

medical care (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.

**UCSF Over 60 Program**. 476-7439. <<http://psych.ucsf.edu/copedweb/>>. For everyone 60+. Call to see if you may be eligible for 12 weeks of therapy for depression. This research program can reimburse transportation costs and pays participants a small stipend for answering health questions. May visit homebound San Franciscans. *Free*.

**VA Healthcare for Homeless Veterans**. 401 3rd St (at Harrison). 551-7312 Drop-in or call: M-F 8am-noon. Call M-F 1-4pm, appt. only. Social work referrals & case management, psychiatric evaluations, medical triage, support groups, informational classes. *Sliding scale, Free for most veterans*. English only.

**Vet Center (VA Readjustment Counseling Service)**. 505 Polk (at Golden Gate). 441-5051. [www.sanfranciscovetcenter.org](http://www.sanfranciscovetcenter.org). Veterans & significant others only. Call or drop in M-F 8am-4:30pm. General counseling (including post-traumatic stress disorder, depression, bereavement, & sexual trauma), family & couple counseling, complete employment services, veteran's benefits assistance, information & referrals. *Free*. Tagalog, English, Palauan.

**Vietnamese Youth Development Center**. 150 Eddy (bet. Mason & Taylor). 771-2600. For youths aged 12-21 & their families. Call M-F 10am-6pm. Case management, family conflict, culture/generation gap, gang issues, leadership program, tutoring, substance abuse prevention & counseling, language assistance, information & referral, advocacy for housing, welfare & legal concerns, job training & part-time employment for youths. *Free*. English, Cambodian, Laotian, Tagalog, Vietnamese.

**Westside Community Services**. 431-9000. Call M-F 9am-5pm. Located in Western Addition. Integrated treatment for mental health, substance abuse, and community violence issues. Housing support, employment assistance, socialization,

counseling, referrals, medication support, crisis services, methadone detox and maintenance, AIDS case management and home care, HIV prevention for women of color, testing, & referral. *\$0-full bill*. English, some Spanish and Tagalog, call for availability of other languages, some TDD support.

**Westside Crisis**. 888 Turk (at Gough). Call 353-5050 (24hrs) or drop in 9am-6pm. Crisis intervention, brief treatment for crisis (averaging 1-3 visits), referrals. For ongoing services, must be between 18-65 & 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 and their families. Mental health, drug abuse prevention & treatment services. *\$0-full bill*. English, Spanish.

**WOMAN, Inc.** 333 Valencia, Suite 450 (bet. 14th & 15th Sts). 864-4722 or (877) 384-3578 (toll-free 24hr crisis line). Crisis line for battered women & children. Drop in W 3-5pm or call M-F 9am-4pm for individual counseling. Call for crisis management, group & individual therapy, referrals, & support groups (English, Spanish). California domestic violence certification training available to groups & volunteers. *\$0-full bill*. English, Spanish, some Asian languages on demand. ☺

# San Francisco Free Mental Health Chart

## January - March 2007

24 Hr Hotlines .....	1	LGBTQQ Issues.....	3
Children & Family Issues.....	2	Mobile Help for People in Crisis.....	3
Complaints about Helpers of the Mentally Ill.....	2	Substance Abuse.....	3
Counseling & Psychotherapy.....	2	Suicide Intervention.....	3
Disability Issues.....	2	Support & Peer Groups .....	3
Drop-in Help for People in Crisis.....	2	Talklines .....	4
General Info .....	3	Telephone Help for People in Crisis.....	4
Geriatric Issues .....	3	Veteran Issues.....	4
HIV/AIDS Issues .....	3	Violence, Abuse, & Rape .....	4
Homeless Issues .....	3	Youth Issues .....	4
		Directory of Organizations .....	5

**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 HR HOTLINES

**Alcoholics Anonymous:** 674-1821

**Asian Women's Shelter Crisis Line:**

751-0880 or (877) 751-0880

**California Youth Crisis Line:**

(800) 843-5200

**Institute on Aging Friendship Line:**

752-3778

**Child & Adolescent Sexual Abuse**

**Resource Center:** 206-8386

**Child Crisis:** 970-3800

**Child Protective Services:** 558-2650 or

(800) 856-5553

**Community United Against**

**Violence:** 333-4357

**Huckleberry Youth Program:**

621-2929

**La Casa de Las Madres:**

Adults - (877) 503-1850

Teens - (877) 923-0700

**Marin Abused Women's Services**

**Hotline for Women:** 924-6616

**McMillan Drop-In Center :** 241-1180

**Men's Crisis Line:** 924-1070

**Mobile Assistance Patrol:** 431-7400

**Narcotics Anonymous:** 621-8600

**National Runaway Switchboard:**

(800) 786-2929

**Psychiatric Emergency Services at**

**SFGH:** 206-8125

**Rosalie House:** 255-0165

**SF Women Against Rape:** 647-7273

**Suicide Prevention:** 781-0500

**T.A.L.K. Line:** 441-5437

**Trauma Recovery/Rape Treatment**

**Center:** 437-3000

**Westside Crisis:** 353-5050

**WOMAN, Inc:** 864-4722 or (877) 384-3578

Please call (415) 648-3222, or e-mail [free@freeshop.org](mailto:free@freeshop.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.freeshop.org>> & may be reproduced freely (but revised only with permission).

