221-2389 dmachold@kidsclub.org	380 Fulton Street, SF CA 94102 with 6 locations around SF	Spanish	6-18 year-olds	12
Cameron House	(415) 781-0401 info@cameronhouse.org	920 Sacramento Street San Francisco, CA 94108	Cantonese, Mandarin	Asian focused	13
Center for Youth Wellness	(415) 684-9520	3450 Third Street Bldg 2, Suite 201 San Francisco, CA 94124-1444	Spanish but also work with interpreters for no cost	Children, youth + families, especially those who have gone through adverse childhood experiences	13
Child and Adolescent Support Advocacy and Resource Center	(415) 206-8386	995 Potrero Ave San Francisco, CA 94110	Spanish, but can also get interpreters in other languages	Children and adolescents who have been sexually or physically abused or witnessed severe violence	13
Chinatown Child Development Center	(415) 392-4453	720 Sacramento St, San Francisco, CA 94108	Cantonese, Vietnamese	Children, Youth, and Families	13
Cole Street Youth Clinic	(415) 751-8181	555 Cole Street @ Haight San Francisco, CA 94117	Spanish, Cantonese	Youth, ages 12-24	14

Community Youth Center	(415) 775-2636	1038 Post Street San Francisco, CA 94109	Chinese, Cantonese, Tagalog, Spanish	Low income, high need and at-risk Asian Pacific, Latino and African American youth	14
Greenlight Clinic	(415) 742-4306	1808 Wedemeyer St., Ste. B-10. The Presidio of San Francisco	Not specified	Greenlight Clinic provides free, group and individual therapy for clients 14 – 26 years old in SF. They offer teletherapy.	17
Haight Ashbury Free Clinic	Mission St: (415) 746-1940 Clayton St: (415) 746-1950	1563 Mission Street San Francisco, CA 94103 558 Clayton Street San Francisco, CA 94117	All languages are available through interpreters	SF residents	17
Horizons Unlimited of San Francisco	(415) 487-6700	440 Potrero Ave., San Francisco 94110	Spanish	Youth 10 to 25 years old	17
Huckleberry Youth Program	(415) 621-2929	1292 Page Street San Francisco CA 94117	Spanish, Cantonese	Youth ages 11-21 and their families	17
Instituto Familiar de la Raza	(415) 229-0500 info@ifrsf.org	2919 Mission Street San Francisco, CA	Spanish	Primarily Chicano/Latino/Indigena communities, & low income and uninsured	18
Jewish Family and Children's Services: Parents Place	(415) 359-2454	1710 Scott Street San Francisco, CA 94115	Russian, Chinese	Bay Area residents	18
Larkin Street Youth Services	(415) 673-0911	134 Golden Gate Avenue San Francisco, CA 94102		Homeless or marginalized youth ages 12-25	18
Mission Neighborhood Health Center Teen Clinic	(415) 552-3870 teenclinic@www.mnhc.org	240 Shotwell Street San Francisco, CA 94110	Spanish	Youth ages 12-21	20
Occupational Therapy Training Program	(415) 551-0975 info@ottp-sf.org	425 Divisadero Street, Suite 300 San Francisco, CA 94117	Depends on program - call for info	Medi-Cal eligible youth between the ages of 5 and 18	21
Richmond Area Multi-Service	(415) 668-5955 info@ramsinc.org	3626 Balboa Street, San Francisco, CA 94121	Provide services in over 30 languages	All SF residents with special focus on Asian & Pacific Islander, Russian-speaking & under-served populations including Medical or uninsured.	21
Safe and Sound	(415) 668-0494 info@safeandsound.org	1757 Waller Street San Francisco, CA 94117	Spanish	Any families in SF area	22

Southeast Child-Family Therapy Center	Blanken Ave: (415) 330-5740 Silver Ave: (415) 657-1770	100 Blanken Ave. San Francisco, CA 94134 1525 Silver Ave. San Francisco, CA 94134	Spanish, Cantonese, Mandarin	Youth ages 4-17	23
Sunset Mental Health Clinic	(415) 753-7400	1990 41st Ave. San Francisco CA 94116	Cantonese, Mandarin, Russian	San Francisco residents of any age	23
YMCA Family Resource Center	OMI: (415) 406-1370, Potrero Hill: (415) 795-3591, Missouri Street: (415) 590-2157, Fillmore Street (415) 202-9770	OMI: 156 Broad Street Potrero Hill: 1805 25th Street and 751 Missouri Street Western Addition: 1426 Fillmore Street	OMI and Potrero Hill: Chinese, Spanish Western Addition: Spanish	All families in the SF area	25

Crisis/evaluation services

California Pacific Medical Center Psychiatric Services	415-600-3247	2323 Sacramento St, San Francisco, CA 94115	Call for information	For children and teens	12
Comprehensive Child Crisis Service	415-970-3800 (24-hour hotline)	1380 Howard Street, 5th Floor San Francisco, CA 94103	ASL, Cantonese, Spanish, Vietnamese	Child or youth (age 17 or under), in a crisis	14
Edgewood Crisis Stabilization Unit	(415) 682-3278	1801 Vicente Street San Francisco, CA 94116	Language line and many Spanish speaking staff	Youth (ages 6-17) experiencing a psychiatric crisis in the city and county of SF and who need immediate crisis evaluation and stabilization services	16
McAuley Adolescent Psychiatric Unit	Inpatient unit: 415-750-5649. Outpatient unit: 415-750-5580	2200 Hayes St 5th Floor, San Francisco, CA 94117	Interpreter services available	11-17 years old. acute psychiatric crises or 5150 hold	19

Education services

Community Alliance for Special Education	415-431-2285 info@caseadvocacy.org	1550 Bryant Street Suite 735 San Francisco, CA 94103	Spanish and possibly Farsi	Families with kids with disabilities. 1-23 years old.	14
Edgewood Community School	(844) 334-3411	1801 Vicente Street San Francisco, CA 94116		Serves students ages 6 through 19, from first - 12th grade referred through school district	15
McAuley Counseling Enriched Education Program	415.750.5580	2200 Hayes Street, 3rd Floor San Francisco, California	Therapeutic services in Chinese and Spanish	Participants in the program must be San Francisco Unified School	19

				District (SFUSD) students.	
Oakes Children's Center	(415) 641-8000 oakes@oakeschildrenscenter.org	1550 Treat Ave San Francisco, CA 94110	Spanish, Russian	Youth with emotional and/or developmental challenges and their families, particularly in underserved communities	20
San Francisco Unified School District Special Education Services	(415) 759-2222	3045 Santiago Street San Francisco, CA 94116	Spanish, Cantonese (call for others)	Children identified with a disability that adversely affects their education	22

Extended services

Edgewood Center for Children and Families	(415) 681-3211 com@edgewood.org	1801 Vicente Street, San Francisco, CA 94116	Bilingual therapists in Spanish and Cantonese, specific to programs	Youth and families with mental health challenges or behavioral health needs, serves all of Northern CA	15
Felton Institute	415) 474-7310 info@felton.org	1500 Franklin Street, San Francisco, CA 94109	Call for information	Early intervention birth-6 years old, outpatient and case management for children and youth 4-21 years old and their families	16
Seneca Family of Agencies	415-642-5968 info@senecacenters.org	2513 24th Street, San Francisco, CA 94110	Spanish, Chinese & capacity in Arabic, Russian, Tagalog, Japanese, Vietnamese as needed. interpreter services also available.	Seneca serves full-scope MediCal eligible children and families in the San Francisco area	23

