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 quarterly 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.
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.

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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<td>Youth substance abuse services</td>
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# Quick reference list

<table>
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<tr>
<th>Resource name</th>
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<td><strong>Community clinics</strong></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd Street Youth Center and Clinic</td>
<td>(415) 822-1707</td>
<td>1728 Bancroft Avenue (@ 3rd Street) San Francisco, CA 94124</td>
<td>Spanish (depends on day)</td>
<td>Youth, ages 12-24</td>
<td>9</td>
</tr>
<tr>
<td>APA Family Support Services</td>
<td>(415) 617-0061 <a href="mailto:info@apafss.org">info@apafss.org</a></td>
<td>Chinatown office: 10 Nottingham Place, San Francisco, CA 94133 Visitation Valley office: 1099 Sunnydale Ave.</td>
<td>Cantonese, Spanish</td>
<td>All populations</td>
<td>10</td>
</tr>
<tr>
<td>Balboa Teen Health Center</td>
<td>(415) 469-4512</td>
<td>Balboa High School 1000 Cayuga Avenue, Room 156 San Francisco, CA 94112</td>
<td>Spanish, Cantonese, Tagalog, Italian</td>
<td>Youth, ages 12-25</td>
<td>10</td>
</tr>
<tr>
<td>Bayview Hunters Point Foundation Youth Services</td>
<td>(415) 822-1585</td>
<td>5015 3rd Street San Francisco, CA 94124</td>
<td>Chinese, Spanish</td>
<td>Youth who need help with substance use or re-entry from the juvenile justice system, or who need help to build life skills</td>
<td>11</td>
</tr>
<tr>
<td>Boys and Girls Clubs of San Francisco</td>
<td>(415) 221-2389 <a href="mailto:dmachold@kidsclub.org">dmachold@kidsclub.org</a></td>
<td>380 Fulton Street, SF CA 94102 with 6 locations around SF</td>
<td>Spanish</td>
<td>6-18 year-olds who qualify for specialty mental health</td>
<td>11</td>
</tr>
<tr>
<td>Cameron House</td>
<td>(415) 781-0401 <a href="mailto:info@cameronhouse.org">info@cameronhouse.org</a></td>
<td>920 Sacramento Street San Francisco, CA 94108</td>
<td>Cantonese, Mandarin</td>
<td>Asian focused</td>
<td>11</td>
</tr>
<tr>
<td>Center for Youth Wellness</td>
<td>(415) 684-9520</td>
<td>3450 Third Street Bldg 2, Suite 201 San Francisco, CA 94124-1444</td>
<td>Spanish but also work with interpreters for no cost</td>
<td>Children, youth + families, especially those who have gone through adverse childhood experiences</td>
<td>12</td>
</tr>
<tr>
<td>Child and Adolescent Support Advocacy and Resource Center</td>
<td>(415) 206-8386</td>
<td>995 Potrero Ave San Francisco, CA 94110</td>
<td>Spanish, but can also get interpreters in other languages</td>
<td>Children and adolescents who have been sexually or physically abused or witnessed severe violence</td>
<td>12</td>
</tr>
<tr>
<td>Chinatown Child Development Center</td>
<td>(415) 392-4453</td>
<td>720 Sacramento St, San Francisco, CA 94108</td>
<td>Cantonese, Vietnamese</td>
<td>Children, Youth, and Families</td>
<td>12</td>
</tr>
<tr>
<td>Cole Street Youth Clinic</td>
<td>(415) 751-8181</td>
<td>555 Cole Street @ Haight San Francisco, CA 94117</td>
<td>Spanish, Cantonese</td>
<td>Youth, ages 12-24</td>
<td>12</td>
</tr>
<tr>
<td>Community Youth Center</td>
<td>(415) 775-2636</td>
<td>1038 Post Street San Francisco, CA 94109</td>
<td>Chinese, Cantonese, Tagalog, Spanish</td>
<td>Low income, high need and at-risk Asian Pacific, Latino and African American youth</td>
<td>13</td>
</tr>
<tr>
<td>Clinic</td>
<td>Address</td>
<td>Languages</td>
<td>Age Range</td>
<td>Notes</td>
<td></td>
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<tr>
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<td></td>
</tr>
<tr>
<td>Dimensions Clinic</td>
<td>3850 17th Street San Francisco, CA 94114</td>
<td>Spanish</td>
<td>Ages 12-25, LGBTQ + youth from SF and the Bay Area</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Haight Ashbury Free Clinic</td>
<td>1563 Mission Street San Francisco, CA 94103 558 Clayton Street San Francisco, CA 94117</td>
<td>All languages are available through interpreters</td>
<td>SF residents</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Horizons Unlimited of San Francisco</td>
<td>440 Potrero Ave., San Francisco 94110</td>
<td>Spanish</td>
<td>Youth 10 to 25 years old</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Huckleberry Youth Program</td>
<td>1292 Page Street San Francisco CA 94117</td>
<td>Spanish, Cantonese</td>
<td>Youth ages 11-21 and their families</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Instituto Familiar de la Raza</td>
<td>2919 Mission Street San Francisco, CA</td>
<td>Spanish</td>
<td>Primarily Chicano/Latino/Indigenous communities, &amp; low income and uninsured</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Jewish Family and Children’s Services: Parents Place</td>
<td>1710 Scott Street San Francisco, CA 94115</td>
<td>Russian, Chinese</td>
<td>Bay Area residents</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Larkin Street Youth Services</td>
<td>134 Golden Gate Avenue San Francisco, CA 94102</td>
<td></td>
<td>Homeless or marginalized youth ages 12-25</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Mission Neighborhood Health Center Teen Clinic</td>
<td>240 Shotwell Street San Francisco, CA 94110</td>
<td>Spanish</td>
<td>Youth ages 12-21</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Occupational Therapy Training Program</td>
<td>425 Divisadero Street, Suite 300 San Francisco, CA 94110</td>
<td>Depends on program - call for info</td>
<td>Medi-Cal eligible youth between the ages of 5 and 18</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Richmond Area Multi-Service</td>
<td>3626 Balboa Street, San Francisco, CA 94121</td>
<td>Provide services in over 30 languages</td>
<td>All SF residents with special focus on Asian &amp; Pacific Islander, Russian-speaking &amp; underserved populations including Medical or uninsured.</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Safe and Sound</td>
<td>1757 Waller Street San Francisco, CA 94117</td>
<td>Spanish</td>
<td>Any families in SF area</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Southeast Child-Family Therapy Center</td>
<td>100 Blanken Ave. San Francisco, CA 94134 1525 Silver Ave. San Francisco, CA 94134</td>
<td>Spanish, Cantonese, Mandarin</td>
<td>Youth ages 4-17</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Sunset Mental Health Clinic</td>
<td>1990 41st Ave. San Francisco CA 94116</td>
<td>Cantonese, Mandarin, Russian</td>
<td>San Francisco residents of any age</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>YMCA Family Resource Center</td>
<td>OMI: 156 Broad Street Potrero Hill: 1805 25th Street and 751 Missouri Street Western Addition: 1426 Fillmore Street</td>
<td>OMI and Potrero Hill: Chinese, Spanish Western Addition: Spanish</td>
<td>All families in the SF area</td>
<td>22</td>
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### Crisis/evaluation services

