

RESOURCE GUIDE



MyMoney Moves

SAN FRANCISCO

MENTAL HEALTH RESOURCES

Crisis Lines

Need to talk to someone? San Francisco

Suicide Prevention 24-Hour crisis support line

☎ Call (415) 781-0500

Text “CRISIS”, “YOUTH”, or “HIV” to (415) 200-2920

Mobile Crisis Team *For outreach and home visits during a mental health crisis*

☎ (415) 970-4000

☎ (415) 355-8300

The TALK Line: 24-hour crisis line for parents

☎ (415) 441-5437

<https://safeandsound.org/for-parents/>

The Warm Line *24-Hour non-crisis emotional support phone line and live chat for CA residents*

☎ (855) 845-7415

<https://www.mentalhealthsf.org/peer-run-warmline/>

Drop-in Services

Westside Crisis Clinic *culturally competent crisis and urgent psychiatric care services*

☎ (415) 431-9000

<https://westside-health.org/programs/crisis-clinic>

Dore Urgent Care Clinic *helps individuals experiencing an escalating mental health crisis*

avoid involuntary detention or hospitalization with psychiatric emergency services:

☎ (415) 553-3100

<https://www.sfserviceguide.org/services/236>

- ✓ Crisis evaluation and assessment
- ✓ Triage into a crisis residential treatment program

SF Health Network

☎ (415) 255-3737

Mental health services available for SF residents with Medi-Cal (offered by SFDPH):

<https://findtreatment-sf.org/>

- ✓ Crisis Residential Treatment: *stabilize and improve psychological symptoms of distress and connect to appropriate treatment*
- ✓ Mental Health Residential Treatment: *provides treatment for managing life with mental illness with or without substance use disorders*

Behavioral Health Access Center (BHAC)

1380 Howard Street, 1st Floor, San Francisco, CA 94103

☎ (415) 503-4730

Free ongoing treatment for mental health or substance use (SF residents): <https://sf-goso.org/health-treatment/health-care/san-francisco-behavioral-health-access-center-bhac-health-treatment/>

<https://sf-goso.org/health-treatment/health-care/san-francisco-behavioral-health-access-center-bhac-health-treatment/>

- ✓ Residential treatment
- ✓ Intensive outpatient services
- ✓ Outpatient services

Therapy/Behavioral Health Services

Larkin Street Youth Services (ages 25 and under):

134 Golden Gate Ave, San Francisco, CA 94102
<https://larkinstreetyouth.org/get-help/get-help-now/>

The Michael Baxter Youth Clinic (ages 25 & under): Mon-Fri 9am-12pm and 1-5pm
☎ (415) 673-0911 ext. 259

Free mental health services and more:
<https://larkinstreetyouth.org/get-help/medical-services/>

Larkin Street Engagement and Community Drop-In Center

☎ (415) 673-0911 ext. 200
Individual and group counseling for ages 18-24

3rd Street Youth Center & Clinic (Bayview Hunters Point): 1728 Bancroft Avenue, San Francisco, CA 94124

☎ (415) 822-1707

Offers free [therapy](#) and [housing services](#) including rapid re-housing (<https://3rdstyouth.org/counseling/>)

Tom Waddell Urban Health Clinic (Tenderloin): 230 Golden Gate Ave, San Francisco, CA 94102

☎ (415) 355-7400

Integrated behavioral health services and more

Clinic serving adults experiencing homelessness, residents of supportive housing, and other members of San Francisco's Tenderloin neighborhood community

<https://sfhealthnetwork.org/primary-care-3/tom-waddell-urban-health-clinic/>

A Home Within

195 41st St, #11172, Oakland, CA 94611

☎ (888) 898-2249

Free, long-term, individual psychotherapy for current and former foster youth

<https://www.ahomewithin.org/request-therapy/>

Mental Health Association of San Francisco

870 Market St, Suite 928, San Francisco CA 94102

☎ (855) 845-7415

peersupportservices@mentalhealthsf.org

Free weekly support groups that meet remotely, incl. the BLADE support group for African Americans

