

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

Tom Waddell Transgender Clinic. 50 Ivy (bet. Polk & Van Ness). 355-7588. New patients drop in Tu 1:30pm for intake. Support group & library Tu 6pm. *SF residents: \$0-full bill, non-SF residents: full bill.* English, Spanish; other language interpreters available.

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

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

UCSF Over 60 Program - CARE-D Project. 476-7746. For anyone 65+, low-income & feeling down, blue, sad, or depressed, & willing to answer research questions about mood & health. Participants receive 12 weeks of case management & a small stipend. *Free.*

Vet Center (VA Readjustment Counseling Service). 505 Polk (at Golden Gate). 441-5051. Combat veterans & significant others only. Call or drop in M-F 8am-4:30pm. Group & individual counseling (including post-traumatic stress disorder, depression, bereavement, & sexual trauma), family & couple counseling, veterans' benefits assistance, information & referrals. *Free.* English, Spanish, Tagalog.

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

concerns; job training & part-time employment for youths. *Free.* English, Cambodian, Laotian, Vietnamese.

Westside Community Services. 431-9000. <www.westside-health.org> For 18+. Call M-F 9am-5pm and you will be referred to integrated treatment for mental health, substance abuse, & community violence issues. Housing referral, family counseling, employment assistance, socialization, counseling, referrals, medication support, crisis services, methadone detox & maintenance, African-American focused HIV/AIDS services, testing, & referral. *\$0-full bill.* English; some Spanish & Tagalog; call for other languages; some TDD support.

Westside Crisis. 245 11th St. (at Kissling). Call 355-0311 (24hrs) or drop in M-F 9am-6pm, Sa 9am-noon. Crisis intervention, brief crisis treatment (averaging 1-3 visits), referrals. For ongoing services, must be 18+ & SF resident. *\$0-full bill.* English, sometimes Spanish.

Westside Integrated CYF Services. 1140 Oak (bet. Divisadero & Broderick). 431-8252. Call M-F 9am-5pm. For youth up to age 21 & their families. Mental health, drug abuse prevention & treatment services. *\$0-full bill.* English.

WOMAN, Inc. 333 Valencia, Suite 450 (bet. 14th & 15th Sts). 864-4722 or (877) 384-3578 (toll-free). 24hr crisis lines for battered women & children. Call if you can or drop in M-F 9am-4pm for crisis counseling. Call for crisis management, group therapy, referrals, & support groups in English & Spanish. Drop-in intake for marriage and family therapy with an intern W 3-4:30pm & Th 12-1:30pm. California domestic violence certification training available to groups & volunteers. *\$0-full bill.* English, Cantonese, Mandarin, Spanish; some Asian languages on demand. ☺

Women on the Move. 330 Ellis (at Taylor), 101A. 674-6023. Drop-in support and counseling for women in shelters. Tu-F 9-10am followed by breakfast (Tu: stress reduction, W: harm reduction, drugs, alcohol, co-dependency, Th: healthy relationship, F: hot topics). *Free.* English only.

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Access Line (Community Behavioral Health Services (CBHS)). (888) 246-3333 (toll-free) or 255-3737. M-F 8am-5pm. Call for authorization & access to all mental health services offered by the City of San Francisco. See page 5 for more info.

24 HOUR HOTLINES

- | | |
|---|---|
| Adult Protective Services: 355-6700 or (800) 814-0009 | La Casa de las Madres: Adults - (877) 503-1850, Teens - (877) 923-0700 |
| Alcoholics Anonymous: 674-1821 | Marin Abused Women's Services |
| Asian Women's Shelter Crisis Line: 751-0880 or (877) 751-0880 | Hotline for Women: 924-6616 |
| California Youth Crisis Line: (800) 843-5200 | Men's Crisis Line: 924-1070 |
| Child & Adolescent Sexual Abuse Resource Center: 206-8386 | Mobile Assistance Patrol: 431-7400 |
| Child Crisis: 970-3800 | Narcotics Anonymous: 621-8600 |
| Child Protective Services: 558-2650 or (800) 856-5553 | National Runaway Switchboard: (800) 786-2929 |
| Community United Against Violence: 333-4357 | Psychiatric Emergency Services at SF General Hospital: 206-8125 |
| Gamblers Anonymous: (888) 424-3577 | Rosalie House: 255-0165 |
| Huckleberry Youth Program: 621-2929 | SF Women Against Rape: 647-7273 |
| Institute on Aging Friendship Line: 752-3778 or (800) 971-0016 | Suicide Prevention: 781-0500 |
| | T.A.L.K. Line: 441-5437 |
| | Trauma Recovery/Rape Treatment Center: 437-3000 |
| | Westside Crisis: 355-0311 |
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Please call (415) 648-3222, or e-mail free@freeprintshop.org to make suggestions, comments, corrections, or additions for the next update. This chart may be downloaded from the Free Print Shop web site <<http://www.freeprintshop.org>> & may be reproduced freely (but revised only with permission).