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<tr>
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<th>Contact Information</th>
<th>Address</th>
<th>Languages</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Comprehensive Child Crisis Service</td>
<td>415-970-3800</td>
<td>1380 Howard Street, 5th Floor</td>
<td>ASL, Cantonese,</td>
<td>Child or youth (age 17 or under), in a crisis</td>
</tr>
<tr>
<td></td>
<td>(24-hour hotline)</td>
<td>San Francisco, CA 94103</td>
<td>Spanish, Vietnamese</td>
<td></td>
</tr>
<tr>
<td>California Pacific Medical Center</td>
<td>415-600-3247</td>
<td>2323 Sacramento St, San Francisco,</td>
<td>Call for</td>
<td>For children and teens</td>
</tr>
<tr>
<td>Psychiatric Services</td>
<td></td>
<td>CA 94115</td>
<td>information</td>
<td></td>
</tr>
<tr>
<td>Edgewood Crisis Stabilization Unit</td>
<td>(415) 682-3278</td>
<td>1801 Vicente Street San Francisco,</td>
<td>Language line</td>
<td>Youth (ages 6-17) experiencing a psychiatric crisis in the city and county</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CA 94116</td>
<td>and many Spanish</td>
<td>of SF and who need immediate crisis evaluation and stabilization services</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>speaking staff</td>
<td></td>
</tr>
<tr>
<td>McAuley Adolescent Psychiatric Unit</td>
<td>Inpatient unit:</td>
<td>2200 Hayes St 5th Floor, San</td>
<td>Interpreter</td>
<td>11-17 years old. acute psychiatric crises or 5150 hold</td>
</tr>
<tr>
<td></td>
<td>415-750-5649.</td>
<td>Francisco, CA 94117</td>
<td>services available</td>
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<tr>
<td></td>
<td>Outpatient unit:</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>415-750-5580</td>
<td></td>
<td></td>
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<tr>
<td>Education services</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Community Alliance for Special Education</td>
<td>415-431-2285</td>
<td>1550 Bryant Street Suite 735</td>
<td>Spanish and</td>
<td>Families with kids with disabilities. 1-23 years old.</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:info@caseadvocacy.org">info@caseadvocacy.org</a></td>
<td>San Francisco, CA 94103</td>
<td>possibly Farsi</td>
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</tr>
<tr>
<td>Edgewood Community School</td>
<td>(844) 334-3411</td>
<td>1801 Vicente Street San Francisco,</td>
<td>Serves students</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>CA 94116</td>
<td>ages 6 through 19,</td>
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<td>from first - 12th</td>
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<td>grade referred</td>
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<td>through school</td>
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<td></td>
<td></td>
<td>district</td>
<td></td>
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<tr>
<td>McAuley Counselling Enriched Education</td>
<td>415.750.5580</td>
<td>2200 Hayes Street, 3rd Floor</td>
<td>Therapeutic</td>
<td>Participants in program must be San Francisco Unified School</td>
</tr>
<tr>
<td>Program</td>
<td></td>
<td>San Francisco, California</td>
<td>services in</td>
<td>District (SFUSD) students.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chinese and</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Spanish</td>
<td></td>
</tr>
<tr>
<td>Oakes Children’s Center</td>
<td>(415) 641-8000</td>
<td>1550 Treat Ave San Francisco, CA</td>
<td>Spanish, Russian</td>
<td>Youth with emotional and/or developmental challenges and their families,</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:oakes@oakeschildrencenter.org">oakes@oakeschildrencenter.org</a></td>
<td>94110</td>
<td></td>
<td>particularly in underserved communities</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Francisco Unified School District Special</td>
<td>(415) 759-2222</td>
<td>3045 Santiago Street San Francisco,</td>
<td>Spanish,</td>
<td>Children identified with a disability that adversely affects their</td>
</tr>
<tr>
<td>Education Services</td>
<td></td>
<td>CA 94116</td>
<td>Cantonese (call for</td>
<td>education</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>others)</td>
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## Extended services