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

Therapy Funds

The Loveland Foundation

Provides financial assistance to Black women and girls seeking therapy

- ✓ Recipients are eligible for 12 vouchers
- ✓ Each voucher covers up to \$120 of service costs

<https://thelovelandfoundation.org/therapy-fund/>

Black Girls Smile Therapy Assistance Program

Provides financial support to Black women (incl. those who use she/her/hers and they/their/theirs pronouns)

- ✓ 2-6 months of therapy sessions
- ✓ Connect with culturally, racially, and gender-competent & sensitive providers

<https://www.blackgirlssmile.org/therapy-scholarship>

Therapy for Black Girls

Provides a referral tool to find a Black therapist in your area

<https://providers.therapyforblackgirls.com/>

100 Black men of the Bay area

1807 Martin Luther King, Jr. Way, Oakland, CA 94612

☎ (510) 763-3661

Provides financial support for mental health care and therapy for Black men

- ✓ Short-term (6 months)
- ✓ 2 mental health sessions per month
- ✓ Virtual or in-person
- ✓ Up to \$200 per session, up to \$400 per month per participant

<https://100blackmenba.org/mental-health-support/>

Therapy for Black Men

- ✓ Offers financial assistance for individual therapy sessions for Black men
- ✓ Provides a therapist directory for Black men seeking therapy

<https://therapyforblackmen.org/financial-assistance-application/>

<https://therapyforblackmen.org/therapists/>

Telehealth

Open Path Psychotherapy Collective

☎ (800) 268-2833

Affordable psychotherapy for individuals in financial need (if you are uninsured or underinsured)

- ✓ \$30-\$70 per-session fee
- ✓ In-office and online
- ✓ Can match based on location, gender, ethnicity and language spoken

<https://openpathcollective.org/client/registration/>

Zocdoc

Directory of in-network therapists in your area who take your insurance (incl. MediCal)

service@zocdoc.com

- ✓ Schedule in-person and online appointments
- ✓ Can match based on location, gender, ethnicity and language spoken

<https://www.zocdoc.com/>

Better Help

Provides accessible and affordable therapy online

contact@betterhelp.com

- ✓ \$60-\$90 per week
- ✓ Can match based on location, gender, ethnicity and language spoken
- ✓ Generally not covered by health insurance or Medicaid

<https://www.betterhelp.com/get-started/>

SUBSTANCE USE RESOURCES

SF Health Network

<https://findtreatment-sf.org/>

Substance use services available for SF residents with Medi-Cal (offered by San Francisco Department of Public Health):

- ✓ Withdrawal Management *provides medically or socially supportive residential setting for safe detoxification off alcohol and other substances*
- ✓ Residential Treatment Programs *help people limit or abstain from use of alcohol and other drugs*
- ✓ Residential Step-Down Programs *offer safe, temporary living environment for people experiencing homelessness who have just completed residential treatment*

Behavioral Health Access Center (BHAC)

1380 Howard Street, 1st Floor, San Francisco, CA 94103

☎ (415) 503-4730

Free ongoing treatment for substance use:

<https://sf-goso.org/health-treatment/health-care/san-francisco-behavioral-health-access-center-bhac-health-treatment/>

Al-Anon Support for family and friends of alcoholics

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

Alateen If you are a teen and have been affected in any way by alcoholism in a relative or friend, Alateen

offers electronic and in-person meetings and

resources that you can access whenever you need

help. <https://www.al-anonsf.org/alateen>

Nar-Anon Support for family and friends of addicts

<https://www.nar-anon.org/>

<https://www.gganaranon.org/meetings.htm>

Narateen Narateen groups provide support to

teenage family members and friends of addicts.