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Call for individual peer counseling, referrals, support groups, case management, medical & legal advocacy, prevention & education. *Free.* English, Arabic, Burmese, Cantonese, Farsi, French, German, Indonesian, Japanese, Mandarin, Russian, Spanish, Tagalog. ☺

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

Sixth St. Self-Help Center (Hospitality House). 169 & 181 6th St. (bet. Howard & Natoma). 369-3040. M-F 7am-7pm (closed M 11am-1pm). Socialization & wellness center, including peer counseling, support groups, harm reduction therapy, mental health & substance use assessments & treatment, case management services, employment services, massage therapy, & basic support such as respite from the streets, restrooms, assistance with IDs, & mail service. *Free.* English, Spanish.

South of Market Mental Health Services (Adult Integrated Service Center) (CBHS). 760 Harrison (bet. 3rd & 4th Sts). 836-1700. Drop in M,Tu,Th,F 8:45-10:30am or W 1-2:30pm. Psychiatric medication management, counseling, clinical case management & group therapy. Filipino counseling team. Citywide, but priority given to SOMA, Western Addition, & Tenderloin. *\$0-full bill.* English, Cantonese, Spanish, Tagalog.

Southeast Child Family Therapy Center (CBHS). 4527 Mission (at Santa Rosa), 337-4800. 100 Blanken (at Tunnel), 330-5740. Call M-F 9am-5pm, Sa (Mission only) 9am-1pm, evening hours by appt. Individual, group & family therapy, school consultation & Special Education partnerships, preschool preparation, parent support, medication evaluations, assessments & referrals. *MediCal, Healthy Family, Healthy Kids, those uninsured for mental health, \$0-full bill.* English, Cantonese, Mandarin, Spanish.

Suicide Prevention. All lines 24hrs. 781-0500. TDD: 781-2224. Drug Information & Referral Line: 362-3400, for referral to local treatment services. Relapse Line: 834-1144, counseling

support for people in recovery or in danger of relapse. Training services for groups: 984-1900. *Free.* English; other language interpreters available. ☺

Sunset Mental Health Services. 1990 41st Ave (bet. Pacheco & Ortega). 753-7400. Call M-F 8:30am-5pm (let them know if you are disabled). Medications; individual, family, group & child therapy; wellness/recovery program for psychiatrically disabled adults. *\$0-full bill.* English, Cantonese, Korean, Mandarin & other Chinese dialects, Russian, Spanish.

Swords to Plowshares. 1060 Howard (bet. 6th & 7th Sts). 252-4788. For all veterans. Call M-F 9am-5pm for intake appt. or drop in for intake M-F 9-10:30am. Case management, social services, individual counseling, employment, legal assistance, substance abuse support, information & referrals, emergency & transitional housing, benefits advocacy (SS & VA). *Free.* English, Spanish, Tagalog.

T.A.L.K. Line (Telephone Aid in Living with Kids). 1757 Waller (bet. Stanyan & Shrader). 441-5437 (24hr English hotline, Spanish M-F 9am-8pm, other languages via telephone interpreter 24 hrs). For caretakers of minor children only. Call or drop in M-Th 9am-2pm for crisis & counseling. Call for info about therapy or for SafeStart information & referral hotline for children exposed to violence. *\$0-full bill.* English; Mandarin, & Spanish by appt. ☺

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

Tenderloin Self-Help Center (Hospitality House). 288 Turk St (bet. Jones & Leavenworth). 749-2143. M-F 7am-7pm (closed M 11am-1pm). Socialization & wellness center, including peer counseling, support groups, harm reduction therapy, mental health & substance use assessments & treatment, case management services, employment services, massage therapy, & basic support such as respite from the streets,

In case of emergency, call 911 ☺ 24 hrs

☺ Night time only

Overeaters Anonymous. 436-0651 (recorded message). <www.oasf.org> 12-step program for those who wish to recover from compulsive overeating, anorexia, bulimia or exercising. Call for meeting times & locations, including weekly LGBTQQ group. Newcomers meeting: Tu 7:30pm followed by 8pm general meeting. St. James Church, 4630 California St (btw 8th & 9th Aves.). *Free.* English.