Foster/adoptive/alternative family resources

A Better Way - SF Therapeutic Visitation and Outpatient Services	(415) 715-1050	2017 Mission Street, 2nd Floor San Francisco, CA 94110	Call for information	Children and youth who are in – or at risk of entering foster care	10
Alternative Family Services	(415) 656-0116 info@afs4kids.org	250 Executive Park Blvd, Suite 4900 San Francisco, CA 94134	Call for information	Children and families involved with foster care, adoptions, and juvenile probation	11
Unity Care	(415) 610-6336	3073 Alemany Boulevard San Francisco, CA 94112	Call for information	Underserved and foster youth and	25

				families in the SF Area	
General information/resources/services					
Support for Families of Children with Disabilities	(415) 282-7494 info@supportforfamilies.org	1663 Mission St, Ste 700, SF, CA	Spanish, Cantonese, Mandarin	Family members of children/youth with disabilities/special health care needs and the professionals that serve them	23
Mental Health Association of San Francisco	(415) 421-2926 info@mentalhealthsf.org	870 Market Street, Suite 928 San Francisco, California 94102	Call for information	All populations	19
Mental Health Board of San Francisco	415-255-3474 mhbf@mentalhealthboardsf.org	1380 Howard Street, Suite 226 San Francisco, CA 94103		All populations	19
National Alliance on Mental Illness (NAMI) SF	415-237-0039 info@namisf.org	711 Van Ness, Suite 550 San Francisco, CA 94102	Spanish and Cantonese (depending on service)	Consumers, families and friends of people living with mental illnesses	20
San Francisco County Mental Health Access: Community Behavioral Health Services	24-Hour Access Helpline: (415) 255-3737 or (888) 246-3333	1380 Howard Street, 5th Fl. (at Tenth St.) San Francisco, CA	Cantonese, Spanish, Vietnamese, Tagalog, Russian. Translators utilized if necessary.	Individuals who receive Medi-Cal benefits - no fee or with a minimum share of cost. For all others, fees on a sliding scale.	22
Homeless resources					
Homeless Children's Network	415-437-3990 admin@hcnkids.org	3450 3rd Street Bldg 1, Unit 1C San Francisco, CA 94124	Spanish but can find translators	Homeless and low-income youth and families	17
Huckleberry House Crisis Shelter	(415) 621-2929 hh@huckleberryouth.org	1292 Page St, San Francisco, CA 94117	Spanish, Cantonese	11-17 homeless youth and children and families in crisis	18
Larkin Street Youth Services	(415) 673-0911	134 Golden Gate Avenue San Francisco, CA 94102		homeless or marginalized youth ages 12-25,	18
Hotlines					
California Youth Crisis Line (24hr)	(800) 843-5200	N/A	Translation service provided	Youth and families in need of assistance	13
Comprehensive Child Crisis Service (24-hour Hotline)	(415) 970-3800	N/A	ASL, Chinese (Cantonese), Spanish, Vietnamese	Child or youth (age 17 or under), in a crisis	14
Huckleberry 24 Hour Teen Hotline	(415) 621-2929	N/A	Spanish, Cantonese, Mandarin	Youth in need of assistance	17

San Francisco Suicide Prevention	Main Crisis Line: (415) 781-0500 Crisis Text Line: Text MYLIFE to 741741	1757 Waller St SF, CA 94117	Spanish	Anyone in need of assistance - you do not have to be suicidal to call	22
T.A.L.K. Line - 24 Hour parental support line	(415) 441-5437	N/A	English, but can also get interpreters in over 200 languages	Parents and primary caregivers living in the Bay Area with at least one child under the age of 18	24

LGBTQ Centered Services

Dimensions Clinic	(415) 934-7700	3850 17th Street San Francisco, CA 94114	Spanish, Eng	Ages 12-25, LGBTQ + youth from SF and the Bay Area	15
Gaylesta Psychotherapist Association	(415) 729-3996 membership@gaylesta.org	584 Castro Street, #230 San Francisco 94114 (mailing address bc of mult locations)		LGBT Pop, All Ages	16
Lyon Martin Health Services	(415) 565-7667	1735 Mission Street San Francisco, CA 94103		LGBT Pop, All ages	18
LYRIC Center for LGBT Youth	(415) 703-6150 x100 lyricinfo@lyric.org	127 Collingwood Street San Francisco, CA 94114		LGBT Pop, 12+	19
SF LGBT Center	(415) 865-5555	1800 Market Street, San Francisco, CA 94102		LGBT Pop, 16+	22
Tenderloin Self Help Center	(415) 749-2143	146 Leavenworth Street San Francisco, CA		All ages and pop	24
The Trevor Project: 24/7 Suicide Prevention Lifeline	866-488-7386	N/A		LGBT Pop, Under 25	24

UCSF Behavioral Alliance Health Project	(415) 476-3902	1930 Market Street San Francisco, CA 94102	Cantonese, Mandarin, Spanish and Russian, ASL	LGBT people of all ages	25
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Support groups

Al-Anon San Francisco Chapter	Information line (415) 834-9940 Meeting List (415) 834-9941 En Español (650) 794-9654	870 Market Street, Suite 318. Call for specific meeting addresses	Call for Spanish groups	Relatives and friends of alcoholics.	10
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Alateen San Francisco Chapter	Information line (415) 834-9940 Meeting List (415) 834-9941 En Español (650) 794-9654	870 Market Street, Suite 318. Call for specific meeting addresses	Call for Spanish groups	Ages 12 through 20 who have been affected by the family disease of alcoholism.	10
Bay Area Support Group for Parents of Challenging Teens and Young Adults	natasha@namisf.org	Contact for location		Any Bay Area parents who are struggling with their kids' challenging behaviors and/or mental health issues	12
Depression and Bipolar Alliance Friends and Family Group	415-758-1799 dbsasf@gmail.com	St. Francis Memorial Hospital 900 Hyde St. San Francisco, CA (in the basement conference rooms A, B, & C)		Friends & Family members of those with a bipolar diagnosis	15
Give Us the Floor	info@giveusthefloor.org	456 Montgomery St, suite 1040 San Francisco, CA 94104		Teen only community, facilitated by trained teens	16
National Alliance on Mental Illness (NAMI) SF Support Groups	415-237-0039 info@namisf.org (messages will generally be returned by a NAMI volunteer within 8 hours, any day of the week)	711 Van Ness, Suite 550 San Francisco, CA 94102	Spanish, Cantonese (depending on group)	Family and friends of a loved one with mental health issues.	20
Parents of Children with Mental Health Issues Support Group (through SFCD)	415-282-7494 Warmline: (415) 920-5040 (ask for Olga or Sarah if you want to talk to a facilitator)	1663 Mission St, Ste 700, SF	Spanish	Any parent who has a child up to 18-year-old who has a mental health diagnosis or concern for any mental health condition.	21
Parental Stress Hotline	415-642-6850	NA	Cantonese, Mandarin, Cambodian	Serving low and moderate income families of struggling children	21
RSSE (Reducing Stigma in South East) Family Support Group and Healing Circle	Contact LaVaughn King: 415-337-4767	1099 Sunnysdale Ave. San Francisco, CA 94134		Open to all families and friends who are supporting a loved one with mental health issues	22

Outpatient therapy

Community Youth Center	415-775-2636	1038 Post St, San Francisco, CA 94109	Mandarin, Cantonese, Nepalese,	Low income, high need, or at-risk youth from diverse backgrounds. Focus	14
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			Tegalu, Spanish	on Asian youth and families	
California Pacific Medical Center Child and Adolescent Psychiatry Outpatient Clinic	415-600-3247	2323 Sacramento St, San Francisco, CA 94115	Call for information	For children and teens	12
Edgewood Intensive Outpatient Services	415.682.3172 michaelc@edgewood.org	1801 Vicente Street San Francisco, CA 94116	Bilingual therapists in Spanish and Cantonese, specific to programs	Youth aged 6 to 17 who are struggling with behavioral and emotional issues	15
UCSF Langley Porter Child & Adolescent Psychiatric Clinic	Intake: (415) 476-7500 * message line only. Return call within 2-3 business days.	401 Parnassus Ave, San Francisco, CA 94143	Translator services available in multiple languages	Children aged 2-18, young adults up to age 25 who are still experiencing "young adult" life situations	24
Westside Community Services	415.431.9000 415-431-8252 ajani@westside-health.org	1153 Oak Street San Francisco, CA 94117 Teen Clinic: 245 11th Street, San Francisco, CA 94103		Youth aged 5-21 who have SF Medical. Focus on underserved populations, special focus on the African American community.	25

Youth substance abuse services

Alcoholics Anonymous	415-674-1821 help@aasf.org	Visit an A.A. Meeting in San Francisco: https://aasf.org/meetings?tsml-time=upcoming&tsml-region=235	Spanish (depending on meeting)	Anyone may attend open meetings of A.A. The only requirement for membership is a desire to stop drinking.	11
Asian-American Recovery Services	(415) 750-5111	2024 Hayes Street, San Francisco, CA 94117	Mandarin, Cantonese, Tagalog, Vietnamese, Korean, Spanish	Asian and Pacific Islander and other ethnically diverse communities of the SF Bay Area	11
Horizons Unlimited of San Francisco	(415) 487-6700 (415) 487-6730	440 Potrero Ave., San Francisco 94110	Spanish	youth 10 to 25 yrs. old	17
Ohlhoff Recovery Programs - Teen Intervene	877-677-4543	927 Irving St, San Francisco, CA		Men, Women, and Teens with Substance Use Disorder	21

Directory of resources (in alphabetical order)

3rd Street Youth Center and Clinic

Mission: We provide a supportive environment for youth to explore and create their goals and aspirations while building upon their strengths.