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<tr>
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<th>Location 2</th>
<th>Description</th>
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<tbody>
<tr>
<td>Edgewood Center for Children and Families</td>
<td>(415) 681-3211 <a href="mailto:com@edgewood.org">com@edgewood.org</a></td>
<td>1801 Vicente Street, San Francisco, CA 94116</td>
<td>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</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Felton Institute</td>
<td>415) 474-7310 <a href="mailto:info@felton.org">info@felton.org</a></td>
<td>1500 Franklin Street, San Francisco, CA 94109</td>
<td>Call for information Early intervention birth-6 years old, outpatient and case management for children and youth 4-21 years old and their families</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Seneca Mental Health Agencies</td>
<td>415-642-5968 info@senecacent er.org</td>
<td>2513 24th Street, San Francisco, CA 94110</td>
<td>Spanish, Chinese &amp; 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</td>
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<td></td>
</tr>
</tbody>
</table>

## Foster/adoptive/alternative family resources

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Contact Number</th>
<th>Location 1</th>
<th>Location 2</th>
<th>Description</th>
<th>Page</th>
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</thead>
<tbody>
<tr>
<td>A Better Way - SF Therapeutic Visitation and Outpatient Services</td>
<td>(415) 715-1050</td>
<td>2017 Mission Street, 2nd Floor San Francisco, CA 94110</td>
<td>Call for information Children and youth who are in – or at risk of entering foster care</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Alternative Family Services</td>
<td>(415) 656-0116 <a href="mailto:info@afs4kids.org">info@afs4kids.org</a></td>
<td>250 Executive Park Blvd, Suite 4900 San Francisco, CA 94134</td>
<td>Call for information Children and families involved with foster care, adoptions, and juvenile probation</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Unity Care</td>
<td>(415) 610-6336</td>
<td>3073 Alemany Boulevard San Francisco, CA 94112</td>
<td>Call for information Underserved and foster youth and families in the SF Area</td>
<td>22</td>
<td></td>
</tr>
</tbody>
</table>