Progress Foundation. 368 Fell. 861-0828 (M-F 9am-5pm). Referrals to mental health treatment & residential programs. *\$0-full bill.* English, Spanish. Call about other languages.

Psychiatric Emergency Services at SF General Hospital. 1001 Potrero, Room 1B40. 206-8125. 24hrs. Call or drop in for comprehensive psychiatric emergency treatment. *\$0-full bill.* English, Cantonese, Russian, Spanish, Tagalog; other language interpreters available.

Recovery International. 333-6454 (8am-8pm). <www.recovery-inc.org> Over 18 only. Call for information about self-help groups for anyone with nervous fears, anxieties, panic attacks, depression, compulsive behaviors, relationship problems, etc. *Free. Donation requested but not required.* English only.

Riley Center Community Office. 3543 18th St. (at Valencia), 3rd Fl. 552-2943. For battered women & their children. Call for appointment for support groups; drop-in M-F 9am-5pm for peer counseling, case management, information, & referrals. *Free.* English, Cantonese, Mandarin, Spanish; other languages by request.

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

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

SF AIDS Foundation. 1 Sixth St (at Market). 487-8000. Spanish: 487-8004. TDD: 487-8099. SF residents 18+ can call for appt. M-F 9am-5pm. Services include client advocacy & counseling for housing services, financial benefits,

ADAP enrollment, support groups, substance abuse counseling. For AIDS information & referrals for HIV testing in SF, call California AIDS Hotline: 863-2437 or 1-800-367-2437 M-F 9am-5pm. *Free.* English, Spanish.

SF Mental Health Clients' Rights Advocates. 1095 Market (at 7th St), Suite 618. (800) 729-7727 or 552-8100. Mental health clients of the city & county of SF, call or drop in M-F 9am-5pm to make appt. State-mandated agency investigates client complaints at in-patient psych units, day treatment centers, residential treatment facilities, SRO's, board & care facilities, youth facilities, community based psychiatric programs, or jail. Referrals. Provides educational trainings on 5150s, patients' rights, special ed, and foster care. *Free.* English, Spanish; other language interpreters available.

SF Sex Information. 989-7374. M-Th 3-9pm, F 3-7pm, Sa 2-6pm. <www.sfsi.org>. Switchboard providing confidential, accurate, non-judgmental information about sex. Peer support & referrals. Submit written questions at <ask-us@sfsi.org>. *Free.* English; other language interpreters available.

SF VA Downtown Clinic. 401 3rd St (at Harrison). 551-7312. Drop-in M-F 8am-noon for social work referrals & short term case management. Call for an appt. M-F 8am-4pm for psychiatric evaluations, medical triage, support groups, informational classes, primary care, substance abuse treatment referrals. Call for schedule of free shuttle to Ft. Miley. *Sliding scale, free to most veterans.* English, Tagalog; call for other languages.

SF VAMedical Center (Fort Miley). 4150 Clement, Bldg 8 (at 42nd Ave). Call 750-6674 (mental health) or 221-4810 (general info) M-F 8am-4:30pm. For all veterans who have not been dishonorably discharged. First-time patients must register with Member Services for intake eligibility; bring discharge paperwork (DD214) or prior treatment info if you have them (if you don't they will help you get them). Psychiatric evaluation; outpatient services; individual, group & family therapy. Programs for women, people with HIV/AIDS/HepC, substance abusers, post-traumatic stress disorder, victims of sexual harassment/abuse. Medications; case management. *\$0-full bill.* Many interpreters.

SF Women Against Rape. 3543 18th St (bet Valencia & Guerrero), 3rd Fl, Suite 7. 861-2024 (M-F 9am-5pm) or 647-7273 (24hr crisis hotline).

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17, Aug 21, Sept 18), 1-4pm in City Hall, Room 400. *Free.* English, Cantonese.

Men in Progress Breaking the Cycle. 330 Ellis (at Taylor), 101A. 674-6189 (Ask for Ray). Drop-in support for men overcoming violence: M 3-6pm. *Free.* English only.