Services: Mental health and/or substance abuse counseling. Our well-trained staff have specialized training in the following areas: trauma, post-traumatic stress disorder, chronic stress, anxiety disorders, grief and loss, coping skills and life adjustment issues.

Fees/referrals: None

Hours: Monday to Friday: 1pm to 5pm

Website: <https://3rdstyouth.org/>

A Better Way - SF Therapeutic Visitation and Outpatient Services

Mission: A Better Way empowers children and families to develop the insights, life skills, and permanent relationships that promote their social, emotional, educational and economic well-being. Our support, treatment and parent training helps these families overcome the impact of poverty, community violence, mental health problems, addictive illness and patterns of child abuse and neglect that put their children at risk.

Services: Early Childhood Services, Therapeutic Visitation Services, Pre & Post Adoption Support Services, Psychological Evaluation, Child & Adolescent Permanency Support Services, Family Strengthening, and Parent Advocacy

Fees/referrals: Call for information

Hours: Call for information

Website: <https://www.abetterwayinc.net/>

Access Institute

Mission: Access Institute provides high-quality psychological care to people of all ages who fall through the socioeconomic cracks while training the next generation of mental health professionals through a model that values human complexity, supports socially-conscious practice, and promotes sustained human growth.

Services: They offer low and no-fee psychological services (psychiatry, therapy, assessment, case management) to those who want and need psychological support, but aren't able to access it for any number of reasons including: income, cultural barriers, stigma around mental health, and lack of mobility. They also have an in school mental health program and an elder program.

Fees/referrals: None

Hours: Call for information

Website: <https://www.accessinst.org/>

Al-Anon San Francisco Chapter

Mission: The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Services: Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Fees/referrals: There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Hours: Depends on meeting attended: call (415) 834-9941 for meeting list or (650) 794-9654 En Español

Website: <https://www.al-anonsf.org/>

Alateen San Francisco Chapter

Mission: The meetings are designed to be a safe place to share experience, strength, and hope. Meetings are run by teenagers

Services: A fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations.

Fees/referrals: There are no dues for membership.

Hours: MON, 6:15pm–7:15pm: "Keep It Simple Alateen"

Website:

https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/?gclid=EAlaIqobChMI_sus7PCE6gIV0R6tBh2gng7yEAAAYASABEgJ_NPD_BwE

Alcoholics Anonymous

Mission: Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety.

Services: The meetings usually consist of talks by a leader and two or three speakers who share experience as it relates to their alcoholism and their recovery in A.A.

Fees/referrals: There are no dues or fees for A.A. membership

Hours: Depends on meeting, call 415-674-1821 for meeting times

Website: <https://aasfmarin.org/>

Alternative Family Services

Mission: To support vulnerable children and families in need of stability, safety, and wellbeing in communities.

Services: Community Based Mental Health Services Therapeutic Visitation Services

Fees/referrals: Call for information

Hours: Call for information

Website: <https://www.afs4kids.org/>

APA Family Support Services

Mission: to create healthy families by providing domestic violence and child abuse prevention services.

Services: Parent Support (Prevention) which includes outreach and engagement, parenting education, support groups, health education, kinship support, Early Literacy and Economic Self-Sufficiency Project. Home Visitation (Early Intervention) services are provided by bilingual and bicultural staff. The Family Support Center located in Chinatown provides programs and services to support the growth and development of all family members – adults, youth and children. Confidential Counseling is available to families or to individual family members. The API HOTLINE is a resource to parents and youth in times of stress and crisis.

Fees/referrals: Everything free of charge - can self-refer or referrals from CBOs schools, hospitals, CPS

Hours: Visitation Valley office: 9am-5pm Monday – Friday

Website: <https://www.apafss.org/>

Asian-American Recovery Services

Mission: To reduce the impact and incidence of substance use in the Bay Area by providing an array of culturally competent services to the Asian and Pacific Islander and other ethnically diverse communities of the San Francisco Bay Area

Services: Substance use disorder treatment, mental health treatment, integrated behavioral health services, HIV prevention, testing and counseling, juvenile justice and probation youth services

Fees/referrals: Sliding scale; Med-Cal accepted

Hours: Monday to Friday: 9am to 5pm

Website: <https://www.healthright360.org/agency/asian-american-recovery-services>

Balboa Teen Health Center

Mission: This is a School based clinic that provides services to youth ages 12 through 18.

Services: Mental health and/or substance abuse counseling

Fees/referrals: Free

Hours: Hours for Balboa Students: Monday, Tuesday, Thursday, Friday: 8:30am to 5pm Wednesday: 10am to 5pm. Hours for patients who are not Balboa students: Monday, Tuesday, Thursday, Friday: 3pm to 5pm Wednesday: 1pm to 5pm

Website: <https://sfhealthnetwork.org/primary-care-3/community-health-programs-for-youth-chpy/>

Bay Area Support Group for Parents of Challenging Teens and Young Adults

Mission: To offer a space where parents can exchange stories, offer advice, support, hope & understanding so that they can leave feeling more prepared to take care of themselves & their families.

Fees/referrals: Free of charge

Hours: Usually 4-5:30pm on the first Sunday of each month (currently online)

Bayview Hunters Point Foundation Youth Services

Mission: To build a community that is empowered, clean, safe, and healthy by providing health, social, and human services

Services: Youth Moving Forward: coordinated substance abuse treatment to youth ages 12-18 Strengthening Families Program: helps families with youth ages 12-16 to improve parenting skills and relationships, ROSIE Project: helps young women ages 13-25 to make positive life choices in school, the community, and with court obligations, Evening Reporting Center: an alternative to juvenile detention that provides supervised, structured, and positive educational and recreational activities or youth ages 12-18

Fees/referrals: Sliding scale, Medi-Cal accepted Referrals to other treatments and social services are also available

Hours: Monday to Friday: 10:30am to 8pm

Website: <https://bayviewci.org/>

Boys & Girls Clubs of San Francisco

Mission: BGCSF is an afterschool, youth development organization, that strives to inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens.

Services: BGCSF's Behavioral Health Services are child-centered, trauma- informed, culturally-competent support services embedded in the afterschool, youth development framework that enhances the child's social and emotional well-being by enhancing their developmental assets and increasing each participant's protective factors.

Fees/referrals: Youth must be willing to become members of Boys & Girls Clubs of San Francisco - approximately \$20 per school year. There is no additional out of pocket cost to the family, however we do request consent to bill funders on their behalf.

Hours: Depends on location - check website at kidsclub.org

Website: <https://www.kidsclub.org/>

California Pacific Medical Center: Child and Adolescent Psychiatric Services (and Outpatient Clinic)

Mission: Our goal is to help your child or teenager return to an active and productive life, equipped with the skills to maintain good mental health for a lifetime.

Services: CPMC offers outpatient mental health treatment, as well as inpatient evaluation, by board-certified psychiatrists. We provide personality assessments, individual therapy and group therapy.

Fees/referrals: Call for information

Hours: Call for information

Website: <https://www.sutterhealth.org/cpmc/services/behavioral-health/child-adolescent-behavioral-health>

California Youth Crisis Line (24hr)

Mission: To improve and empower the lives of California's youth by working towards connecting every youth in California to the services, resources, and programs they need to have successful lives

Services: Crisis intervention counseling and resource referrals to service providers in the caller's local community.

Fees/referrals: None

Hours: 24 hours a day, seven days a week

Website: <https://calyouth.org/cycl/>

Cameron House

Mission: To empower generations of Chinese-American individuals and their families to fully participate in and contribute positively toward a healthy society. We put our Christian faith into action to help people learn, heal, and thrive.