## General information/resources/services

<table>
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<tr>
<th>Service Provider</th>
<th>Contact Number</th>
<th>Location 1</th>
<th>Location 2</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support for Families of Children with Disabilities</td>
<td>(415) 282-7494 <a href="mailto:info@supporftorfamilies.org">info@supporftorfamilies.org</a></td>
<td>1663 Mission St, Ste 700, SF, CA</td>
<td>Spanish, Cantonese, Mandarin Family members of children/youth with disabilities/special health care needs and the professionals that serve them</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Guide to Mental Health Services for Children and Youth in San</td>
<td>English link Spanish link Chinese link Online</td>
<td>Spanish, Cantonese Information on mental health services for all youth and families in San Francisco</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Service Description</td>
<td>Contact Information</td>
<td>Address</td>
<td>Population</td>
<td>Notes</td>
<td></td>
</tr>
<tr>
<td>-----------------------------------------------------------------------------------</td>
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<td>-----------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Mental Health Association of San Francisco</td>
<td>(415) 421-2926 <a href="mailto:info@mentalhealthsf.org">info@mentalhealthsf.org</a></td>
<td>870 Market Street, Suite 928 San Francisco, California 94102</td>
<td>Call for information</td>
<td>All populations</td>
<td></td>
</tr>
<tr>
<td>Mental Health Board of San Francisco</td>
<td>415-255-3474 <a href="mailto:mhb@mentalhealthboardsf.org">mhb@mentalhealthboardsf.org</a></td>
<td>1380 Howard Street, Suite 226 San Francisco, CA 94103</td>
<td></td>
<td>All populations</td>
<td></td>
</tr>
<tr>
<td>National Alliance on Mental Illness (NAMI) SF</td>
<td>415-237-0039 <a href="mailto:info@namisf.org">info@namisf.org</a></td>
<td>711 Van Ness, Suite 550 San Francisco, CA 94102</td>
<td>Spanish and Cantonese (depending on service)</td>
<td>Consumers, families and friends of people living with mental illnesses</td>
<td></td>
</tr>
<tr>
<td>San Francisco County Mental Health Access: Community Behavioral Health Services</td>
<td>24-Hour Access Helpline: (415) 255-3737 or (888) 246-3333</td>
<td>1380 Howard Street, 5th Fl. (at Tenth St.) San Francisco, CA</td>
<td>Cantonese, Spanish, Vietnamese, Tagalog, Russian. Translators utilized if necessary</td>
<td>Individuals who receive Medi-Cal benefits - no fee or with a minimum share of cost. For all others, fees on a sliding scale.</td>
<td></td>
</tr>
<tr>
<td>Homeless resources</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Homeless Children’s Network</td>
<td>415-437-3990 <a href="mailto:admin@hcnkids.org">admin@hcnkids.org</a></td>
<td>3450 3rd Street Bldg 1, Unit 1C San Francisco, CA 94124</td>
<td>Spanish but can find translators</td>
<td>Homeless and low-income youth and families</td>
<td></td>
</tr>
<tr>
<td>Huckleberry House Crisis Shelter</td>
<td>(415) 621-2929 <a href="mailto:hh@huckleberryouth.org">hh@huckleberryouth.org</a></td>
<td>1292 Page St, San Francisco, CA 9117</td>
<td>Spanish, Cantonese</td>
<td>11-17 homeless youth and children and families in crisis</td>
<td></td>
</tr>
<tr>
<td>Larkin Street Youth Services</td>
<td>(415) 673-0911</td>
<td>134 Golden Gate Avenue San Francisco, CA 94102</td>
<td></td>
<td>Homeless or marginalized youth ages 12-25,</td>
<td></td>
</tr>
<tr>
<td>Hotlines</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>California Youth Crisis Line (24hr)</td>
<td>(800) 843-5200</td>
<td>N/A</td>
<td>Translation service provided</td>
<td>Youth and families in need of assistance</td>
<td></td>
</tr>
<tr>
<td>Comprehensive Child Crisis Service (24-hour Hotline)</td>
<td>(415) 970-3800</td>
<td>N/A</td>
<td>ASL, Chinese (Cantonese), Spanish, Vietnamese</td>
<td>Child or youth (age 17 or under), in a crisis</td>
<td></td>
</tr>
<tr>
<td>Huckleberry 24 Hour Teen Hotline</td>
<td>(415) 621-2929</td>
<td>N/A</td>
<td>Spanish, Cantonese, Mandarin</td>