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*In case of emergency, call 911*

☺ 24 hrs

☾ Night time only

**CHILDREN  
& FAMILY ISSUES**

Bayview Hunters Point Foundation – Mental Health Service ..... 5  
 Cameron House: Social Services ..... 6  
 Child Abuse Council of San Francisco ..... 6  
 Child & Adolescent Support, Advocacy, & Resource Center (CASARC)..... 6  
 Child Crisis (CBHS)..... 6  
 Child Protective Services ..... 6  
 Chinatown Child Development Center (CBHS) ..... 6  
 Depression & Bipolar Support Alliance of SF (DBSA)..... 7  
 Edgewood Center for Children & Families Kinship Support Services/Grandparents Who Care..... 7  
 Family & Child Guidance Clinic (Native American Health Center)..... 7  
 Family Service Agency of SF..... 7  
 Homeless Prenatal Program ..... 8  
 Instituto Familiar de La Raza (CBHS)..... 8  
 Mission Family Center (CBHS)..... 9  
 Oakes Children's Center (CBHS)..... 9  
 OMI Family Center (CBHS) ..... 9  
 Southeast Child Family Therapy Center (CBHS) ..... 11  
 Sunset Mental Health Services..... 11  
 T.A.L.K. Line (Telephone Aid in Living with Kids) ..... 11

**COMPLAINTS ABOUT  
HELPERS OF THE  
MENTALLY ILL**

Cultural Competence & Client Relations (CBHS) ..... 6  
 Mayor's Office on Disability ..... 8  
 NAMI ..... 9  
 Protection & Advocacy ..... 10  
 SF Mental Health Client's Rights Advocates. 10

**COUNSELING &  
PSYCHOTHERAPY**

Adult Survivors of Child Abuse (ASCA) Morris Center ..... 5  
 Balboa Teen Health Center ..... 5  
 Bayview Hunters Point Foundation – Mental Health Service ..... 5  
 Bayview Hunters Point Foundation – Youth Services ..... 5  
 Cameron House: Social Services ..... 6  
 Central City Older Adults (CBHS) ..... 6

Child & Adolescent Support, Advocacy, & Resource Center (CASARC).....6  
 Chinatown North Beach Mental Health Services (CBHS) .....6  
 Community United Against Violence (CUAV)6  
 Family & Child Guidance Clinic (Native American Health Center) .....7  
 Family Service Agency of SF .....7  
 Glide Health Clinic.....7  
 The HIV Mental Health Case Management Program at the Center for Special Problems .....7  
 Homeless Prenatal Program.....8  
 Huckleberry Youth Program.....8  
 Instituto Familiar de La Raza (CBHS) .....8  
 La Casa de Las Madres.....8  
 McMillan Drop-In Center .....9  
 Night Ministry .....9  
 Office of Self Help & Oasis Drop-in Center....9  
 OMI Family Center (CBHS).....9  
 Progress Foundation.....10  
 Riley Center Community Office.....10  
 Rosalie House .....10  
 Shanti.....10  
 South of Market Mental Health Services (Adult Integrated Service Center) (CBHS) .....11  
 Sunset Mental Health Services .....11  
 Swords to Plowshares .....11  
 Tenderloin Self-Help Center.....11  
 UCSF AIDS Health Project (AHP) .....12  
 UCSF Over 60 Program .....12  
 Westside Community Services .....12  
 WOMAN, Inc. ....12

**DISABILITY ISSUES**

In-Home Supportive Services .....8  
 Institute on Aging Friendship Line .....8  
 Mayor's Office on Disability.....8  
 Protection & Advocacy.....10

**DROP-IN HELP FOR  
PEOPLE IN CRISIS**

Child & Adolescent Support, Advocacy, & Resource Center (CASARC) .....6  
 Chinatown North Beach Mental Health Services (CBHS) .....6  
 McMillan Drop-In Center .....9  
 Psychiatric Emergency Services at SFGH .....10  
 Southeast Child Family Therapy Center (CBHS) .....11  
 Trauma Recovery/Rape Treatment Center .....11  
 Tenderloin Self-Help Center.....11  
 Westside Crisis .....12

HepC & HIV), advocacy, breast cancer support, care co-ordination, activities, HIV education, information & referrals, & volunteering. *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 9-10:30am or W 1-2:30pm. Psychiatric medication management, counseling, clinical case management & group therapy. Filipino counseling team. City wide, but priority given to SOMA, Western Addition, & Tenderloin. *\$0-full bill.* English, Spanish, Tagalog, Cantonese.