<https://www.nar-anon.org/narateen-faq>

Recovery Support - Find Alcoholics and Narcotics

Anonymous meetings:

LifeRing Secular Recovery: provides safe meeting space with non-judgmental recovery conversation with your peers

<https://lifering.org/f2f-meetings/>

Intercounty Fellowship of Alcoholics

Anonymous – <https://aasfmarin.org/find-a-meeting>

Find Recovery (AA and NA meetings)

https://findrecovery.com/aa_meetings/ca/san-francisco/

San Francisco Area of Narcotics

Anonymous <https://sfna.org/meeting-search/>

SEXUAL/REPRODUCTIVE HEALTH RESOURCES

Planned Parenthood

San Francisco Health Center

1522 Bush St, San Francisco, CA 94109

☎ 415-821-1282

South San Francisco Health Center:

435 Grand Ave, South San Francisco, CA 94080

☎ (877) 855-7526

Services provided include:

- ✓ STD testing, treatment, vaccines

- ✓ Birth control
- ✓ Emergency contraception
- ✓ Pregnancy testing
- ✓ Abortion
- ✓ HIV testing, education, referrals
- ✓ Transgender hormone therapy
- ✓ Men and Women's health care

San Francisco City Clinic (SFCC)

356 7th Street, San Francisco, CA 94103

☎ 628-217-6600

Services provided include:

- ✓ Low-cost HIV/STI testing, diagnosis and treatment
- ✓ Birth control
- ✓ Pregnancy testing and counseling
- ✓ Pap smears
- ✓ PEP and PrEP
- ✓ Vaccines (hepatitis A, hepatitis B, meningococcus, HPV, COVID-19)

3rd Street Youth Center & Clinic (Bayview

Hunters Point): 1728 Bancroft Avenue, San Francisco, CA 94124

☎ (415) 822-1707

Offers **free medical services** to all youth (ages 12-24), including:

- ✓ Pregnancy testing and counseling
- ✓ Birth control (incl. IUD and implants)
- ✓ Emergency contraception (Plan B)
- ✓ STI testing and treatment
- ✓ Rapid HIV testing and counseling
- ✓ Pap smears and pelvic exams

Larkin Street Youth Services (ages 25 and under):

134 Golden Gate Ave, San Francisco, CA 94102

<https://larkinstreetyouth.org/get-help/get-help-now/>

The Michael Baxter Youth Clinic (ages 25 & under): Mon-Fri 9am-12pm and 1-5pm

☎ (415) 673-0911 ext. 259

Medical clinic offering **free** preventative, primary & sexual medical care including rapid HIV testing, family planning, health education, and behavioral health services: <https://larkinstreetyouth.org/get-help/medical-services/>

Don't Think, Know

Free STD home test for vaginal chlamydia and gonorrhea: <https://sf.dontthinkknow.org/>

TakeMeHome

Free HIV/STI, PrEP panel & Hepatitis C home test kits based on eligibility (only some test kits available, depending on your zip code):

<https://takemehome.org/>

Nurse Home Visiting Programs (SFDPH)

☎ 800-300-9950

- ✓ Public health nurse available to visit and provide someone who is pregnant or has a baby with support, information and resources for free

Free pregnancy tests available at a number of clinics around SF

- ✓ <https://sf.gov/information/think-youre-pregnant>

Women, Infants, & Children (WIC) Supplemental Nutrition Program

[7 Clinics](#) available around SF offering:

- ✓ Nutrition education and tips
- ✓ Breastfeeding support
- ✓ WIC card to buy healthy foods at the store
- ✓ Referrals to other healthcare and community services

SEX WORK RESOURCES

St. James Infirmary

230 Golden Gate Ave, San Francisco, CA 94102

☎ (415) 554-8494

Provides free caring and compassionate therapy, case management, support groups and peer counseling to current and former sex workers.