Services: Individual, couples, and family counseling services are offered. We help address spousal, familial, and other relationship problems, the impact of domestic violence, emotional and mental health issues, and acculturation challenges, as well as difficulties adjusting to various life changes and stressors.

Fees/referrals: Sliding scale

Hours: Office hours: Monday-Friday 9:30am – 6:30pm

Website: <https://cameronhouse.org/>

Center for Youth Wellness

Mission: To improve the health of children and adolescents exposed to adverse childhood experiences (ACES)

Services: Care coordination/case management, Psychotherapy, Psychiatry, Bio and neuro feedback, Individual and family therapy

Fees/referrals: Need to be referred through Bayview Child Health Center. Completely free services

Hours: Monday to Friday: 9am to 5pm

Website: <https://centerforyouthwellness.org/>

Child and Adolescent Support Advocacy and Resource Center (CASARC)

Mission: CASARC serves children and adolescents (up to age 18) who have been sexually or physically abused or who have witnessed severe violence.

Services: CASARC provides trauma-focused psychotherapy for individuals, groups and families. Forensic medical and crisis management services are available 24 hours a day.

Fees/referrals: There is no charge for crisis intervention and referral, either by phone or in person. There is no charge for the emergency medical exam following sexual assault.

Hours: 24 hours / 7 days a week During business hours, you will speak with a CASARC intake nurse. After business hours, a CASARC nurse will return your call as soon as possible.

Website: <https://www.sfserviceguide.org/organizations/28>

Chinatown Child Development Center

Mission: CCDDC's Mission is to promote the social-emotional well-being of children, youth, and their families by providing comprehensive, easily accessible, and culturally competent mental health services.

Services: Individual, group, and family psychotherapy; collateral contacts with parents and significant others; case management services; psychological testing for registered clients; medication support services; school-based services; consultation to preschools, schools, and community-based organizations; and referrals and linkages to appropriate community resources as needed.

Fees/referrals: We accept Medi-Cal, Healthy Families/Health Kids, and sliding fee scale. Intake workers available by phone or in-person.

Hours: Monday through Friday, 8:30 AM to 5:00 PM. Evening appointments are available by special arrangement.

Website: <http://www.chineseamericancf.org/organizations/chinatown-childrens-development-center/>

Cole Street Youth Clinic: Huckleberry House

Mission: To educate, inspire, and support underserved youth to develop healthy life choices, to maximize their potential, and to realize their dreams.

Services: Mental health and/or substance abuse counseling

Fees/referrals: Free

Hours: Appointment Hours: Monday to Wednesday, Friday: 9am to 1pm, 2pm to 5pm Thursday: 2pm to 5pm Drop-In Hours: Tuesday, Thursday: 2pm to 5pm

Website: <https://www.huckleberryyouth.org/health-care-educ>

Community Alliance for Special Education

Mission: To protect the lawful educational rights of children with disabilities and their parents; to foster the fair and just implementation of the Individuals with Disabilities Education Act (IDEA), as well as the California Special Education laws; and to promote better understanding and cooperation among parents of children with disabilities, the special education community and the public-school system.

Services: First step is a phone consultation, where the advocate will decide if this is a right fit. (Free) Second step is to review three years of education records for the child. Panel of experts will make a detailed report and decide whether to take the case. If so, a contract is signed. (Free) Third step includes physical representation: advocate going with parents to meetings, speak with educational administration, legal services, etc. (Out-of-pocket sliding scale fees, see above.)

Fees/referrals: Phone consultation and case review at no charge. After a case is taken and a client is represented, fees are paid out of pocket on a sliding scale based on family income: < 25,000: no charge, 30,000: \$35/hr, 50,000: \$70/hr, >125,000: \$250/hr. There is a 10-hour minimum charge once a case is taken.

Hours: General Eunice is in the office from 10-3 pm (hours fluctuate), but she will respond to messages as soon as possible (generally within a few days).

Website: <https://caseadvocacy.org/>

Community Youth Center

Mission: To empower and strengthen a diverse population of high need youth and their families by providing comprehensive youth development through education, employment training, advocacy, and other support services

Services: The Behavioral Health component provides case management and individual and family therapy for youth and their families. Clinicians and case managers conduct psycho-social assessments, address mental health stigma, limited access to linguistically and culturally appropriate services, and co-factors specific behavioral health issues such as violence, chronic truancy, and substance use prevention.

Fees/referrals: All services free for Medical recipients, may be sliding scale with private insurance. Often referred in through school staff.

Hours: Monday - Friday 10am-6pm

Website: <https://www.cycsf.org/>

Comprehensive Child Crisis Service (24-hour Hotline)

Mission: Provides a 24-hour, multilingual, crisis intervention and short-term stabilization program for families and children who are experiencing emotional distress related to family violence, physical or emotional illness, school truancy, behavioral problems and other crises.

Services: When a troubled family member or concerned observer contacts the program, the family may either arrange to come to the clinic or a crisis team may travel to the home, school or other San Francisco location to evaluate the problem. Evaluation includes assessment for inpatient hospitalization. Also offers specialized services for victims of community violence and chronically suicidal youth.

Fees/referrals: Apply by phone Fees vary Sliding scale Accepts Medi-cal Call for fee information

Hours: 24 hours crisis evaluation and intervention

Depression and Bipolar Alliance Friends and Family Group

Mission: Depression and Bipolar Support Alliance of San Francisco (DBSASF) is a peer-driven community of people with mood disorders and their friends and families. Our community is dedicated to support, empower and educate by providing a safe and compassionate environment through peer support groups and education opportunities.

Services: Peer led friends and family support group meetings

Fees/referrals: Free with voluntary donation - drop in

Hours: Friends and Family 1st and 3rd Monday 6:45pm - 08:15pm (check calendar at link below)

Website: <https://www.dbsasf.org/>

Dimensions Clinic

Mission: To help lesbian, gay, bisexual, transgender, queer and questioning individuals lead healthy and connected lives, strengthening our diverse communities. By approaching health holistically and valuing the whole human experience, clients at Dimensions can have their mental health, as well as medical needs, supported all under one roof.

Services: Mental health and/or substance abuse counseling, behavioral health services for queer youth

Fees/referrals: Free for anyone living in San Francisco County

Hours: Thursday: 5pm to 8pm Saturday: 12pm to 3pm

Website: <http://www.dimensionsclinic.org/>

Edgewood Center for Children and Families (including Outpatient Clinic)

Mission: Edgewood supports youth and their families through life's challenges with a full continuum of behavioral health services. Our work focuses on issues such as mental health, family relationships and life skills, and our programs range from prevention and early intervention to community-based, day and residential treatment.

Services: ACUTE INTENSIVE SERVICES Our Acute Intensive Services are family-focused programs designed to assess, stabilize, and treat youth (ages 6-17) from throughout Northern California facing behavioral or emotional challenges. SCHOOL AND AFTER SCHOOL Our School and After-School programs provide valuable assistance to partner schools serving students in need of additional social, emotional, and behavioral support. COMMUNITY BASED BEHAVIORAL HEALTH Edgewood partners with parents, teachers, youth, and agency partners to offer services helping children and families at home, in schools, and in the community. PREVENTION AND EARLY INTERVENTION Our Prevention and Early Intervention programs help address mental health issues before they become problematic. Intensive outpatient program, community school, and partial hospitalization program.

Fees/referrals: For Intakes and Referrals: Contact our Intake Department at 1-844-EDGE411 (334-3411). Visit our Intake Page for more information. Accept SF County Medical and private insurance

Hours: Referrals and Intakes are accepted Monday through Friday, 9:00 am to 5:00 pm.

Website: <https://edgewood.org/about/>

Edgewood Community School

Mission: Edgewood's Non-Public School Program (Community School) provides specialized academic instruction with intensive behavioral and therapeutic support to students struggling in public school settings due to emotional and behavioral challenges. Our Community School consists of one grade school and one High School located on our Vicente Campus in San Francisco.

Services: We use a strengths-based approach to foster the emotional, social, and academic necessary for students to return to less restrictive school placements.