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

Mental Health Association of SF. 870 Market, Suite 928. 421-2926. Call M-F 9am-5pm. Mental health education & awareness, various support groups (including Hoarding & Cluttering), advocacy, participation in city politics, referrals. Workshops for consumers, family members, & professionals. *Free.* English.

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

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

Mobile Crisis Treatment Team (CBHS). 355-8300. Crisis intervention for SF residents & visitors ages 18+. M-F 8:30am-11pm & weekends/holidays noon-8pm. If you are over 60 or HIV+ you may be transferred to another line. Evaluation & alternative placement attempted. If need be, authorized to do a "5150" (involuntary 72 hour hospital hold). *Free.* English, Cantonese, Mandarin, Russian, Spanish. Phone interpreters available.

NAMI. 905-6264 (helpline) or 474-7310 (office). Call & leave message. <namisf.org>. Hotline offering support, referral, advocacy. Speaker: 3rd Wed of each month (July 15, Aug 19, Sept 16) 6:30-8:00pm at 1010 Gough (bet. Ellis & Eddy). Support groups for families & friends of mentally ill: Tu 5:15-6:45pm at SF General Hospital, 1001 Potrero (at 23rd), 7th Floor, Rm. 7M30; Spanish speaking 1st Tu of each month (July 7, Aug 4, Sept 1) 5:30-7:30pm at 2712 Mission, 401-2733. Call for schizophrenia support group & 12-

week Family-to-Family course on dealing with the mentally ill. *Free.* English only.

Narcotics Anonymous. 621-8600 (English, 24hrs); 864-3155 (Spanish, leave msg). 12-step fellowship focusing on recovery from drug addiction. Call 24hr hotline or check <www.sfna.org> for information on meeting times & locations throughout SF. *Free.* ☺

National Runaway Switchboard. 800-786-2929 (800-RUNAWAY). Youth 12-21 & their families. 24hr hotline providing crisis intervention, information & referrals, conferencing & message delivery services. *Free* bus rides home for qualified youth via Greyhound Home Free Program. *Free.* English; telephone interpreters available. ☺

Night Ministry. 441-0123. Non-judgmental, compassionate, comprehensive crisis counseling, referrals & when requested, intervention (e.g. in domestic violence cases). Call 10pm-4am any night of the year to talk to a volunteer counselor, or ask for a minister, priest or rabbi who will call you back &, if you like, can meet you in person anywhere in SF. *Free.* English; Cantonese, German, Mandarin, & Spanish available on request. ☺

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

Office of Self Help. 1095 Market (at 7th St), Suite 202. 575-1400. 9am-5pm every day. Call for peer support MTu 9am-5pm & W-Su 9am-8pm. Drop-in for movies, games, library, canteen, etc. Call or drop in for intake for other services: computer lab, acupuncture (Tu), nurse practitioner (W), van trips out of town, peer counseling, info & referrals, tenant info, support groups. Rides for family members visiting locked facilities including Napa, Vallejo, Novato, Stockton. Easy intake process. *Free.* English, Cantonese, Spanish.

OMI Family Center (CBHS). 1701 Ocean (at Faxon). 452-2200. Call M-F 9am-5pm for drop-in hours, schedule, screening & to schedule intake interview. Group & individual counseling, case management, medication management, play therapy, information & referrals. *\$0-full bill.* English only.

In case of emergency, call 911 ☺ 24 hrs

☺ Night time only

drop-in Sa 10:30am-12pm. Call for 8-week traumatic loss grief group & individual grief counseling. *\$0-full bill.* English.

HELPLINK. Toll-free: 211 or (800) 273-6222. Confidential information & referral service for Bay Area resources, available M-F 8:30am-5:30pm; answering service after hours. *Free.* English, Cantonese, Mandarin, Spanish. Other languages through teleinterpreter. ☺

The HIV Mental Health Case Management Program at the Center for Special Problems. 1700 Jackson (at Van Ness). 292-1500. M-F 9:30-11:30am & 2-4pm. Professional mental health service for those living with HIV/AIDS in SF. Individual & group psychotherapy. Medication evaluation & management, psychiatric evaluations. *No one refused for lack of funds.* English, Spanish.

Homeless Veterans Rehabilitation Program (HVRP Domiciliary Service). 795 Willow Rd, Bldg. 347, Menlo Park. Call (800) 848-7254 for screening (redial if busy). Intensive 4-6 month residential program for homeless vets who have no history of violence or sexual assault. Behavior modification program for homeless vets who want to change their lifestyle. 4-7 week waiting list. Also have a 28-day or 3-month residential drug & alcohol program: call toll-free (866) 717-1978 for info. *First 90 days free, afterwards \$0-5 per day.* English only.