**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, Spanish, Cantonese, Mandarin.

**Southeast-Mission Geriatric Services (CBHS).** 3905 Mission (at Crescent). 337-2400. For 60+ only. Call M-F 8:30am-5pm to find out if your address is covered; if not they will refer you to other CBHS programs. Crisis intervention, medication evaluation. *Very low cost for MediCal, MediCare; \$0-full bill.* English, Spanish, Cantonese.

**Spiritmenders Community Center.** Redstone Bldg, 2940 16th St, Suite B2 (bet. Mission & S.Van Ness). 552-8564 (front desk) or 552-8565 (leave msg). Call or drop in M,Tu,Th,F 11:30am-5pm. Peer counseling, peer case management, relapse prevention, referrals, free coffee, group activities (picnics, movies, computer training, holiday parties). Moral support for institutionalized people, support groups for dual-diagnosis (co-occurring disorders), recovery and wellness (call for info). *Free.* English only.

**Suicide Prevention.** All lines 24 hrs. 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 languages on demand. ☺

**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, Russian, Spanish, Korean, Mandarin, Cantonese & other Chinese.

**Swords to Plowshares.** 1060 Howard (btw 6th & 7th St). For all Veterans. Call 252-4788. 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.

**T.A.L.K. Line (Telephone Aid in Living with Kids).** 1757 Waller (bet. Stanyan & Shrader). 441-5437 (24hr hotline) or 387-3684 x 302 (M-F 9am-5pm). For parents only. Call or drop in M-Th 9am-2pm for crisis and counseling. Call for info about therapy. *\$0-full bill.* English. Spanish and Tagalog by appointment. ☺

**Tenderloin Self-Help Center (Hospitality House).** 228 Turk St (btw Jones & Leavenworth). 749-2143. M-F 7am-7pm (closed M 11-1). Socialization and wellness center, including peer counseling, support groups, acupuncture, harm reduction therapy, mental health and substance use assessments and treatment, case management services, employment services, massage therapy, and basic support such as respite from the streets, restrooms, assistance with temporary IDs, and mail service. *Free.* English & Spanish.

**Tom Waddell Transgender Clinic.** 50 Ivy (bet. Polk & Van Ness). 355-7400. New patients drop in Tu 1:30pm for intake; support group & library Tu 6pm. *Free.* English, Spanish; can arrange for translators for other languages.

**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, &

hours, schedule, screening & to schedule intake interview. Group & individual counseling, crisis management, case management, medication management, play therapy, information, & referrals. \$0-full bill. English only.

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

**Progress Foundation.** 368 Fell St. 861-0828 (M-F 9am-5pm). Referrals to various mental health treatment & residential programs. *\$0-full bill.* English, Spanish, some Asian languages on demand.

**Protection & Advocacy.** 800-776-5746. 1330 Broadway (near 13th), 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 and advocates. Assistance with Special Ed. Various other legal issues. Can do most work over the phone. *Free.* English, Spanish, other languages available.

**Psychiatric Emergency Services at SFGH.** 1001 Potrero, Room 1B20. 206-8125. 24hrs. Call or drop in for comprehensive psychiatric emergency treatment. *\$0-full bill.* English, Spanish, Cantonese, Tagalog, Russian.

**Recovery, Inc.** 333-6454 (24 hrs). Over 18 only. 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 Street (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, Spanish, Cantonese & Mandarin.

**Rosalie House.** 24hr crisis line 255-0165. Call for counseling, resources, & shelter availability. 12 week emergency shelter for single women and their children leaving a domestic violence situation. *Free.* English, Spanish, Mandarin, other languages available on demand. ☺

**SF AIDS Foundation.** 1 6th St. (at Market). 487-8000. Spanish: 487-8004, TDD: 487-8099. M, Tu, W, F, 9am-5pm, Th 10am-5pm. California AIDS Hotline (in SF): 863-AIDS or 1-800-367-AIDS M-F 9am-5pm, for AIDS information and referrals for HIV testing. SF residents 18+ can call for appt M-F 9am-5pm. Services include client advocacy and counseling for housing services, financial benefits, ADAP enrollment, support groups. *Free.* English, Spanish.

**SF Mental Health Client's Rights Advocates.** 1095 Market Street, Suite 618 (at 7th St). (800) 729-7727. Call or drop in M-F 9am-5pm to make appt. Investigates client complaints at in-patient units, day treatment centers & residential treatment facilities. Referrals to lawyers. Provide educational trainings on 5150s & patients' rights. *Free.* English, Spanish; will get interpreters for other languages as required.

**SF Sex Information.** 989-7374. M-Th 3-9pm, F 3-7pm, Sa 2-6pm. Switchboard providing anonymous, accurate, non-judgmental information about sex. Peer support & referrals. Take written questions at <ask-us@sfsi.org>. *Free.* English. By schedule: Spanish, German.