GENERAL HEALTH RESOURCES

Larkin Street Drop-in Centers Youth Access Points

<https://larkinstreetyouth.org/get-help/drop-in-centers/>

Engagement and Community Center

134 Golden Gate Ave, San Francisco, CA 94102

☎ (415) 673-0911 ext. 200

For ages 18-24: Offers showers, meals, lockers, laundry, clothing, hygiene supplies, computer/web access, housing intake & problem solving, education & employment programs, medical care, WiFi

Haight Street Referral Center

1317 Haight St, San Francisco, CA 94117
☎ (415) 660-7490 drop-in ext. 470 office ext. 471

For ages 12-24: Provides case management services, clothing, first aid supplies, harm reduction supplies, housing intake & problem solving, hygiene supplies, meals, referrals, WiFi

Tom Waddell Urban Health Clinic (Tenderloin):

230 Golden Gate Ave, San Francisco, CA 94102
☎ (415) 355-7400

<https://sfhealthnetwork.org/primary-care-3/tom-waddell-urban-health-clinic/>

Clinic serving adults experiencing homelessness, residents of supportive housing, and other members of San Francisco's Tenderloin neighborhood community

Specialty services include:

- ✓ Comprehensive HIV prevention and care
- ✓ Hepatitis C treatment
- ✓ Office based opioid treatment
- ✓ Transgender care
- ✓ Integrated behavioral health services
- ✓ Podiatry and dental services

RESOURCES FOR PARENTS

The TALK Line: 24-hour crisis line for parents
☎ (415) 441-5437

<https://safeandsound.org/for-parents/>

Family Resource Centers: Free parenting support and resources, including free diapers
<https://sfdec.org/family-resource-centers/>

SEXUAL EXPLOITATION/HUMAN TRAFFICKING RESOURCES

National Human Trafficking Hotline

☎ (888) 373-7888

Text **HELP** to 233733 (BEFREE)

Online chat: www.humantraffickinghotline.org

SF Hype/Freedom Forward

198 Potrero Avenue, San Francisco, CA 94103
☎ (415) 525-4438

hypecenter@freedom-forward.org

<https://www.hypecentersf.com/>

Email or call to schedule an appointment.

Multi-service drop-in center for youth, including:

- ✓ Employment support
- ✓ Trainings, workshops, and classes
- ✓ Financial Literacy
- ✓ Housing Support
- ✓ Mental Health Services
- ✓ Education Support
- ✓ Legal Clinics

RELATIONSHIP VIOLENCE RESOURCES

Woman, Inc. 24-Hour Crisis Line

☎ (415) 864-4722

National Domestic Violence Hotline

☎ (800) 799-7233 (24 hours)

BAWAR (Bay Area Women Against Rape)

☎ (510) 800-4247

Love is Respect: <https://www.loveisrespect.org/>

☎ (866) 331-9474

Text **LOVEIS** to 22252

CHILD AND ELDER ABUSE RESOURCES

SF Family and Children's Services Hotline

☎ (800) 856-5553 (24 hours)

SF Adult Protective Services

☎ (415) 355-6700 or (800) 814-0009 (24 hours)

EVICTION DEFENSE, RENTAL ASSISTANCE, AND HOUSING RESOURCES

San Francisco Service Guide

<https://sfserviceguide.org/>

Online guide to finding essential services in San Francisco, including rental assistance and eviction prevention, shelters, and long-term housing. See <https://sf.gov/information/san-francisco-rental-opportunities> for rental housing opportunities page.

San Francisco Emergency Rental Assistance Application (SF ERAP)

<https://sferap.com/>

Rental assistance application to eligible San Francisco residents who have past-due rent; cannot afford move-in costs for a new unit they plan to lease; and/or need

limited assistance with future rent to maintain their housing.

Stay Housed Bay Area

<https://www.1degree.org/stayhousedbayarea>

Online tool to finding nearby resources for community members to get help paying their rent, responding to eviction notices, or asserting their rights as tenants.

San Francisco Department of Homelessness and Supportive Housing: Adult Coordinated Entry Access Points

<https://hsh.sfgov.org/services/how-to-get-services/referrals-and-housing-assistance/adult-coordinated-entry-access-points/>

List of access points across San Francisco that provide **referral support to housing and other community services for San Francisco adults** at risk of homelessness, or who are experiencing homelessness. All adults over 18 without minor children can call any of the sites.