Fees/referrals: Referred by their school district through the IEP process

Hours: August through June, extended school year in June and July, 1-12 depends on grades

Website: <https://edgewood.org/community-school/>

Edgewood Crisis Stabilization Unit

Mission: Edgewood's Crisis Stabilization Unit (CSU) provides youth and families a safe, structured, child-friendly and supportive place to address mental health needs. The CSU was created in conjunction with the San Francisco Department of Public Health to evaluate and triage children and youth ages 6-17 experiencing psychiatric crises.

Services: 24/7 Nursing and clinical care including, with a focus on crisis stabilization and triaging, risk assessment, crisis stabilization and prevention, triaging, evaluation and risk assessment, medical screening, discharge planning including linkage with community supports and services, collaborative treatment planning, coping skills building and safety planning, parent and guardian support and education.

Fees/referrals: No one will be charged. Prefer people to have insurance, but if they don't have insurance, you will not be charged.

Hours: 24 hours/ 7 days, including holidays

Website: <https://edgewood.org/crisis-stabilization/>

Felton Institute

Mission: To provide access to comprehensive services to low-income, at-risk children, youth and families to give them a sound foundation for lifelong development, family economic success and hope for a successful future.

Services: Offering comprehensive, culturally relevant, linguistically appropriate, trauma informed, strength and evidence-based services, including some of the following programs: Full Circle Family Program, Early Care and Education Programs, Early Autism Program, Infant Development/Early Intervention Program, Developmental Education and Parenting Program, Young Family Resource Center, Early Psychosis/Schizophrenia Program, Bipolar Early Assessment and Management Program

Fees/referrals: Contact for information

Hours: Contact for information

Website: <https://felton.org/social-services/children-youth-family/>

Gaylesta Psychotherapist Association

Mission: They are the oldest and largest collection of individuals focused on LGBTQ mental health. They seek to provide a range of services, experience, specializations, and expertise. They work to promote awareness of the special skills our members have to offer the LGBTQ communities and the general public.

Services: They provide mental health services including therapist referrals, education and consultation. Their members offer a wide range of specializations, allowing us to serve as a unique resource both to the LGBTQ communities and to other service providers.

Fees/referrals: Offer referral memberships, email for detailed info

Hours: Contact for information

Website: <https://gaylesta.org/>

Give Us the Floor

Mission: To create and support a safe, non-judgemental and trustworthy community where teenagers know that whatever challenge they struggle with, they will find peers that have faced or are facing the same challenges - a community where teens encourage each other and understand they're not alone

Services: They help teens deal with distress through unique, peer support groups that leverage social media to provide constant contact and anonymity in a safe teen-only community, breaking the isolation and shame cycles. Trained teens facilitate confidential, Supportive Group Chats and members help each other with common mental health and social issues such as depression, isolation, anxiety, body image, discrimination, bullying, relationships and identity.

Fees/referrals: No fees

Hours: Email for more info

Website: <https://giveusthefloor.org/>

Greenlight Clinic

Mission: Greenlight Clinic is a consortium of volunteer mental health practitioners that provide free and confidential mental health therapy for young people 14-26 years old in the San Francisco Bay Area so they may develop skills and behaviors to attain their personal goals.

Services: Individual 50 minute sessions, Group Therapy

Fees/referrals: No fee, they offer referrals to community resources

Hours: Mon-Thurs 2-8pm

Website: <https://www.greenlightclinic.org/get-help/>

Haight Ashbury Free Clinic

Mission: To deliver compassionate and nonjudgmental healthcare services to those who can least afford them

Services: Integrated primary care and behavioral health services, substance abuse services

Fees/referrals: Free

Hours: 1563 Mission: Monday: 8:45am to 7:30pm Tuesday to Friday: 8:45am to 5:00pm 558 Clayton: Monday to Friday: 8:45am to 12pm, 1pm to 5pm

Website: <https://www.healthright360.org/agency/haight-ashbury-free-clinic>

Homeless Children's Network

Mission: The mission of Homeless Children's Network is to decrease the trauma of homelessness and domestic violence for children, youth, and families.

Services: Behavioral mental health services, early childhood consultation, primarily child therapy between ages 5 and 13

Fees/referrals: Referrals through SFUSD or CPS, not open to public but families can call to set up referral meeting, primarily service families with Medical

Hours: Monday – Friday 9am-6pm

Website: <https://www.hcnkids.org/>

Horizons Unlimited of San Francisco

Mission: To strengthen and transform the lives of Latino and other youth and families of color through a continuum of culturally rooted services that include substance abuse prevention and treatment, mental health and wellness, workforce development, and gender specific programming.

Services: Behavioral Health services, youth substance abuse services

Fees/referrals: No fees yet. Referral forms are on website; fill out and fax to (415) 487-6724

Hours: Monday-Thursday 10am to 7pm Fridays 10am-6:30pm

Website: <https://www.horizons-sf.org/>

Huckleberry 24 Hour Teen Hotline

Mission: To provide confidential support for teens

Fees/referrals: Free

Hours: 24 hours a day, 7 days a week. Call 415.621.2929

Huckleberry Youth Program

Mission: To educate, inspire, and support underserved youth to develop healthy life choices, to maximize their potential, and to realize their dreams.

Services: Family and individual therapy, case management, crisis shelter.

Fees/referrals: Healthy SF, Medicare, Medical accepted and no health insurance - SF residents only. Sliding scale for those with insurance

Hours: Monday 9am-7pm Tue, Wed, Thursday 9am-8pm Friday 9am-5pm

Website: <https://www.huckleberryyouth.org/>

Huckleberry House Crisis Shelter

Mission: To educate, inspire and support underserved youth to develop healthier life choices, maximize their potential, and realize their dreams.

Services: Crisis intervention for youth and families, resolution services, and emergency shelter

Fees/referrals: Shelter is free, counseling services accept Medical and sliding scale

Hours: 24 hours, 7 days week

Website: <https://www.huckleberryyouth.org/crisis-shelter/>

Instituto Familiar de la Raza

Mission: IFR promotes and enhances the health and wellness of the Chicano/Latinx/Indigena community of San Francisco.

Services: Group interventions for girls, LGBTQ youth, and at-risk youth; individual care management; therapy and mental health services; and trauma, recovery, and healing services

Fees/referrals: We serve uninsured and Medi-Cal individuals. Referrals can come in through other agencies or as a walk-in. Individuals are accepted on a triage basis

Hours: 9am-7pm Monday through Friday

Website: <https://www.ifrsf.org/>

Jewish Family and Children's Services: Parents Place

Mission: To help parents, caregivers and educators support children of all ages, backgrounds, and faiths

Services: Parenting workshops, parent coaching and consultation, child behavior and school support, clinical and special needs services, parent/child activity groups, and individual and family therapy.

Fees/referrals: Accept medical and private pay

Hours: Monday, Friday: 8:30am to 5pm Tuesday to Thursday: 8:30am to 7pm

Website: <https://ccy.jfcs.org/>

Larkin Street Youth Services

Mission: To create a continuum of services that inspires youth to move beyond the street. We nurture potential promote dignity and support bold steps by all.

Services: Crisis intervention, brief and long-term therapy, youth group, psychoeducation

Fees/referrals: No service fees or referrals needed

Hours: Youth shelters open 24hrs, Behavioral health services 8:30am - 2pm Monday – Friday

Website: <https://larkinstreetyouth.org/>

Lyon Martin Health Services

Mission: They believe preventive, educational care is essential to lifelong health and that all people deserve excellent health care, regardless of their ability to pay. They ensure that each client feels comfortable and safe using their voice to direct the care they receive.

Services: They provide primary medical care, sexual and reproductive health care, and mental health services for women, gender non-conforming people, and transgender people of all gender identities and sexual orientations.

Fees/referrals: No fees, call to make an appt

Hours: Monday through Friday: 9AM to 12PM and 1PM to 5PM. (Phone hours). Monday, Tuesday, Thursday, Friday: 8:30 AM - 12:00 PM and 1:00 PM – 5:00 PM Wednesday (late hours): 10:30 AM – 2:00 PM and 3:00 PM -7:00 PM (Clinic)

Website: <https://www.healthright360.org/agency/lyon-martin-health-services>

LYRIC Center For LGBT Youth

Mission: LYRIC's mission is to build community and inspire positive social change through education enhancement, career training, health promotion, and leadership development with LGBTQQ youth, their families, and allies of all races, classes, genders, and abilities.

Services: They offer community mentorship programs, artistic residencies, medical support for trans youth, mentorship programs.