<td>Youth in need of assistance</td>
<td></td>
</tr>
<tr>
<td>Parental Stress Hotline</td>
<td>(415) 441-5437</td>
<td>N/A</td>
<td>Cantonese, Mandarin, Cambodian, Vietnamese, Samoan, Tagalog, Laotian</td>
<td>Monolingual Asian Pacific Islander parents and caregivers</td>
<td></td>
</tr>
<tr>
<td>San Francisco Suicide Prevention</td>
<td>Main Crisis Line: (415) 781-0500 Crisis Text Line: Text MYLIFE to 741741</td>
<td>N/A</td>
<td>Spanish</td>
<td>Anyone in need of assistance - you do not have to be suicidal to call</td>
<td></td>
</tr>
<tr>
<td>Support groups</td>
<td>Information line Contact</td>
<td>Meeting Address Details</td>
<td>Call for Spanish Groups</td>
<td>Family Group Information</td>
<td></td>
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<tr>
<td><strong>Al-Anon San Francisco Chapter</strong></td>
<td>(415) 834-9940 Meeting List (415) 834-9941 En Español (650) 794-9654</td>
<td>870 Market Street, Suite 318, Call for specific meeting addresses</td>
<td>Relatives and friends of alcoholics.</td>
<td>Ages 12 through 20 who have been affected by the family disease of alcoholism.</td>
<td></td>
</tr>
<tr>
<td><strong>Alateen San Francisco Chapter</strong></td>
<td>(415) 834-9940 Meeting List (415) 834-9941 En Español (650) 794-9654</td>
<td>870 Market Street, Suite 318, Call for specific meeting addresses</td>
<td>Ages 12 through 20 who have been affected by the family disease of alcoholism.</td>
<td>Any Bay Area parents who are struggling with their kids' challenging behaviors and/or mental health issues.</td>
<td></td>
</tr>
<tr>
<td><strong>Bay Area Support Group for Parents of Challenging Teens and Young Adults</strong></td>
<td>415-341-3018 or <a href="mailto:lisaeltinge@aol.com">lisaeltinge@aol.com</a></td>
<td>Contact for location</td>
<td>Friends &amp; Family members of those with a bipolar diagnosis</td>
<td>Any Bay Area parents who are struggling with their kids' challenging behaviors and/or mental health issues.</td>
<td></td>
</tr>
<tr>
<td><strong>Depression and Bipolar Alliance Friends and Family Group</strong></td>
<td>415-758-1799 <a href="mailto:dbsasf@gmail.com">dbsasf@gmail.com</a></td>
<td>St. Francis Memorial Hospital 900 Hyde St. San Francisco, CA (in the basement conference rooms A, B, &amp; C)</td>
<td>Spanish, Cantonese (depending on group)</td>
<td>Youth struggling with mental health issues or friends and family of a loved one with mental health issues.</td>
<td></td>
</tr>
<tr>
<td><strong>National Alliance on Mental Illness (NAMI) SF</strong></td>
<td>415-237-0039 <a href="mailto:info@namisf.org">info@namisf.org</a> (messages will generally be returned by a NAMI volunteer within 8 hours, any day of the week)</td>
<td>711 Van Ness, Suite 550 San Francisco, CA 94102</td>
<td>Spanish, Cantonese (depending on group)</td>
<td>Any parent who has a child up to 18-year-old who has a mental health diagnosis or concern for any mental health condition.</td>
<td></td>
</tr>
<tr>
<td><strong>Parents of Children with Mental Health Issues Support Group (through SFCD)</strong></td>
<td>415-282-7494 Warmline: (415) 920-5040 (ask for Olga or Sarah if you want to talk to a facilitator)</td>
<td>1663 Mission St, Ste 700, SF</td>
<td>Spanish</td>
<td>Any parent who has a child up to 18-year-old who has a mental health diagnosis or concern for any mental health condition.</td>
<td></td>
</tr>
<tr>
<td><strong>Parents Turn (through Huckleberry House)</strong></td>
<td>415-621-2929 Call for location</td>
<td>1099 Sunnydale Ave. San Francisco, CA 94134</td>
<td>Spanish, Cantonese</td>
<td>Serving low and moderate income families of struggling children</td>
<td></td>
</tr>
<tr>
<td><strong>RSSE (Reducing Stigma in South East) Family Support Group and Healing Circle</strong></td>
<td>Contact LaVaughn King: 415-337-4767</td>
<td>1099 Sunnydale Ave. San Francisco, CA 94134</td>
<td>Open to all families and friends who are supporting a loved one with mental health issues</td>
<td>Open to all families and friends who are supporting a loved one with mental health issues.</td>
<td></td>
</tr>
</tbody>
</table>
## Outpatient therapy

