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### Mental Health Resources - Bay Area

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### Crises Lines

<b>Mobile Crisis Treatment Team</b>	<b>355-8300</b>
<ul style="list-style-type: none"> <li>● Crisis hotline</li> <li>● Offers home visits for treatment M-F 11AM-10PM</li> <li>● Hours: 8:30 am-11 pm Monday thru Friday, 12 pm-8:30pm Saturday and Sunday</li> </ul>	
<b>Westside Crisis Clinic</b>	<b>353-5050</b>
<ul style="list-style-type: none"> <li>● Offers immediate help for those suffering from emotional crisis</li> <li>● Accepts MediCal</li> </ul>	
<b>Psychiatric Emergency Services-SFGH</b>	<b>206-8125</b>
<ul style="list-style-type: none"> <li>● For all mental health emergencies</li> </ul>	
<b>San Francisco Suicide Prevention</b>	<b>781-0500</b>
<ul style="list-style-type: none"> <li>● Suicide prevention line</li> <li>● 24/7 Hotline</li> </ul>	
<b>Friendship Line for the Elderly Center for Elderly Suicide Prevention</b>	<b>752-3778</b>
<ul style="list-style-type: none"> <li>● Counseling hotline</li> <li>● Available 24 hrs</li> </ul>	
<b>Child Crisis Services</b>	<b>970-3800</b>
<ul style="list-style-type: none"> <li>● Hotline specifically for children</li> <li>● 24/7 Hotline</li> </ul>	

### Information and Referral Services

<b>County Mental Health Access</b>	<b>255-3737</b>
<ul style="list-style-type: none"> <li>● Access line for those eligible for county services</li> <li>● M-F 8-5</li> <li>● Those with MediCal or with no insurance</li> </ul>	
<b>Helplink</b>	<b>772-4357</b>
<ul style="list-style-type: none"> <li>● Information and referrals for mental health services</li> <li>● M-F 8-6</li> <li>● Information for self-help groups in Bay Area</li> <li>● English, Spanish, and Chinese operators</li> </ul>	
<b>San Francisco Psychological Association</b>	<b>681-3063</b>
<ul style="list-style-type: none"> <li>● Information and referrals for mental health services</li> <li>● Multi-lingual</li> </ul>	
<b>Northern California Psychiatric Society</b>	<b>334-2418</b>
<ul style="list-style-type: none"> <li>● Information about mental health practice specialties</li> <li>● Referral to mental health practitioners</li> </ul>	
<b>Mental Health Association of San Francisco</b>	<b>241-2926</b>
<ul style="list-style-type: none"> <li>● Information and referral to mental health service</li> <li>● Advocacy organization</li> </ul>	
<b>Community Health Network of San Francisco</b>	<b>206-5176</b>
<ul style="list-style-type: none"> <li>● Patient advocate visitor's center</li> </ul>	

### Counseling/Case Management

<b>Haight Ashbury Psychological Services</b>	<b>221-4211</b>
<ul style="list-style-type: none"> <li>● Individual and group counseling</li> <li>● Sliding scale: \$17- \$66</li> </ul>	

<b>Bayview Hunter's Point Foundation Mental Health Services</b>	<b>648-5785</b>
<ul style="list-style-type: none"> <li>● Referrals</li> <li>● Diagnosis and treatment for mental disorders</li> <li>● Sliding scale based on ability to pay, no one is denied service</li> <li>● Accepts MediCal</li> </ul>	
<b>Chinatown North Beach Mental Health</b>	<b>352-2000</b>
<ul style="list-style-type: none"> <li>● M-F 8:30am-5pm, drop in M-F 9am-11am &amp; 1pm-3pm</li> <li>● Individual and group therapy</li> <li>● full diagnosis, medication evaluation</li> <li>● multi-lingual</li> <li>● Sliding Scale based on income, accepts Medicare</li> </ul>	
<b>Family Service Agency &amp; Family Service Agency West</b>	<b>474-7310 386-6600</b>
<ul style="list-style-type: none"> <li>● Mental health services for seniors, adults, and children</li> <li>● Eviction prevention program</li> <li>● Accept Medicare and MediCal</li> <li>● Sliding scale (ranges from \$0 to \$100) based on income and adjustments are possible...very flexible</li> </ul>	
<b>Most Team</b>	<b>836-1700</b>
<ul style="list-style-type: none"> <li>● Individual therapy and counseling</li> <li>● Medication provided</li> <li>● Cannot deny service to anyone</li> <li>● Do not accept private insurance, accept Medicare and MediCal</li> <li>● Sliding scale based on income</li> </ul>	
<b>Richmond Area Multi-Services</b>	<b>668-5955</b>
<ul style="list-style-type: none"> <li>● Counseling services</li> <li>● Multi-lingual (Russian, Chinese, Tagalog, Vietnamese, and others)</li> <li>● Sliding scale starting at \$37 per session...adjustable based on ability to pay</li> <li>● Accept Medical and Medicare</li> <li>● Must be San Francisco resident</li> </ul>	
<b>Central City Senior Services</b>	<b>558-5900</b>
<ul style="list-style-type: none"> <li>● Services individuals 60 years old or older</li> <li>● Crisis intervention, psychiatric evaluation, therapy, and referrals</li> <li>● Sliding scale based on income</li> </ul>	
<b>Golden Gate Senior Services</b>	<b>752-6444 (Richmond) 863-3507 (Diamond) 337-8211 (Ingleside)</b>
<ul style="list-style-type: none"> <li>● Day care center for developmentally disabled seniors</li> <li>● <b>Free of charge</b></li> </ul>	
<b>In home Support Services</b>	<b>557-5251</b>
<ul style="list-style-type: none"> <li>● M-F 8am-5pm</li> <li>● Provides care for people with disabilities in their own homes when they are no longer able to care for themselves</li> <li>● Free of charge or sliding scale depending on circumstances</li> </ul>	
<b>Center for Special Problems</b>	<b>292-1500</b>
<ul style="list-style-type: none"> <li>● Assessment, consultation, case management</li> <li>● Serves adult, adolescents, transgender</li> <li>● HIV, women's domestic violence, assist incest/child sex offenders and domestic violence perpetrators</li> <li>● Sliding scale based on income, private insurance, MediCal</li> <li>● Mandarin, Cantonese, Spanish</li> </ul>	
<b>South of Market Mental Health Services</b>	<b>836-1700</b>
<ul style="list-style-type: none"> <li>● Case management therapists and psychiatrists</li> <li>● Accept Medicare and MediCal</li> <li>● Multilingual services</li> </ul>	
<b>Instituto Familiar de La Raza, Inc.</b>	<b>229-0500</b>
<ul style="list-style-type: none"> <li>● Outpatient clinic for monolingual (spanish speaking ) clients</li> <li>● Family, marriage, women, individual, AIDS counseling</li> <li>● Sliding scale based on income, MediCal</li> </ul>	
<b>Episcopal Sanctuary</b>	<b>863-3893</b>
<ul style="list-style-type: none"> <li>● Case management staff for shelter residents</li> </ul>	
<b>Assisted Independent Living Program</b>	<b>695-8360</b>
<ul style="list-style-type: none"> <li>● Assistance for clients with psychiatric/substance abuse histories to live independently</li> <li>● Ongoing case management support</li> </ul>	
<b>New Leaf</b>	<b>626-7000</b>
<ul style="list-style-type: none"> <li>● M-Th 9am-8pm, F 9am-7pm</li> <li>● Counseling, HIV testing, and other medical services</li> <li>● Cater to gay, lesbian, and bisexual communities</li> <li>● Accepts Medical and private insurance</li> </ul>	