Fees/referrals: No fees

Hours: Monday/Wednesday/Friday, 2 pm – 6 pm, Tuesday/Thursday, 11 am – 1 pm and 2 pm – 6 pm

Website: <https://lyric.org/>

McAuley Adolescent Psychiatric Unit

Mission: St. Mary's Adolescent Psychiatric Services treats adolescents whose emotional problems are impacting their safety and functioning. We provide high quality, well-coordinated mental health services in a safe, consistent, therapeutic environment.

Services: Acute care, so kids usually aren't there for very long (usually 3-5 days). 24/7 nursing. Daily one-on-one therapy with a psychiatrist. Daily opportunities for therapeutic groups, including using mediums such as art, drama, music, and writing, to encourage self-reflection and build coping skills. Daily opportunities for spiritual services if the child is interested. A family therapist will set up a family therapy session before discharge, and to link with an outside therapist/psychiatrist.

Fees/referrals: Accept most insurances, including SF health plan. Not United Health unless nowhere else to go.

Hours: 24 hours a day, 7 days a week

Website: <https://www.dignityhealth.org/bayarea/locations/stmarys/services/adolescent-psychiatric-services>

McAuley Counseling Enriched Education Program

Mission: If your child has emotional and/or psychiatric problems that interfere with functioning in school, help is available. St. Mary's McAuley Counseling Enriched Education Program (CEEP) is an outpatient program offered jointly by St. Mary's Adolescent Psychiatric Services, the San Francisco Department of Public Health-Behavioral Health Services, and the San Francisco Unified School District.

Services: Comprehensive evaluation, ongoing intensive therapy and treatment, educational services for adolescents who are unable to successfully participate in comprehensive community-based academic programs and outpatient therapeutic services

Fees/referrals: Participants must be referred to the program through an Individualized Education Plan (IEP). IEPs are established with your child's home school or the school district.

Hours: We use the SFUSD's academic Extended School Year (ESY) calendar. Our staff is on site Monday through Friday from 8:30 am - 5 pm, excluding holidays and school vacation periods.

Website:

<https://www.dignityhealth.org/bayarea/locations/stmarys/services/adolescent-psychiatric-services/counseling-enriched-education-program>

Mental Health Association of San Francisco

Mission: To cultivate peer leadership, build community, and advance social justice in mental health

Services: Online mental health screening tools, resource connect, peer run warm line

Fees/referrals: None

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday, closed on major holidays

Website: <https://www.mentalhealthsf.org/>

Mental Health Board of San Francisco

Mission: Through its state and city mandates, the Mental Health Board advises, reviews, advocates, and educates; with the aim of having that advice integrated, incorporated, and reflected in implementation of mental health policy; with the ultimate goal of ensuring quality mental health services.

Services: Advocating to make sure mental health programs truly meet the needs of those they are designed to serve. The website includes links to resources and events throughout the Bay Area, special projects and Board minutes.

Fees/referrals: None

Hours: Call for information

Website: <http://www.mhbsf.org/>

Mission Neighborhood Health Center Teen Clinic

Mission: To provide sensitive, respectful and non-judgmental services that are free and confidential for all young people of all genders from ages 12 to 21

Services: Health education, family planning/counseling, pregnancy tests, STI testing and treatment, emergency contraception, general mental health counseling and referrals

Fees/referrals: Free

Hours: Mondays and Thursdays: 1:30pm to 5pm Schedule an appointment or drop-in before 4pm

Website: <https://www.mnhc.org/medical-services-categories/san-francisco-teen-clinic/>

National Alliance on Mental Illness (NAMI) SF

Mission: Support people with mental illnesses and their families by helping them find the coping mechanisms for their daily struggle with brain disorders; educate people who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma; and advocate for more research and an improved system of mental health services across the nation.

Services: Helpline, support groups, educational meetings, newsletters, and a number of educational classes on mental illness held at various locations throughout the city. See NAMI SF addendum for specific services.

Fees/referrals: All services are free and no referrals needed

Hours: Monday-Friday 9am-5pm

Website: <https://www.namif.org/>

National Alliance on Mental Illness (NAMI) SF Support Groups

Mission: NAMI San Francisco Support groups provide knowledge and understanding along with an opportunity for group attendees to share experiences in a confidential setting. Groups are led by either trained professionals or NAMI members with extensive personal experience coping with mental illnesses and its impact on families. Please see NAMI addendum or visit our website for information on specific groups.

Fees/referrals: All of our support groups are no cost and drop-in

Hours: Depends on support group attended – please see NAMI addendum or visit website for times

Website: <https://www.namif.org/support-groups>

Oakes Children's Center

Mission: Oakes Children's Center is dedicated to providing education and mental health services to youth with emotional and/or developmental challenges and to their families, particularly in underserved communities. Our goal is to foster the social, emotional and educational growth necessary for children to continue learning and fully realize their potential.

Services: We fulfill our mission by providing individualized education, innovative and culturally-responsive therapeutic services, comprehensive assessment, and clinical training. CEEP 8-2, outpatient (kids with IEP but in regular public school) provide therapy after school, partnership program where therapists go into school to provide services

Fees/referrals: Each student has IEP and Oaks would be a referral. Without IEP referred to outpatient from the case manager or counselor. SF, San Mateo and contra costa residents. Serving 1st-8th grades, potentially K, free through district referral, outpatient dependent on insurance type.

Hours: Monday - Friday 8am-5pm

Website: <https://www.oakeschildrenscenter.org/>

Occupational Therapy Training Program (OTTP-SF)

Mission: Provide trauma-informed, client-centered support to improve functioning in school, home, work, and community settings. Advocate for youth and provide proximity support while facilitating opportunities to build and practice skills such as self-care, coping, social and communication, and community exploration.

Services: Comprehensive services include: Individual occupational therapy, individual psychotherapy, case management.

Fees/referrals: Youth are referred through local community mental health clinics, including the Mission Family Center, the Southeast Child and Family Therapy Center, and the Chinatown Child Development Center.

Hours: Call for hours (depends on programs and services)

Website: <http://www.ottp-sf.org/>

Ohlhoff Recovery Programs - Teen Intervene

Mission: Ohlhoff Recovery Programs' mission is to provide the highest quality treatment services for the disease of chemical dependency; empowering individuals and families to take responsibility for their own recovery.

Services: Ohlhoff's Adolescent Chemical Dependency Program, Teen Intervene, is a brief strategic, evidence-based program for teens ages 12-19 years old who are exhibiting mild to moderate problems associated with alcohol and/or drug use. The program consists of three to five 60-minute sessions with the teen, and an optional, but recommended, session with the parent/guardian. The additional session is helpful in opening channels of communication within the family regarding substance use.

Fees/referrals: Ohlhoff Recovery Programs accepts more major private health insurance plans. Without insurance, assessments and counseling are \$160 a session.

Hours: N/A

Website: <https://www.ohlhoff.org/outpatient>

Parental Stress Hotline

Services: Through our hotline, parents receive information and referral services as well as a lending ear. Our hotline workers are trained to listen and to offer appropriate emotional support.

Fees/referrals: Free

Website: <https://www.apafss.org/parental-stress-hotline.html>

Parents of Children with Mental Health Issues Support Group (through SFCD)

Mission: A safe place for parents and caregivers to gather and find free support, education and resources related to raising children ages 0-18 with a suspected or diagnosed mental health condition.

Fees/referrals: Free with free childcare for diagnosed child and/or siblings (call (415) 920-5040 to register for childcare)

Hours: Wednesdays; 2pm - 3:30pm

Website: <https://www.supportforfamilies.org/workshops-clinics-and-peer-groups#Support>

Richmond Area Multi-Service

Mission: Committed to advocating for and providing community based, culturally-competent, and consumer-guided comprehensive services, with an emphasis on serving Asian & Pacific Islander Americans.

Services: Individual, Group & Family Therapy; Case Management; Psychiatric Evaluation & Medication Management; Psychological Assessment & Testing; Information & Referral; and Consultation.

Fees/referrals: Healthy SF, Medicare, Medical accepted and no health insurance - SF residents only. Sliding scale for those with insurance

Hours: Monday 9am-7pm Tuesday, Wednesday, Thursday 9am-8pm Friday 9am-5pm

Website: <https://ramsinc.org/multi-generational-support/>

RSSE (Reducing Stigma in South East) Family Support Group and Healing Circle

Mission: Our mission is to reduce the stigma in our communities so that people who need mental health services can and do receive them.