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

In-Home Supportive Services. 557-5251. Call M-F 8am-5pm for intake. Provides in-home domestic-related & personal care services for low-income, blind, aged, & disabled people. Services include: housecleaning, meal preparation, laundry, grocery shopping, bathing, accompaniment to medical appointments, referrals. *Free for SSI or sliding scale.* English, Chinese, Russian, Spanish, Tagalog.

Institute on Aging Friendship Line. 752-3778 or (800) 971-0016. Call 24hrs for crisis or 8am-11pm for friendship line & reminder

service. Call 750-4111 M-F 8:30am-5pm for information regarding case management, day care, referrals, & assistance for older adults, younger disabled adults, & their families. *Free, MediCal, MediCare.* English; other languages sometimes available. ☺

Instituto Familiar de La Raza (CBHS). 2919 Mission (bet. 25th & 26th Sts). 229-0500. Latino-focused (but for all SF residents). Call M-F 9am-2:30pm & ask for an intake worker. Open M-F 9am-5pm; evenings & Sa by appointment. Case management & advocacy services for youth, family services, HIV education, counseling services, women's group, mentoring & prevention, referrals, cultural events. *MediCal, Healthy Family & Healthy Kids, \$0-full bill.* English, Spanish.

La Casa de Las Madres. 1663 Mission, Suite 225 (bet. S. Van Ness & Division Sts). 24hr toll-free domestic violence hotlines: (877) 503-1850 (adults), (877) 923-0700 (teens). Call for initial screening to determine eligibility. Individual counseling, support groups, & referrals for women, teens, & their children. Advocacy & support services, including 8-week shelter. *Free.* English, Spanish; some Cantonese, Portuguese, Russian. ☺

Lavender Youth Recreation Information Center (LYRIC). 127 Collingwood (at 18th). Call 703-6150 M-F 10-6, or drop-in M-F 3-6pm. Job training & internships for LGBTQ youth 24yrs & under. *Free.* English, Spanish.

Línea Apoyo. (800) 303-SIDA (7432) or 989-5212. M-F 6-8pm. Phone information, referrals, & counseling for general mental health, suicide, & HIV/AIDS/HepC. *Free.* Spanish only. ☺

Marin Abused Women's Services: Hotline for Women. 24hrs: 924-6616 (English), 924-3456 (Spanish). <www.maws.org> Support & information for battered women. Assistance in obtaining emergency shelter (24hr intake). Referrals to community resources, including medical & legal assistance. *Free.* English, Spanish. ☺

Mayor's Office on Disability. 401 Van Ness, Room 300. 554-6789. <www.sfgov.org/mod> Call or drop in M-F 8am-5pm with requests & complaints about disability access to city-owned or -administered facilities, programs, services, & activities. Information about disability rights laws. Public meetings of Mayor's Disability Council, input welcome, third Friday of the month (July

DIRECTORY OF ORGANIZATIONS

Access Line (Community Behavioral Health Services - CBHS). (888) 246-3333 (toll-free) or 255-3737. M-F 8am-5pm, or leave message 24 hrs. Authorization & access to all short- & long-term outpatient mental health services offered by CBHS. You will be given an initial screening on the phone to determine financial & clinical eligibility. It can take up to 2½ weeks to see a psychologist & 6 weeks to see a psychiatrist. Services include: mental health assessment & diagnosis, therapy (individual, family, group), medication prescriptions & monitoring. *\$0-full bill, SFMediCal accepted.* English, Cantonese, Spanish; other languages may be available.

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

Adult Survivors of Child Abuse (ASCA) Morris Center. <ascasupport.org>. Self-help program for adult survivors of physical, sexual & emotional child abuse. Meetings: Tu 6:30-8:30pm, 501 Castro, 2nd floor, (510) 406-0353; UCSF, Sa 9-10:30am 505 Parnassus, Rm N527, (510) 663-4470. *Donation requested but not required.* English only.