San Francisco Department of Homelessness and Supportive Housing: Youth Coordinated Entry Access Points

<https://hsh.sfgov.org/services/how-to-get-services/referrals-and-housing-assistance/youth-coordinated-entry-access-points/>

Larkin Street Youth Services

134 Golden Gate Ave, San Francisco, CA 94102

☎ (800) 669-6196

<https://larkinstreetyouth.org/get-help/housing/>

- ✓ Access point providing referrals to emergency, transitional and permanent housing for youth 18-25 year olds
- ✓ Rental-subsidy programs

3rd Street Youth Center & Clinic (Bayview Hunters Point): 1728 Bancroft Avenue, San Francisco, CA 94124

☎ (415) 858-9133

yap@3rdstyouth.org

- ✓ Access point offering housing services incl. case management and rapid re-housing

<https://3rdstyouth.org/housing-services/>

LYRIC

127 Collingwood St, San Francisco, CA 94114

☎ (415) 322-9048

housingnavigation@lyric.org

<https://lyric.org/coordinated-entry/>

- ✓ Access point for LGBTQQ+ youth experiencing homelessness
- ✓ Provides housing navigation services and advocacy

The SF LGBT Center

1800 Market St, San Francisco, CA 94102

☎ (415) 865-5555

<https://www.sfcenter.org/program/youth-services/>

- ✓ Drop-in center: provides access to basic needs, food, hygiene supplies, clothing, resource referrals
- ✓ Navigation services: support youth with finding safe and stable housing and connect them to housing programs and opportunities
navigation@sfcenter.org

Eviction Defense Collaborative

976 Mission St, San Francisco, CA 94103

<https://evictiondefense.org/>

Legal Assistance:

☎ (415) 659-9184

legal@evictiondefense.org

Assistance with Back Rent:

☎ (415) 470-5211

edcradco@evictiondefense.org

Drop In Hours

Monday, Tuesday, Wednesday, Friday:

10-11:30am and 1-2:30pm

Tenderloin Housing Clinic

126 Hyde Street, San Francisco, CA 94102

Legal Assistance:

☎ (415) 771-9850

Main Line:

(415) 885-3286

<https://www.thclinic.org/>

Services include legal assistance, some transitional and permanent housing opportunities for people transitioning from homelessness, and money management services

FOOD RESOURCES

San Francisco Food Bank- Food Locator Pantry List

This link provides a list of food distribution locations/days:

<https://foodlocator.sfmfoodbank.org/en/sf/senior/urgent/disabled/calffresh/hdg>

- ✓ These sites require you to show your ID as well as proof of address in San Francisco.
- ✓ Show up at the enrollment time listed and you can grab food once a week. They do ask that you choose just one site to visit regularly

If you cannot show address verification, you can pick up an emergency food box without showing any documentation (look under the "Emergency Food" tab on the website above). You do have to call first to make sure they will have one ready and available for you.

Too Good to Go Food Recovery App

<https://www.toogoodtogo.com/en-us>

Purchase surprise bags (\$4-\$10/bag) of surplus fresh bread and freshly cooked meals from restaurants, buffets, and groceries.

- ✓ Download the app to see all the restaurants/stores around you who are part of the movement. The app is free.

PET FOOD RESOURCES

Full Belly Bus

www.fullybellybus.org

Mobile unit that distributes food regularly. Check the link for the places and times they distribute (5 different locations in Civic Center, Haight Ashbury, Inner Mission, Tenderloin)

SFDOG

<https://sfdog.org/blog/help-san-francisco-families-feed-their-pets1>

Holds a dog food pantry in the Mission. Check link for times/days.

The Animal Connection

www.animalconnections.net

3401 Irving St, 94122

Call (415)564-6482 or text (415)275-1139 before you head over to make sure they have the dog food you want/need.

JOB TRAINING RESOURCES

New Door – San Francisco

3221 20th St., San Francisco, CA 94110

☎ (415) 920-9200

intake@newdoor.org

<https://www.newdoor.org/what-we-do/>

Opportunities for paid work, skill training, and education, and individualized support through a case manager

Young Community Developers

1715 Yosemite Ave., San Francisco, CA 94124

☎ (415) 822-3491

learn@ycdjobs.org

<https://www.ycdjobs.org/our-services#workforce>

Opportunities for job readiness training and employment support, education, and rental assistance

JVS (Jewish Vocational Services)

548 Market Street, PMB 37733, San Francisco, CA 94104

☎ 415-391-3600

info@jvs.org

<https://www.jvs.org/apply-today/>

Job and skills training and search services for healthcare, financial services, utilities, and technology industry jobs. Has some paid internship components.