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Phone Number</th>
<th>Address</th>
<th>Languages</th>
<th>Eligibility</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Youth Center</td>
<td>415-775-2636</td>
<td>1038 Post St, San Francisco, CA 94109</td>
<td>Mandarin, Cantonese, Nepalese, Tegalu, Spanish</td>
<td>Low income, high need, or at-risk youth from diverse backgrounds. Focus on Asian youth and families</td>
<td>13</td>
</tr>
<tr>
<td>California Pacific Medical Center Child and Adolescent Psychiatry Outpatient Clinic</td>
<td>415-600-3247</td>
<td>2323 Sacramento St, San Francisco, CA 94115</td>
<td>Call for information</td>
<td>For children and teens</td>
<td>11</td>
</tr>
<tr>
<td>Edgewood Intensive Outpatient Services</td>
<td>415.682.3172 <a href="mailto:michaelc@edgewood.org">michaelc@edgewood.org</a></td>
<td>1801 Vicente Street San Francisco, CA 94116</td>
<td>Bilingual therapists in Spanish and Cantonese, specific to programs</td>
<td>Youth aged 6 to 17 who are struggling with behavioral and emotional issues</td>
<td>14</td>
</tr>
<tr>
<td>UCSF Langley Porter Child &amp; Adolescent Psychiatric Clinic</td>
<td>Intake: (415) 476-7500 * message line only. Return call within 2-3 business days.</td>
<td>401 Parnassus Ave, San Francisco, CA 94143</td>
<td>Translator services available in multiple languages</td>
<td>Children aged 2-18, young adults up to age 25 who are still experiencing &quot;young adult&quot; life situations</td>
<td>21</td>
</tr>
<tr>
<td>Westside Community Services</td>
<td>415.431.9000 415-431-8252 <a href="mailto:ajani@westside-health.org">ajani@westside-health.org</a></td>
<td>1153 Oak Street San Francisco, CA 94117 Teen Clinic: 245 11th Street, San Francisco, CA 94103</td>
<td></td>
<td>Youth aged 5-21 who have SF Medical. Focus on underserved populations, special focus on the African American community.</td>
<td>22</td>
</tr>
</tbody>
</table>

## Youth substance abuse services

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Phone Number</th>
<th>Address</th>
<th>Languages</th>
<th>Eligibility</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholics Anonymous</td>
<td>415-674-1821 <a href="mailto:help@aasf.org">help@aasf.org</a></td>
<td>Visit an A.A. Meeting in San Francisco: <a href="https://aasf.org/meetings?tsml-time=upcoming&amp;tsml-region=235">https://aasf.org/meetings?tsml-time=upcoming&amp;tsml-region=235</a></td>
<td>Spanish (depending on meeting)</td>
<td>Anyone may attend open meetings of A.A. The only requirement for membership is a desire to stop drinking.</td>
<td>9</td>
</tr>
<tr>
<td>Asian-American Recovery Services</td>
<td>(415) 750-5111</td>
<td>2024 Hayes Street, San Francisco, CA 94117</td>
<td>Mandarin, Cantonese, Tagalog, Vietnamese, Korean, Spanish</td>
<td>Asian and Pacific Islander and other ethnically diverse communities of the SF Bay Area</td>
<td>10</td>
</tr>
<tr>
<td>Horizons Unlimited of San Francisco</td>
<td>(415) 487-6700 (415) 487-6730</td>
<td>440 Potrero Ave., San Francisco 94110</td>
<td>Spanish</td>
<td>Youth 10 to 25 yrs. old</td>
<td>15</td>
</tr>
<tr>
<td>Oihhoff Recovery Programs - Teen Intervene</td>
<td>877-677-4543</td>
<td>927 Irving St, San Francisco, CA</td>
<td></td>
<td>Men, Women, and Teens with Substance Use Disorder</td>
<td>18</td>
</tr>
</tbody>
</table>
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: Free
Hours: Monday to Friday: 1pm to 5pm
Website: 3dstyouth.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.
Fees/referrals: Call for information
Hours: Call for information
Website: abetterwayinc.net/visitation