Fees/referrals: Free

Hours: 1st and 3rd Thursdays of the month from 1:30-3:30pm

Safe and Sound

Mission: To help families to prevent child abuse. Here to help parents with parenting, and help children through play therapy.

Services: Parenting classes, play therapy, dinners for families, talkline

Fees/referrals: No referrals for Wallace street services but referral needed for Bayview - services free at both sites

Hours: Open to parents from 9:00 AM–2:00 PM, and to families from 10:00 AM–2:00 PM Monday–Thursday

Website: <https://safeandsound.org/>

San Francisco County Mental Health Access: Community Behavioral Health Services

Mission: The Mission of the San Francisco Department of Public Health is to protect and promote the health of all San Franciscans.

Services: The San Francisco Behavioral Health Plan offers a full range of specialty Behavioral health services provided by a culturally diverse network of community Behavioral health programs, clinics and private psychiatrists, psychologists, and therapists. Most people seeking behavioral health services need only basic counseling services. For those who are in need more extensive treatment, the S.F. Behavioral Health Plan offers an array of services.

Fees/referrals: Services are provided to most individuals who receive Medi-Cal benefits at no fee or with a minimum share of cost. For all others, fees are based on a sliding scale.

Hours: The 24-Hour Access Helpline is available 24 hours a day, 7 days a week.

Website: <https://www.sfdph.org/dph/comupg/oservices/mentalHlth/CBHS/default.asp>

San Francisco LGBT Center

Mission: To connect our diverse community to opportunities, resources and each other to achieve our vision of a stronger, healthier, and more equitable world for LGBT people and allies.

Services: They offer arts and culture events, community programs and groups, employment and financial services, and youth services.

Fees/referrals: No fees

Hours: Monday – Thursday: 9am – 8pm, Friday: 9am – 5pm, Saturday: 10 am – 5 pm

Website: <https://www.sfcenter.org/>

San Francisco Suicide Prevention

Mission: To provide emotional support, education, assistance, and intervention as necessary to all persons in crisis and those impacted by them, with the goal of reducing suicides and self-destructive behaviors.

Fees/referrals: Free

Hours: 24 hours a day, 7 days a week. (415) 781-0500

Website: <https://www.sfsuicide.org/>

San Francisco Unified School District Special Education Services

Mission: The San Francisco Unified School District is dedicated to identify, locate and assess all students within the district from birth to 22 years of age who may have disabilities, as well as provide appropriate support and/or related services to those students determined by an educational

evaluation. Our commitment is to provide eligible students with disabilities a free and appropriate public education (FAPE) consistent with federal and state laws.

Services: General Education, related services, resource specialist services, separate class. The student assignment process varies depending upon the services required to meet a child's educational needs and the amount of time the student spends in the general education setting.

Fees/referrals: Free

Hours: Appointments are recommended but not required. Call 415-355-6995 to make an appointment.

Website: <https://www.sfusd.edu/services/student-supports-programs/special-education>

Seneca Family of Agencies

Mission: To help children and families through the most difficult times of their lives.

Services: Seneca provides the following community-based programs to support youth and families with mental health needs in San Francisco: AIIM Higher (Assess, Identify needs, Integrate information, Match to services, DBT (Dialectical Behavioral Therapy) Clinic, ILSP (Independent Living Skills Program, ITFC (Intensive Treatment Foster Care, ISS (Intensive Stabilization Services, Permanency FIRST (Family Intervention and Re-entry Supportive Transitions, Probation FIRST (Family Intervention and Re-entry Supportive Transitions, Rapid Response, TBS (Therapeutic Behavioral Services, TRACK (Treatment to Recovery through Accountability, Collaboration, and Knowledge, Visitation Services, Wraparound: services include case management and facilitation, family therapy, supportive interventions, parent mentoring, and a 24/7 crisis line, and YTS (Youth Transitional Services.

Fees/referrals: Referrals for the majority of Seneca's San Francisco programs come through San Francisco County, including the Human Services Agency, the Department of Public Health (Foster Care Mental Health), and Juvenile Probation Department. Referrals for the Dialectical Behavioral Therapy Clinic come from a wide range of sources, including civil service clinics, schools, community-based organizations, the county, self-referral, other service providers, etc. Referrals for the Therapeutic Behavioral Services come from other Seneca programs, outside providers, and the county.

Hours: Monday – Friday, 8:30am - 5pm

Website: <https://www.senecafoa.org/>

Southeast Child-Family Therapy Center

Mission: To support people functioning in the Bayview Hunters Point community to their highest level possible by helping them cope with difficult feelings and family dynamics, move through the grieving process, receive eligibility for financial benefits, and find housing and work.

Services: Individual therapy, psychiatrists and psychologists.

Fees/referrals: Only Medi-Cal in SF County

Hours: Monday-Friday 9am-5pm

Website: <https://sfhealthnetwork.org/primary-care-3/southeast-health-center/psychosocial-care/>

Sunset Mental Health Clinic

Mission: Sunset Mental Health Services specializes in Child & Adolescent Psychiatry, Psychology and Psychiatry

Services: Individual therapy, group and family therapy, psychiatric medication, children's programs

Fees/referrals: Sliding scale

Hours: Appointment hours: Monday to Friday: 8:30am to 5pm Drop in hours: Monday to Friday: 9am to 11am

Website:

<https://sf-goso.org/health-treatment/outpatient-treatment/sunset-mental-health-clinic-health-treatment/>

Support for Families of Children with Disabilities

Mission: Support for Families of Children with Disabilities has offered information, education, and parent-to-parent support free of charge to families and professionals of children with any kind of disability or special health care need in San Francisco.

Services: All our services are open to families with any kind of disability or special health care need. We have support groups specifically for families whose child has mental health concerns, we provide information and

education regarding special education services, and we provide parenting classes that might be useful for families experiencing behaviors that challenge them to parent their children/youth.

Fees/referrals: All services are free, there is a [referral form](#) on the website:

Hours: Warmline, Drop-In Center, and Library are open: Monday, Wednesday, and Friday: 9:30am - 4:30pm
Tuesday and Thursday: 12:30pm - 8:30pm

Website: <https://www.supportforfamilies.org/>

T.A.L.K Line-24 Hour Parental Support Line

Services: Call for support, information, service referrals, or just to connect with someone who will listen. The TALK Line is a program of Safe & Sound and offers compassionate support over the phone to parents and caregivers of children under the age of 18 in the Bay Area. The TALK Line operates round-the-clock and is staffed by trained volunteers who provide support through the numerous challenges found in life and parenting.

Fees/referrals: None

Hours: 24 hour

Website: <https://www.sfhsa.org/services/child-care-family-services/24-hour-crisis-line-parents>

Tenderloin Self Help Center

Mission: To build community strength by advocating for policies and rendering services which foster self-sufficiency and cultural enrichment. Hospitality House encourages self-help, mutual respect, and increased self-esteem. The goal of these efforts is to make the heart of San Francisco a better place for us all.

Services: They provide a wide range of services, including case management, support and social groups, vocational resources, as well as access to basic amenities, such as street respite, restrooms, phone, email, mail service, and weekly grocery distribution. Through a partnership with the [Harm Reduction Therapy Center](#), the Tenderloin Self-Help Center is able to provide on-site mental health and substance use counseling daily. The [Care Through Touch Institute](#) also provides weekly healing massage and movement therapy to participants also.

Fees/referrals: No fees

Hours: M 7am – 10am; 1pm – 7pm, T-F 7am – 7pm

Website: <https://www.hospitalityhouse.org/tenderloin-self-help-center.html>

The Trevor Project: 24/7 Suicide Prevention Lifeline

Mission: The mission of The Trevor Project is to end suicide among gay, lesbian, bisexual, transgender, queer & questioning young people.

Services: They offer a judgment free place to talk if one is feeling suicidal or is in crisis. They provide a crisis intervention which includes a lifeline, safe chat and text services.