AIDS/HIV Nightline. 434-2437 or (800) 628-9240. TDD: 781-2228. Nightly phone counseling 5pm-5am. *Free.* English; other languages by request. ☺

Alcoholics Anonymous. 674-1821, Spanish: 554-8811. 24hrs. Call to ask for meeting times & locations or look online: <www.aasf.org>. Newcomers are welcome to any meeting, but you may ask for a beginner's meeting. Volunteers sometimes available to meet new members beforehand. *Free, donation basket passed.*

English & Spanish in SF; English, Spanish & Tagalog in Daly City; ASL with 5 days' notice. ☺

APA Family Support Services. Mental Health Center: 657 Jackson (near Grant), 617-0061. Family Service Center: 730 Commercial (near Kearny), 616-9797. Call for appt. M-F 8:30am-5pm. Support services for Asian families to prevent child abuse & domestic violence. Parenting & health education, support groups, kinship support, referrals, home visits, case management, assessment, counseling, individual & group therapy, parental stress hotline. *\$0-full bill.* English, Cambodian, Cantonese, Japanese, Lao, Mandarin, Tagalog, Thai, Vietnamese.

Asian Women's Shelter. 751-0880 (crisis line). (866) 751-0880 (toll-free). Female victims of domestic violence, call M-F 9am-5pm (after hours, phone is answered by WOMAN, Inc.). Advocacy, support groups, case management, transportation to residence, referrals to professional counselors, children's program, queer services, services for victims of trafficking, public education. *\$0-full bill.* English & 26 Asian languages. ☺

Balboa Teen Health Center. Balboa High School, 1000 Cayuga, Room 156. 469-4512. Middle & high school students who live in SF. Call M-F 8:30am-5pm. Drop-in for Balboa students only M,Tu,Th,F 8:45-11am, W 10-11am. Medical care, health education program, HIV counseling & testing, individual & group counseling, family planning, substance abuse program, & educational support. *Free.* English, Cantonese, Spanish, Tagalog, ASL.

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

Bayview Hunters Point Foundation – Youth Services. 5015 3rd St (bet. Quesada & Revere). 822-1585. For children aged 11-18. Call or drop

In case of emergency, call 911 ☺ 24 hrs

☺ Night time only

in M-F 10am-9pm. Counseling, intensive home supervision & evening reporting center for juvenile probationers, substance abuse treatment & prevention. Homework assistance, computer lab, recreational activities. *Free*. English, Spanish.

Brennan House. 255-2894. Call M-F 9am-5pm. 18 months of transitional housing for female survivors of domestic violence & their children. Must be referred by an agency. Residency includes domestic violence counseling, support groups, & advocacy. *Sliding scale based on income; Free if zero income*. Cantonese, English, Mandarin, Spanish; other languages may be available.

California Youth Crisis Line. (800) 843-5200. <www.youthcrisisline.org>. For all California at-risk youth and their families. Crisis intervention, 24hr counseling line, information & referrals. Anonymous & confidential. *Free*. English, Spanish, other languages on request. ☺

Cameron House: Social Services. 920 Sacramento (bet. Powell & Stockton). 781-0401 ext. 123. Asian-focused. Assistance to victims of domestic violence & children who have witnessed domestic violence. Call or drop in M-F 9am-noon & 1-5pm. Non-psychiatric individual, couple & family counseling. Case management. Support groups (Cantonese): for single mothers 3rd Fri 6-8pm (July 17, Aug 21, Sept 18); for cancer 2nd & 4th Sat 1-3pm (July 11 & 25, Aug 8 & 22, Sept 12 & 26). *Counseling is sliding scale, domestic violence program & support groups are Free*. English, Cantonese, Mandarin, Shanghaiese, Toisanese, Vietnamese.

Cameron House: Youth Services. 920 Sacramento (bet. Powell & Stockton). 781-0401 ext. 126. Friday 7-10pm: club program for middle & high school youth (sports, movies, etc.). English & Cantonese.

Central City Older Adults (CBHS). 90 Van Ness (at Fell). 558-5900. Primarily serves seniors 60+ who live in the Tenderloin & SOMA. Call M-F 8:30am-5pm. Mobile crisis M-F 8:30am-4pm. Crisis intervention, psychiatric evaluation, medication management, counseling, home visits, & referrals. *\$0-full bill*. English, Spanish, Tagalog.

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

with children. *Free*. English, Spanish, some materials in Asian languages.