**SF VA Medical Center (Fort Miley).** 4150 Clement, Bldg 8 (at 42nd Ave). Call 750-6674 or 221-4810 (VA general). 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.) Call M-F 8am-4:30pm. Psychiatric evaluation, outpatient services, individual, group & family therapy, programs for women & people with HIV/AIDS/HepC, substance abuse, post-traumatic stress disorder, victims of sexual harassment/abuse, medications, case management. *\$0-full bill.* Many interpreters.

**SF Women Against Rape.** 3543 18th St, 3rd Fl, Suite 7. (at Valencia). 861-2024 (M-F 9am-5pm) or 647-7273 (24hr crisis hotline). Call for individual peer counseling, referrals, support groups, case management, medical & legal advocacy, prevention & education. *Free.* English, Cantonese, Farsi, French, Indonesian, Japanese, Korean, Mandarin, Russian, Spanish, Tagalog, Vietnamese. ☺

**Shanti.** 730 Polk, 3rd Fl. (bet. Eddy & Ellis). 674-4700. M-F 9am-5pm. Call for appt. Emotional support, peer & clinical counseling, support groups (including one for people coinfected with

GENERAL INFORMATION

Access Line (Community Behavioral Health Services - CBHS) ..... 5  
 HELPLINK ..... 7  
 Mayor's Office on Disability ..... 8  
 Mental Health Association of SF..... 9  
 Protection & Advocacy ..... 10

GERIATRIC ISSUES

Adult Protective Services ..... 5  
 Central City Older Adults (CBHS) ..... 6  
 Chinatown North Beach Mental Health Services (CBHS)..... 6  
 Family Service Agency of SF..... 7  
 FSA Geriatric Services (CBHS)..... 7  
 In-Home Supportive Services..... 8  
 Institute on Aging Friendship Line ..... 8  
 Southeast-Mission Geriatric Services (CBHS) ..... 11  
 UCSF Over 60 Program..... 12

HIV/AIDS ISSUES

AIDS / HIV / HepC Nightline..... 5  
 Balboa Teen Health Center ..... 5  
 Family & Child Guidance Clinic (Native American Health Center)..... 7  
 Family Service Agency of SF..... 7  
 Ferguson Place..... 7  
 The HIV Mental Health Case Management Program at the Center for Special Problems ..... 7  
 Huckleberry Youth Program ..... 8  
 Instituto Familiar de La Raza (CBHS)..... 8  
 Iris Center: Women's Counseling & Recovery Services..... 8  
 Linea Apoyo..... 8  
 SF AIDS Foundation..... 10  
 SF VA Medical Center (Fort Miley)..... 10  
 Shanti ..... 10  
 UCSF AIDS Health Project (AHP)..... 12  
 Westside Community Services ..... 12

HOMELESS ISSUES

Homeless Prenatal Program ..... 8  
 Homeless Veterans Rehabilitation Program (HVRP Domiciliary Service)..... 8  
 Iris Center: Women's Counseling & Recovery Services..... 8  
 McMillan Drop-In Center ..... 9  
 Tenderloin Self-Help Center ..... 11

LGBTQQ ISSUES

Asian Women's Shelter ..... 5  
 Community United Against Violence (CUAV)6

Lavender Youth Recreation Information Center (LYRIC) ..... 8  
 Night Ministry ..... 9  
 Overeaters Anonymous ..... 10  
 Tom Waddell Transgender Clinic ..... 11

MOBILE HELP FOR PEOPLE IN CRISIS

Adult Protective Services ..... 5  
 Central City Older Adults (CBHS) ..... 6  
 Child Crisis (CBHS) ..... 6  
 Mobile Assistance Patrol (MAP)..... 9  
 Mobile Crisis Treatment Team (CBHS) ..... 9  
 Night Ministry ..... 9

SUBSTANCE ABUSE

Alcoholics Anonymous..... 5  
 Balboa Teen Health Center..... 5  
 Bayview Hunters Point Foundation – Youth Services ..... 5  
 Family & Child Guidance Clinic (Native American Health Center) ..... 7  
 Ferguson Place ..... 7  
 FSA Geriatric Services (CBHS) ..... 7  
 Iris Center: Women's Counseling & Recovery Services ..... 8  
 McMillan Drop-In Center ..... 9  
 Narcotics Anonymous..... 9  
 Progress Foundation..... 10  
 Tenderloin Self-Help Center..... 11  
 UCSF AIDS Health Project (AHP) ..... 12  
 Vietnamese Youth Development Center ..... 12  
 Westside Community Services ..... 12

SUICIDE INTERVENTION

Child Crisis (CBHS) ..... 6  
 Grief Related Services at CESP ..... 7  
 Institute on Aging Friendship Line ..... 8  
 Linea Apoyo ..... 8  
 Night Ministry ..... 9  
 Suicide Prevention..... 11

SUPPORT & PEER GROUPS

Alcoholics Anonymous..... 5  
 Cameron House: Social Services..... 6  
 Community United Against Violence (CUAV)6  
 Depression & Bipolar Support Alliance of SF (DBSA) ..... 7  
 Family & Child Guidance Clinic (Native American Health Center) ..... 7  
 Gamblers Anonymous ..... 7  
 Grief Related Services at CESP ..... 7  
 Mental Health Association of SF ..... 9  
 NAMI..... 9  
 Narcotics Anonymous..... 9