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: ncwsa.org/community/san-francisco

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: ncwsa.org/community/san-francisco

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: aasf.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: 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: 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: 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: 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: Voluntary Donation for Facilitator

Hours: Usually 1-3pm on the first Sunday of each month at a private home in Noe Valley
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, Med-Cal accepted. Referrals to other treatments and social services are also available.

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

Website: bayviewci.org/core-programs/youth-services

Boys and 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: 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: 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: calyouth.org/ca-youth-crisis-line

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 problems.
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:** 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:** 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:** casarc.org

**Chinatown Child Development Center**

**Mission:** CCDC’s Mission is to promote the social-emotional well-being of children, youth, and their families in San Francisco by providing comprehensive mental health services which are easily accessible and linguistically and culturally appropriate.

**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:** 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:** huckleberryyouth.org/health-care-education

**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.
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: 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)


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
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:** edgewood.org

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 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:** 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:** 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
Guide to Mental Health Services for Children and Youth in San Francisco (2011)

Mission: This guide was a joint project between Community Behavioral Health Services Child, Youth, and Family System of Care and Support for Families. It was published in 2011. Although information for some of the specific agencies might be outdated, the guide offers great general tools and information on finding resources, tracking information, and navigating the system of mental health services in SF.

Services: This book is written to guide you and your family through the mental health system in San Francisco. This guide will help you to: learn more about emotional, behavioral, and mental health conditions, identify those of your child’s behaviors that are of particular concern to you, become knowledgeable about the types of mental health services available to you and your family, understand how community mental health, the schools, and other agencies can work together to support your child and your family, learn how to work in partnership with your providers, understand your rights and responsibilities, and learn where to go for advocacy and support

Fees/referrals: None
Website: supportforfamilies.org/down-syndrome-info-packet-1-1

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: healthright360.org/agency/haight-ashbury-free-clinics

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 though 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: 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: 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
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:** huckleberryyouth.org

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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:** www.huckleberryyouth.org/crisis-shelter

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Instituto Familiar de la Raza

**Mission:** IFR promotes and enhances the health and wellness of the Chicano/Latino/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:** ifrsf.org

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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:** parentsplace.jfcs.org

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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:** larkinstreetyouth.org

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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: 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: 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: 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: 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: 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: namisf.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 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: namisf.org/find-support

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

Hours: N/A
Website: 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/references: Free
Website: 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/references: Free with free childcare for diagnosed child and/or siblings (call (415) 920-5040 to register for childcare)
Hours: English - 2nd Thursdays; 6pm - 8pm, Spanish - 1st Wednesdays; 10am - 12pm
Website: supportforfamilies.org/workshops-clinics-and-peer-groups#Support

Parents Turn (through Huckleberry House)

Mission: A FREE 6-week skill building and support group for parents of teens and young adults. Parent’s Turn offers effective tools and real solutions to help: stop destructive teen behavior, deal with adolescent attitude, end arguing with your child, heal family relationships, reinstate appropriate parental authority, improve your child’s grades, address drug and alcohol use, and get support from other parents facing this tough job!

Fees/references: Free, no referrals needed
Hours: Quarterly - in six-week sessions – call or see website for specific dates
Website: huckleberryouth.org/parents-turn-workshops

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/references: 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: ramsinc.org/index.html

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/references: 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/references: No referrals for Wallace street services but referral needed for Bayview - services free at both sites
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: Open to parents from 9:00 AM–2:00 PM, and to families from 10:00 AM–2:00 PM Monday–Thursday

Website: safeandsound.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.