Fees/referrals: None

Hours: 24 hours

Website:

https://www.thetrevorproject.org/?qclid=EAlaIqobChMIrOmujcfK6glVw8DACH12XAwuEAAYASAAEqK4tPD_BwE

UCSF Langley Porter Child & Adolescent Psychiatric Clinic

Mission: Our mission at Langley Porter Psychiatric Hospital & Clinics (LPPH&C) Child and Adolescent Psychiatry Clinics is to provide exceptional care for children, adolescents, young adults, and families with mental health and developmental concerns while advancing scientific knowledge, and clinical training.

Services: Wide array of psychiatric assessments and medication treatments. Psychotherapies and groups available, but there is a very long wait list. Specialized clinics for many purposes, including a diagnostic clinic, a Nurse Practitioner medication management clinic, a comprehensive ADHD clinic, an OCD clinic, an autism clinic, an intensive family therapy clinic, a social anxiety group, CBT, DBT, etc. The availability of each clinic can vary depending on time of year due to academic medicine cycles. Conditions treated include: Attention-deficit/hyperactivity disorder (ADHD), School issues,

Autism, Depression, Bipolar disorder, Worry or anxiety, Psychosis (hallucinations and delusions), Post-traumatic stress disorder (PTSD), Eating disorders, Suicidality, cutting and other intentional self-injury, Obsessive-compulsive disorder (OCD), Tourette's disorder and other tic disorders, and family challenges.

Fees/referrals: Accepts all major private insurances and private pay. Kaiser must get a referral first. Does NOT accept Medi-Cal or Medi-Cal based plans such as SF Health Plan. Other than the intake line, patients can be referred by their UCSF doctor/pediatrician.

Hours: Monday-Friday, 8am-5pm

Website: <https://psych.ucsf.edu/lpphc/cas>

Unity Care

Mission: Unity Care's mission is to provide quality youth and family programs for the purpose of creating healthier communities through lifelong partnerships.

Our goals are to provide safe, secure, and positive living environments; educate and support underserved youth; and prepare young people to pursue professions in which minorities are chronically underrepresented.

Services: Nia Project (Differential Response), Odyssey (Wraparound Services), Outpatient Mental Health Clinic, Transition to Independence Process, Therapeutic Behavioral Services, Parents Recovery Program

Fees/referrals: Call for information

Hours: Call for information

Website: <https://www.unitycare.org/well-being/>

Westside Community Services

Mission: To provide high quality, family-centered, culturally competent behavioral health and human services.

Services: The Ajani Program: Focused interventions include using Afrocentric evidence-based treatments. Afrocentric means utilizing the history, culture, philosophy and collective experience of African people as the frame of reference for providing treatment. Westside Ajani is a comprehensive multi-service program that provides outpatient mental health, school-based mental health and consultation case management and outreach.

Fees/referrals: Only SF Medical accepted. All types of referrals accepted: self-referral, agency referrals, etc.

Hours: 9am-7pm pm, Monday-Friday

Website: <http://www.westside-health.org/services/westside-child-and-adolescent-services>

YMCA Family Resource Center

Mission: To build strong kids, strong families and strong communities by enriching the lives of all people in spirit, mind and body.

Services: Family advocacy, counseling, parenting workshops, various community events, weekly food distribution, Family advocacy, counseling, parenting workshops, various community events, weekly food distribution, individual and group counseling sessions via our Early Periodic Screening and Diagnostic Testing (EPSDT) program in schools, family counseling sessions, trauma recovery mental health services, domestic violence counseling, among many other services.

Fees/referrals: There is no cost to participate in our community programs

Hours: OMI: Monday, Wednesday, Thursday: 9am to 7pm Friday: 9am to 12pm Potrero Hill: Monday to Wednesday: 9am to 5:30pm Thursday: 9am to 7pm Western Addition: Monday, Wednesday, Thursday: 9am to 12pm, 1pm to 7pm Tuesday: 9am to 12pm, 1pm to 5pm Friday: 9am to 12pm

Website: <https://www.ymcasf.org/programs/urban-services-family-resource-centers>

UCSF Behavioral Alliance Health Services

Mission: The goal of their services is to reduce the symptoms of mental illness or substance use that cause problems for our clients.

Services: They are a LGBTQ specialty mental health clinic offering a range of support services to help with problems caused by living with HIV, mental illness and substance use.

Fees/referrals: Must have an AHP provider

Hours: Monday - Friday: 9:00 AM - 11:00 AM

Website: <https://alliancehealthproject.ucsf.edu/behavioral-health-services#Psychotherapy>

National Alliance on Mental Illness, San Francisco (NAMI SF) Addendum

At the heart of NAMI San Francisco's mission is the sharing of information and striving to end the stigma associated with mental illness. To this end, we offer a Help Line, support groups, educational meetings, newsletters, and a number of educational classes on mental illness held at various locations throughout the city, all free of charge. Details below:

Help Line: Contact the Help Line for information about support groups, find resources or to speak to a friendly person who understands. Please note that Our Help Line is a Warm Line, which means someone from NAMI will contact you with answers within 8 hours after you call.

Help Line Number: 415-237-0039

Email: info@namisf.org

NAMI SF Support Groups: NAMI San Francisco's Family Support Groups provide knowledge and understanding along with an opportunity for families and caregivers of those living with mental illness to share experiences in a confidential setting. Groups are led by either trained professionals or NAMI members with extensive personal experience coping with mental illnesses and its impact on families. Please make sure to check the website for any last minute changes in schedule:

<https://www.namisf.org/support-groups>

Group	Time	Location	Contact
General Family Group	1st & 3rd Saturdays; 10:30-12pm 2nd Mondays; 6-7:30pm 2nd & 4th Thursdays; 6-7:30pm	Currently on Zoom - register for link	Please register on the website at Family Support Groups
Family Supports with Jane Goldman	Tuesdays; 6:00 – 7:30 pm	Currently on Zoom - register for link	Please register on the website at Family Support Groups
Grupo de apoyo en Español Spanish-speaking Support Group	El segundo Martes de cada mes de 5:00 - 6:30 pm 2nd Tuesday of the month	Actualmente en Zoom	Para mayor información: 415-920-5040 or Registrar
Cantonese Language Family Support 照顧者(家人)廣東話互助組 /	4th Saturday of the month; 1:00 - 2:30 pm 專為經歷過看護精神疾病患者的照顧者, 同伴互相支持. 如有問題, 請聯繫關戴家慈女士, 電子郵箱	Currently on Zoom	Contact Mabel Kwan: 510-387-7553 or mabel@namisf.org
Support for Parents/Caregivers of Teens and Young Adults	4th Sunday of the month; 4:00 - 5:30 pm	Currently on Zoom - register for link	Please register on the website at Family Support Groups

**All NAMI SF Support Groups are currently being held online via Zoom during the COVID-19 pandemic. Please refer to our Family Support Group webpage for updates: [namisf.org/familysupport](https://www.namisf.org/familysupport)*

NAMI SF Education/Support Workshops for Families

NAMI Basics Education Program is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed. The course covers crisis management, self and family care, advocating for your child, treatments and medications, and navigating systems of care and support. Workshop offered in English and Spanish. Find more information at: <https://www.namif.org/basics> or call 415-237-0039.

Family-to-Family Education Program is a free, 8-week course for family members, partners, and friends with a loved one (usually 16+) with mental illness. Offered in English, Spanish, and Cantonese. Topics covered include: learning about feelings and facts, the normative stages of emotional reactions to the trauma of mental illness, NAMI's belief systems and principles, and individual goals for the family member with mental illness. Find more information at: <https://www.namif.org/family-to-family> or call 415-237-0039.

NAMI SF Programs for Education and Advocacy for Students

Ending the Stigma is a 1-hour presentation for middle and high school students to learn about mental illness. This in-school or virtual presentation is devoted to giving students an opportunity to learn about mental illness through an informative PowerPoint, short videos, and personal testimony. Find more information at: <https://www.namif.org/ending-the-stigma> or call 415-237-0039.

Parents as Allies and Advocates is a 1-hour presentation for parents and caregivers that provides an overview of youth mental health issues, including prevalence, warning signs, and ways to support your child/teen. The presentation is facilitated by a parent with experience raising a child with a mental health condition, and a young adult who lives with a condition. Find more information at: <https://www.namif.org/parents-as-allies-and-advocates> or call 415-237-0039.

Please help advocate for these programs in your schools, organizations and communities in order to help end the stigma surrounding mental illness and promote understanding and compassion.