*In case of emergency, call 911*

☺ 24 hrs

☺ Night time only

Office of Self Help & Oasis Drop-in Center ... 9  
 Overeaters Anonymous.....10  
 Recovery, Inc.....10  
 Riley Center Community Office .....10  
 SF AIDS Foundation.....10  
 SF Sex Information.....10  
 Spiritmenders Community Center .....11  
 UCSF AIDS Health Project (AHP).....12  
 VA Healthcare for Homeless Veterans .....12  
 WOMAN, Inc.....12

TALKLINES

AIDS / HIV / HepC Nightline.....5  
 Institute on Aging Friendship Line .....8  
 Lavender Youth Recreation Information Center (LYRIC).....8  
 Linea Apoyo.....8  
 Night Ministry .....9  
 SF Sex Information.....10  
 T.A.L.K. Line (Telephone Aid in Living with Kids).....11

TELEPHONE HELP FOR PEOPLE IN CRISIS

Adult Protective Services .....5  
 Asian Women's Shelter .....5  
 California Youth Crisis Line .....6  
 Child Protective Services .....6  
 Community United Against Violence (CUAV) .....6  
 Huckleberry Youth Program .....8  
 Institute on Aging.....8  
 La Casa de Las Madres .....8  
 Marin Abused Women's Services: Hotline for Women .....8  
 Men's Crisis Line .....9  
 National Runaway Switchboard .....9  
 Night Ministry .....9  
 Psychiatric Emergency Services at SFGH.....10  
 Rosalie House .....10  
 SF Women Against Rape .....10  
 T.A.L.K. Line (Telephone Aid in Living with Kids) .....11  
 Westside Crisis .....12  
 WOMAN, Inc .....12

VETERAN ISSUES

(All veterans programs *except* Swords to Plowshares require either: Honorable discharge; General discharge (Under Honorable Conditions) with 2 years active duty; or General Discharge (Under Honorable Conditions) before 1982 with 45 days active duty.)

Homeless Veterans Rehabilitation Program .....8  
 SF VA Medical Center (Fort Miley) .....10  
 Swords to Plowshares .....11

VA Healthcare for Homeless Veterans .....12  
 Vet Center (VA Readjustment Counseling Service) .....12  
**VIOLENCE, ABUSE, & RAPE**  
 Adult Survivors of Child Abuse (ASCA) Morris Center .....5  
 Asian Women's Shelter .....5  
 Brennan House .....5  
 Cameron House: Social Services .....6  
 Child Abuse Council of San Francisco .....6  
 Child & Adolescent Support, Advocacy, & Resource Center (CASARC) .....6  
 Child Crisis (CBHS) .....6  
 Child Protective Services .....6  
 Community United Against Violence (CUAV) .....6  
 Family & Child Guidance Clinic (Native American Health Center) .....7  
 Ferguson Place .....7  
 FSA Geriatric Services (CBHS) .....7  
 Iris Center: Women's Counseling & Recovery Services .....8  
 La Casa de Las Madres .....8  
 Marin Abused Women's Services: Hotline for Women .....8  
 McMillan Drop-In Center .....9  
 Men's Crisis Line .....9  
 Progress Foundation .....10  
 Rosalie House .....10  
 SF Women Against Rape .....10  
 Trauma Recovery/Rape Treatment Center ....11  
 Vietnamese Youth Development Center .....12  
 Westside Community Services .....12  
 Westside Integrated CYF Services.....12  
 WOMAN, Inc .....12

YOUTH ISSUES

Balboa Teen Health Center .....5  
 Bayview Hunters Point Foundation – Mental Health Service.....5  
 Bayview Hunters Point Foundation – Youth Services .....5  
 California Youth Crisis Line .....6  
 Cameron House: Youth Services .....6  
 Child & Adolescent Support, Advocacy, & Resource Center (CASARC) .....6  
 Child Crisis (CBHS) .....6  
 Chinatown North Beach Mental Health Services (CBHS) .....6  
 Community United Against Violence (CUAV) .....6  
 Edgewood Center for Children & Families Kinship Support Services/Grandparents Who Care .....7  
 Huckleberry Youth Program .....8  
 Instituto Familiar de la Raza.....8

Also holds public meetings for the Mayor's Disability Council, input welcome, third F (Jan 19, Feb 16 & Mar 16), 1-4pm in City Hall, Room 400. *Free.* Cantonese, English, Tagalog, ASL.

**McMillan Drop-In Center (CATS program).** 39 Fell (at Market). 241-1180. 18+ & homeless only. ID required. 24hrs. For substance abuse and highest risk homelessness. Drop-in counseling, shelter reservations, sobering center, medical and mental health assessment, case management. *Free.* English & Spanish. ☺

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

**Mental Health Association of SF.** 870 Market Street, Suite 928. 421-2926. Call M-F 9am-5pm. Mental health education and awareness, various support groups (including Hoarding & Cluttering), advocacy, participation in city politics, referrals. Workshops for consumers, family members, & professionals. No clinical services. *Free.* English.