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: The Service Delivery Options listed describe the primary settings where special education services are delivered: 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: Special Education placement counselors at the EPC are available to assist with enrollment. Appointments are recommended but not required. Call 415-355-6995 to make an appointment.

Website: sfusdsped.org

Seneca Mental Health 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). Seneca also offers Outpatient Therapy services to youth and families who are not currently receiving Seneca Wraparound 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. Referrals for Seneca’s Outpatient Therapy services are taken from various community sources including Foster Care Mental Health, San Francisco General Hospital, SFUSD, and other community-based organizations.

**Hours:** Monday – Friday, 8:30am - 5pm
**Website:** [senecafoa.org](http://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

### 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

### 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:** [supportforfamilies.org](http://supportforfamilies.org)

### 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: 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: 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: 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: ymcasf.org/programs/family-resource-centers
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 Helpline, 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:** 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: [www.namisf.org/nami-support-groups](http://www.namisf.org/nami-support-groups)

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Family Group (Wednesday)</td>
<td>2nd Wednesdays of the month; 6:30 - 8 pm</td>
<td>St. Francis Memorial Hospital, 900 Hyde St Lower Level Room C</td>
<td>Vicki Evans: 415-661-5208 or <a href="mailto:sfvje@aol.com">sfvje@aol.com</a></td>
</tr>
<tr>
<td>General Family Group (Tuesday)</td>
<td>Tuesdays; 5:30 – 7:00 pm</td>
<td>SF General Hospital 7th Floor, Room 7E-2</td>
<td>Jane Goldman: 650-726-1268 or <a href="mailto:goldmacd@comcast.net">goldmacd@comcast.net</a></td>
</tr>
<tr>
<td>General Family Group (Saturday)</td>
<td>2nd &amp; 3rd Saturdays; 10:30 am – noon</td>
<td>*Kaiser Hospital, French Campus 4141 Geary, Room 3</td>
<td>Contact the office: 415-474-7310 or <a href="mailto:info@namisf.org">info@namisf.org</a></td>
</tr>
<tr>
<td>Sibling Support Group</td>
<td>3rd Saturday of the month; 10:30 am – noon</td>
<td>*Kaiser Hospital, French Campus 4141 Geary, Room 2</td>
<td>Contact the office: 415-474-7310 or <a href="mailto:info@namisf.org">info@namisf.org</a></td>
</tr>
<tr>
<td>Grupo de apoyo en español</td>
<td></td>
<td>El primer Lunes de cada mes de 6:00 - 7:30 pm</td>
<td>Mission Mental Health 2712 Mission Street (Entre las calles 23 y 24)</td>
</tr>
<tr>
<td>Cantonese-speaking Support Group</td>
<td>4th Saturday of the month; 1:00 - 2:30 pm</td>
<td>*Kaiser Hospital, French Campus 4141 Geary, Room 2</td>
<td>Contact Mabel Kwan: 510-387-7553 or <a href="mailto:mabel@namisf.org">mabel@namisf.org</a></td>
</tr>
<tr>
<td>Parents of Teens with Mental Health Challenges</td>
<td>1st Sunday of the month; 1:00 - 3:00 pm</td>
<td>Held at a private home in Noe Valley</td>
<td>For more information, contact Lisa Eltinge: 415-341-3018 or <a href="mailto:lisaeltinge@aol.com">lisaeltinge@aol.com</a></td>
</tr>
</tbody>
</table>

*Kaiser is closed Saturdays so you have to come in through the back door. To find the room where we meet, enter the parking lot via 5th Avenue and look for a propped open door towards the back of 4141 Geary. Enter the door and look for the NAMI sign and we will see you there! If you have any problems, security can direct you. Parking is free in the lot Saturday.*
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 whom 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: www.namisf.org/basics or call 415-237-0039.

**Family-to-Family Education Program** is a free, 12-week course for family members, partners, and friends with a loved one (usually 16+) with mental illness. Offered in English, Spanish, and Cantonese. The topics in the 12-week course include: learning about feelings and facts: the normative stages of emotional reactions to the trauma of mental illness; NAMI’s belief systems and principles; individual goals for the family member with mental illness. Find more information at: www.namisf.org/family-to-family or call 415-237-0039.

**NAMI SF Programs for Education and Advocacy for Students**

**Ending the Silence**: 50 minute presentation for middle and high school students to learn about mental illness. This in-school 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: www.namisf.org/ending-the-silence 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.