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- Sliding scale based on income

### Support Groups/ Self Help

<b>Oasis Office of Self Help</b>	<b>575-1400</b>
<ul style="list-style-type: none"> <li>● Daily, 7am-4pm</li> <li>● Offers various support groups</li> <li>● Has a variety of community resources</li> <li>● Computer lab</li> <li>● Education center</li> <li>● Open to public</li> </ul>	
<b>National Alliance for the Mentally Ill</b>	<b>905-6264</b>
<ul style="list-style-type: none"> <li>● Support groups, information, and advocacy for mentally ill</li> </ul>	
<b>SF Depressive &amp; Manic Depressive Association</b>	<b>995-4792</b>
<ul style="list-style-type: none"> <li>● Drop-in M 6:45-8:15 and Sat 1:30-3pm</li> <li>● Support groups, information, and education for those w/mood disorders</li> <li>● Open to public</li> </ul>	
<b>Mental Health Association of San Francisco</b>	<b>421-2926</b>
<ul style="list-style-type: none"> <li>● Support group on hoarding and cluttering</li> <li>● Consumer housing group</li> <li>● Mental health advocacy</li> </ul>	
<b>Spirit Menders Drop-In / S.F. Network of MH Clients</b>	<b>552-8564</b>
<ul style="list-style-type: none"> <li>● Drop-in center for homeless and mental health clients</li> <li>● Provides referrals and resources</li> <li>● Living Skills Support Group</li> </ul>	
<b>ILRC</b>	<b>543-6222</b>
<ul style="list-style-type: none"> <li>● Advocacy and support for people with disabilities</li> <li>● Various support groups offered</li> </ul>	
<b>Central City Hospitality House - Tenderloin Self Help Center</b>	<b>749-2143</b>
<ul style="list-style-type: none"> <li>● M-F 7am-7pm</li> <li>● Drop in center</li> <li>● Counseling, crisis intervention, benefits advocacy, shelter and health referrals, socialization, food box referrals</li> <li>● Spanish</li> </ul>	

### Legal Assistance/Advocacy

<b>San Francisco Mental Health Clients' Rights</b>	<b>552-8100</b>
<ul style="list-style-type: none"> <li>● M-F 9am-5pm</li> <li>● Patients' rights advocacy program</li> <li>● Provide information, investigation, training, and monitoring regarding patients' rights and mental health laws</li> <li>● Referrals to other advocacy services and attorneys when appropriate</li> </ul>	
<b>Homeless Advocacy Project</b>	<b>1-800-405-4HAP</b>
<ul style="list-style-type: none"> <li>● Tu 1-4</li> <li>● Drop-in clinic for tenants at risk of homelessness</li> <li>● Help for those with infractions, non-serious misdemeanors, or outstanding warrants</li> </ul>	
<b>Bar Association of San Francisco - Homeless Advocacy Project</b>	<b>974-6541</b>

### Asian-American focused Community Resources

<b>CMHS Access Authorization Program</b>	<b>255-3737</b>
<b>Center for Elderly Suicide Prevention</b>	<b>752-3778</b>
<b>Chinatown/North Beach Mental Health Services</b>	<b>352-2000</b>
<b>RAMS-Richmond Area Multi Services</b>	<b>668-5995</b>
<b>Asian Family Institute</b>	<b>668-5998</b>
<b>Sunset Mental Health Services</b>	<b>753-7400</b>
<b>Program Gambling Council</b>	<b>668-5955</b>
<b>Bilingual Chinese Hotline</b>	<b>1-888-968-7888</b>
<b>Filipino American Counseling Team</b>	<b>836-1700</b>

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