**Mission Family Center (CBHS).** 759 S Van Ness (bet 18th & 19th). 642-4550. Call M-F 8:30am-5:00pm & ask for intake coordinator. Individual psychotherapy, group & family therapy for children & youth aged 3-17 or still in high school. *MediCal, Healthy Family & Healthy Kids.* English, Italian, & Spanish. Samoan translation can be arranged.

**Mobile Assistance Patrol (MAP).** 24 hours: 431-7400 or 241-1190. TDD: 241-1193. Transportation to & from detox or shelter. Street-based assessment & referral. *Free.* English & Spanish. ☺

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

**NAMI.** 905-6264 or 474-7310. Call & leave message. Support groups for families & friends of mentally ill: Tues. 5:15-6:45pm at SF General Hospital, 1001 Potrero Ave (at 23rd) 7th Floor Rm. 7M30, and 2nd Wed. of each month (Jan

10, Feb 14, Mar 14) 6:30-8:00pm at 1010 Gough (bet. Ellis & Eddy). Hotline offering support, referral, advocacy. Call about 12-week Family-to-Family course on dealing with the mentally ill and for schizophrenia support group. *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 for information on meeting times and 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. ☺

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

**Oakes Children's Center (CBHS).** 1348 10th Ave (btw. Irving & Judah). 564-2310. Must be referred. Talk to clinical co-ordinator (Dr. Brenner x 214) M-F 8:30am-5pm (except school holidays) & ask how to get referred. Day treatment & outpatient therapy. *Free.* English, Spanish, Tagalog; limited Cantonese, German, Mandarin.

**Office of Self Help & Oasis Drop-in Center.** 1095 Market (& 7th), Suite 202. 575-1400. 9am-5pm every day. 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: Dual Diagnosis (M & F 12pm), Women's Day & Men's Day Th 11am-4pm, Art Group (W 12pm). Easy intake process. *Free.* English, Cantonese, Spanish, Tagalog.

**OMI Family Center (CBHS).** 1760 Ocean (at Jules). 452-2200. TDD: 334-1506. For anyone 59 & under. Call M-F 9am-5pm for drop-in

*In case of emergency, call 911*

☺ 24 hrs

☺ Night time only

*refused for lack of ability to pay.* English, Spanish.

**Homeless Prenatal Program.** 2500 18th St. 546-6756. Pregnant women (with proof) & families with children under 18. Drop in, support, referrals, family & prenatal counseling, legal aid referral service, yoga classes, computer classes, ESL, food boxes. Substance abuse program for families with dependent children. Housing workshop W 1:30pm (call to find out whether this week's workshop is in English or Spanish). *Free.* English, French, Mandarin, Portuguese, Spanish, Taiwanese.

**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 have no history of violence or sexual assault. Behavior modification program for homeless vets who want to change their lifestyle. 1-3 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 (24 hr). 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. *Free.* English, Korean, & Spanish. ☺

**In-Home Supportive Services.** 557-5251. Call M-F 8am-5pm for intake. Provides in-home domestic-related and personal care services for low-income, blind, aged, and disabled people. Services include: housecleaning, meal preparation, laundry, grocery shopping, bathing, accompaniment to medical appointments, referrals. *Free for SSI or sliding scale.* English, Russian, Spanish, Chinese, 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, and assistance for older adults, younger disabled adults, and 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 Tu-F 9am-2:30pm and ask for an intake worker. Open M-F 9am-5pm; evening & Sa by appointment. Case management and advocacy services for youth, family preservation services, HIV education, counseling services, women's group, mentoring & prevention, referrals, cultural events. *MediCal, Healthy Family & Healthy Kids, \$0-full bill.* Spanish, English.

**Iris Center: Women's Counseling & Recovery Services.** 333 Valencia, Suite 222 (bet. 14th & 15th Sts). 864-2364. TDD: 864-0482. Drop in or call M-F 9am-5pm. Substance abuse; general mental health; individual, family, children, & couple counseling; HIV prevention; case management for youth 13-24; dual diagnosis program; perinatal services; parenting education. Childcare available. *\$0-full bill, Free to HIV+ women.* English, Spanish.

**La Casa de Las Madres.** 1850 Mission, Suite B (bet. 14th & 15th Sts). 24hr 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. ☺

**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 LGBTQQ youth 24yrs & under. *Free.* English, Spanish. Other languages available with advance notice.

**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. ☺

**Marin Abused Women's Services: Hotline for Women.** 24 hrs: 924-6616 (English), 924-3456 (Spanish). Support & information for battered women. Assistance in obtaining emergency shelter (24 hr 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. Receives and responds to requests and complaints regarding disability access to city-owned or administered facilities, programs, services, and activities. Provides information about disability rights laws.