Child & Adolescent Support, Advocacy & Resource Center (CASARC). SFGH, 995 Potrero (at 22nd St), Bldg 80, Ward 82, Rm. 239. 206-8386. For children aged 0-17. Drop in or, preferably, call 24hr intake nurse for interview. Office is open 8:30am-5pm. Crisis intervention, sexual abuse therapy, play therapy, group therapy, counseling, Victim/Witness applications with police report, referrals to community resources, case management. *MediCal, Victim Witness, first visit Free*. English, Spanish, other language interpreters available. ☺

Child Crisis (CBHS). 3801 3rd St, Suite 400, 2nd Fl., Bayview Plaza Shopping Center (at Evans). 970-3800. For youth under 18. Call for intake interview. 24hr field visits. Evaluations for involuntary psychiatric hospitalization & crisis case management for up to 30 days. Specialized services for chronically suicidal & gravely disabled youth and victims & witnesses of community violence. *\$0-full bill*. English, Cantonese, Spanish, Vietnamese; other language interpreters available. ☺

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

Chinatown Child Development Center (CBHS). 720 Sacramento (at Kearny). 392-4453. 0-18 years old. Call M-F 8:30am-5pm & ask for intake worker. Individual, group, & family therapy. Psychological testing for clients, medication management, referrals, parent education. *Only for MediCal, Healthy Families, Healthy Kids, & uninsured (\$0-full bill)*. English, Cambodian, Cantonese, Mandarin, Vietnamese.

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

Community United Against Violence (CUAV). 170A Capp (bet. 16th & 17th Sts). 333-4357

(24hr crisis line). For LGBTQQ survivors of domestic violence, hate violence, or sexual assault. Drop-in WF 11am-1pm. Counseling, temporary restraining orders, advocacy, crisis management, brief therapy, limited emergency housing, youth program for domestic violence issues ("Love & Justice"). *Free*. English, Cantonese, Spanish, Vietnamese; other Asian languages by appt. ☺

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

Depression & Bipolar Support Alliance of SF (DBSA). St. Francis Memorial Hospital, 900 Hyde (at Pine), Lower Level, conference Rm A, B, & C. 995-4792. Drop-in peer support group for those who suffer from depression or bipolar disorder: Mon 6:45-8:15pm, Sa 1:30-3pm. Young adult meeting (ages 18-30), 1st & 3rd M (July 6 & 20, Aug 3 & 17, Sept 7 & 21), 6:45pm. Support group for their friends & family in Weyerhaeuser Rm, 2nd floor: 1st & 3rd M of month (see above), 6:45-8:15pm. *Free. Donation requested, not required*. English only.

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

Edgewood Center for Children & Families Kinship Support Services / Grandparents Who Care. 1801 Vicente (at 19th Ave). 681-3211. Call M-F 8:30am-5pm. Respite & recreational activities; support to family members of mentally ill, incarcerated, deceased, etc. Support for children 0-17 living with grandparents or other relatives. *Free*. English, Cantonese, Spanish.

Family & Child Guidance Clinic (Native American Health Center). 160 Capp (at 16th St). 434-5421 (info), 510-434-5421 (intake appts) M-F 9am-5pm. General outpatient services: substance abuse counseling, traditional

counseling, talking circles. Community outreach. Waiting list for some services up to 8 weeks. *\$0-full bill, MediCal & MediCare, free to HIV+ & homeless*. English.

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

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

FSA Geriatric Services (CBHS). 6221 Geary Blvd (at 26th Ave), 386-6600; 1255 Post (bet. Franklin & Van Ness), 474-7310. For SF seniors 60+ only. Call M-F 9am-5pm for initial comprehensive assessment. Individual, couple, & family counseling. Various outpatient groups, peer counseling, crisis intervention, case management, psychiatric evaluation, medication monitoring, day socialization program, home visits. Substance abuse counseling for seniors with coexisting mental health issues. *\$0-full bill*. Post St.: English, Cantonese, Japanese, Spanish. Geary Blvd.: English, Cantonese, Mandarin, Russian.

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

Glide Health Services. 330 Ellis St, 6th Fl. (at Taylor). 674-6170. SF residents only. Call for appointment M-F 8:30am-noon & 1-5pm. New client drop-in MW 8:30am-noon (come early!). Assessment & treatment planning, short-term solution-focused individual therapy (6-8 wks), smoking cessation, substance abuse recovery, medication management, case management, referrals, & HIV testing. *\$0-full bill*. English only.

Grief Related Services at CESP. 3330 Geary (at Parker), 3rd Fl. 750-4180 x 230. For people of any age who have experienced difficult, sudden, or traumatic loss. Traumatic Loss Group,

In case of emergency, call 911 ☺ 24 hrs

☺ Night time only