**Iris Center: Women's Counseling & Recovery Services** ..... 8  
**La Casa de Las Madres** ..... 8  
**Lavender Youth Recreation Information Center (LYRIC)** ..... 8

**Mission Family Center (CBHS)** .....9  
**National Runaway Switchboard**.....9  
**Vietnamese Youth Development Center** .....12

## DIRECTORY OF ORGANIZATIONS

**Access Line (Community Behavioral Health Services - CBHS).** (888) 246-3333 (toll-free) or 255-3737. M-F 8am-5pm. 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 and clinical eligibility. Treatment, if offered, can take up to five weeks to begin. Services include: mental health assessment & diagnosis, therapy (individual, family, group, etc), medication prescriptions & monitoring, etc. Messages taken 24 hrs. *\$0-full bill, MediCal accepted.* English, Spanish, Cantonese, other languages may be available.

**Adult Protective Services.** 875 Stevenson Street. 557-5230 or 800-814-0009. 24hrs. For disabled/dependent adults 18-64 yrs and elders 65+. Short-term case management, counseling, and crisis intervention for victims of abuse, neglect, violence, sexual assault, financial exploitation, and harassment. Services for clients may include emergency shelter, in-home protection. *Free.* English, Chinese (various dialects), Korean, Russian, Spanish, Tagalog, Vietnamese, others available. ☺

**Adult Survivors of Child Abuse (ASCA) Morris Center.** 674-8744. Support & psychotherapy for adult survivors of child abuse. Meetings Tu 7-8:30pm: UCSF, 513 Parnassus, Rm #N-527. Sat 9-10:30am: Metropolitan Community Church, 150 Eureka St. (bet. 18th & 19th Sts), Rm 104. *Donation requested, no one turned away.* English only.

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

**Alcoholics Anonymous.** 674-1821. 24 hrs. Call to ask for meeting times & locations. Newcomers are welcome to any meeting, but you may ask for a beginner's meeting. May be able to provide volunteers to meet new members

beforehand. *Free, donation basket passed.* English, Spanish, Tagalog in Daly City. ☺

**Asian Women's Shelter.** 751-0880 (crisis line). (877) 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, public education. *\$0-full bill.* English & 26 Asian languages. ☺

**Balboa Teen Health Center.** Balboa High School, 1000 Cayuga, Room 156. 469-4512. SF middle & high school students only. Call M-F 8:30am-5pm. Drop-in for Balboa students only M,Tu,Th,F 9:30-11:30am, W 10:30-11:30am. Medical care, health education program, HIV counseling & testing, individual & group counseling, family planning, substance abuse program, & educational support. *Free.* English, Cantonese, Spanish, Tagalog.

**Bayview Hunters Point Foundation – Mental Health Service.** 4301 Third Street (at Jerrold). 648-5785. Call M-F 9am-5pm for intake appointment. For children, adolescents, adults, and the severely mentally ill. Individual and family therapy, coordination with schools, preventive consultation with schools and agencies, medication monitoring, information, and 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 M-F 9am-7pm. Adult mentors for emotional & career guidance, 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. Residency includes domestic violence counseling,

*In case of emergency, call 911*

☺ 24 hrs

☺ Night time only

support groups, & advocacy. *Sliding scale based on income, Free if zero income.* English, Spanish, Cantonese, Mandarin, other languages may be available.

**California Youth Crisis Line.** (800) 843-5200.

For or about 12-24 year olds. 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 x123. 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: cancer (Cantonese): 2nd & 4th Sat 1-3pm. *Counseling is sliding scale, domestic violence program and support groups are Free.* Mandarin, Shanghainese, Vietnamese, Toisanese, English.

**Cameron House: Youth Services.** 920

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

**Central City Older Adults (CBHS).** 90 Van

Ness (at Fell). 558-5900. Primarily serve seniors 60+. Call M-F 8:30am-5pm. Mobile crisis M-F 8:30am-4pm. Crisis intervention, psychiatric evaluation, individual therapy, medications, 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-F 9am-5pm 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, Bldg 80, Rm. 239, Ward 82 (at 22nd St). 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, interpreters if needed. ☺

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

**Child Protective Services.** 558-2650 or (800)

856-5553. 24hr hotline to report emergency child abuse & neglect. Will provide nonemergency consultation & referral. *Free.* English, Spanish, Tagalog, interpreters available. ☺

**Chinatown Child Development Center**

**(CBHS).** 720 Sacramento (at Kearny). 392-4453. 0-18 years old. Call & ask for intake worker M-F 8:30am-5pm. Individual, group, & family therapy. Psychological testing, medication evaluation & monitoring, referrals, parent education, group therapy for toddlers. 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. Call M-F 8:30am-5pm or drop in M-F 9-11am, 1-3pm. For 14+. Psychiatric evaluation, individual therapy, counseling, socialization program, medication, case management, crisis outreach, consultation, acupuncture, referrals to other city funded programs if treatment not provided on site. *MediCal, MediCare accepted.* *\$0-full bill.* Mandarin, Cantonese, other Chinese dialects, Cambodian, Italian, Laotian, Thai, Vietnamese, English.

**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. Call 777-5500 for appt. M-F 10am-6pm. Counseling, temporary restraining orders, advocacy, crisis management, brief therapy, limited emergency housing, youth program for domestic violence ("Love & Justice"), youth job training for under 18. Mixed gender support group for domestic violence survivors; call for info. *Free.* English, Spanish, Cantonese, Mandarin, other languages by appt. ☺

**Cultural Competence & Client Relations**

**(CBHS).** 1380 Howard, 5th Fl. (at 10th St).

255-3433. TDD: 255-3429. Call for help, questions, or assistance with mental health care and substance abuse services that are funded by City & County of SF. *\$0-full bill.* Will provide interpreters.

**Depression & Bipolar Support Alliance of SF (DBSA).** St. Francis Memorial Hospital, 900

Hyde St (at Pine), 2nd Fl., Conference Rm B, C, &/or D. 995-4792. Drop-in peer support group for those who suffer from depression or bipolar disorder M 6:45-8:15pm, Sa 1:30-3pm. Support group for friends & family of people with mood disorders, first & third M of month (Jan 15, Feb 5 & 19, Mar 5 & 19), 6:45-8:15pm. Young adult meeting for people 18-25, first & third M (see above), 6:45pm. *Free. Donation requested but not required.* English only.

**Edgewood Center for Children & Families Kinship Support Services/Grandparents**

**Who Care.** 101 15th St (at De Haro). 865-3000. Call M-F 8:30am-5pm. Respite & recreational activities, support to extended family members of mentally ill, incarcerated, deceased, etc. Support for children 0-17 living with grandparents or other relative caregivers. *Free.* English, Cantonese, Spanish.

**Family & Child Guidance Clinic (Native**

**American Health Center).** 160 Capp (at 16th St). 621-4371. Call M-F 9am-5pm. General outpatient services: substance abuse counseling, HIV & senior mental health services, traditional counseling, talking circles, youth wellness programs. Support services: domestic violence groups, community outreach, parenting classes, HIV support groups. *\$0-full bill, MediCal & MediCare, free to HIV+ & homeless.* English, Spanish.

**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, Cantonese, Japanese, Mandarin, Russian, Spanish.

**Ferguson Place.** 1249 Scott (at Ellis). A

transitional residential treatment program for adults who are diagnosed with mental illness, drug addiction, & HIV/AIDS. Call 922-9104 (M-F 9am-5pm) or 922-9114 (24hrs) for assessment & interview, after which you will be put on a

waiting list. *Pay 30% of income, Free if no income.* English only.

**FSA Geriatric Services (CBHS).** 6221 Geary

Blvd (at 26th Ave). 386-6600; 1010 Gough (at Eddy), 474-7310. For seniors 60+ only. Call M-F 9am-5pm for initial comprehensive assessment. Individual, couple, & family counseling. Weekly groups, peer counseling, crisis intervention, case management, psychiatric evaluation, medication monitoring, day socialization program, & home visits as needed. Substance abuse counseling for seniors with coexisting mental health issues. Various outpatient groups. *\$0-full bill.* English, Cantonese, Mandarin, & Russian.

**Gamblers Anonymous.** (800) 287-8670. 12-

step gambling abuse recovery support groups for compulsive gamblers. People affected by them 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 only. ☺

**Glide Health Clinic.** 330 Ellis St, Rm 418 (at

Taylor). 674-6140. Call for appointment Tu,Th 1-5pm, MW 9am-5pm. New client drop-in MW 9-11am. Assessments & treatment planning, short-term solution-focused individual therapy (6-8 wks), medication management, case management, referrals, complimentary care (massage, chiropractic, acupuncture), & HIV testing. *\$0-full bill.* English only.

**Grief Related Services at CESP.** 3330 Geary

(at Parker), 3rd Fl. For people of any age who have experienced difficult, sudden, or traumatic loss. Traumatic Loss Group, drop-in Sa 10:30am-12pm. 8-week traumatic loss grief group & individual grief counseling, call 750-4180 x 203. *\$0-full bill.* English, Mandarin.

**HELPLINK.** Toll-free:(800) 273-6222. English:

808-4357. Spanish: 808-4444. Chinese: 808-7339. Information & referral service for Bay Area resources, available M-F 8:30am-5:30pm; answering service after hours. *Free.* ☺

**The HIV Mental Health Case Management Program at the Center for Special**

**Problems.** 1700 Jackson St (at Van Ness). Call 292-1500 M-F 9:30-11:30am & 2-4pm.

Provides professional mental health service to those living with HIV/AIDS in SF. Individual & group psychotherapy. Medication evaluation & management, psychiatric evaluations. *No one*

*In case of emergency, call 911*

☺ 24 hrs

☺ Night time only