YMCA of San Francisco Workforce Development

<https://www.ymcasf.org/workforce-development>

- ✓ Workforce training, skill-building, job readiness training, paid internships, job placements at multiple locations, including:

Bayview YMCA

<https://www.ymcasf.org/bayview-workforce-development>

Training in Culinary and hospitality, Technology, Health and wellness, entrepreneurship, including training in:

- ✓ Professional Etiquette
- ✓ Self-Confidence / Emotional Intelligence
- ✓ Communication Skills
- ✓ Critical Thinking / Problem Solving
- ✓ Goal Setting / Prioritizing
- ✓ Education / Employment Development
- ✓ Financial literacy

City of San Francisco Youth Workforce Development

Submit an interest form at: <https://sf.gov/find-job-center-youth-and-young-adults>

Available resources include:

- ✓ Career coaching

- ✓ Job preparation and search help
- ✓ Job training
- ✓ Financial literacy
- ✓ Paid work experience
- ✓ College Enrollment

Mission Hiring Hall

<http://mhh.wpengine.com/jobseekers/>

Mission Hiring Hall has multiple employment and job training programs and 2 offices

Mission Office

3080 16th Street @ Valencia
San Francisco, CA 94103

☎ 415.626.1919

info@missionhiringhall.org

South of Market Office

1048 Folsom Street @ Russ
San Francisco, CA 94103

☎ 415.865.2105

info@missionhiringhall.org

City Build Program

☎ (415) 865-2105

citybuild@sfgov.org

Fill out interest form at: <https://sf.gov/apply-train-career-construction>

Training for construction and construction administration jobs for San Francisco residents.

Program includes:

- ✓ 12 - week program with 2 sessions (Spring and Fall) with classroom instruction and hands-on training
- ✓ Access to mentorship, networking, job placement assistance

UCSF Workforce Development Programs

<https://learning.ucsf.edu/content/workforce-development-programs>

Work-based training and externship opportunities with job placement support for in-demand healthcare, research, and administrative fields.

UCSF CIRCLE Program

<https://epibiostat.ucsf.edu/clinical-research-coordinators-learners-equity-circle#What-is-a-Clinical-Research-Coordinator>

Training and shadowing experience for people who are interested in becoming a clinical research coordinator (people who support, facilitate, organize the daily activities of a clinic study). Program is free, and includes a stipend.

Episcopal Community Services Job Center

<https://ecs-sf.org/workforce-development/>

Provides assistance with job readiness, workplace technology, job search assistance, job placement services, and resume and cover letter support.

They also run two training programs (CHEFS – culinary training program and REACH-training for the social services field).

LEGAL AID RESOURCES

Bay Area Legal Aid

1800 Market St, 3rd floor, San Francisco, CA 94102

☎ SF Legal Advice Line: (415) 354-6360

☎ Toll-free Legal Advice Line: (800) 551-5554

<https://baylegal.org/get-help/>

Provides free legal assistance for qualified low-income residents living in the Bay Area, dealing with a legal problem involving housing, public benefits or consumer law.

Justice and Diversity Center's Legal Advice and Referral Clinic

Civic Center: UC Hastings Cotchett Law Center, 333 Golden Gate Ave, San Francisco, CA 94102

✓ Third Friday of every month, from 4-6pm

Bayview: Bayview Hunters Point YMCA, 1601 Lane St, San Francisco 94124

✓ Fourth Friday of every month, from 3-6pm

Mission: Women's Building, 3543 18th Street, San Francisco 94110

✓ Fourth Tuesday of every month, 9am-12pm

✓ Must call to schedule an appointment: (415) 431-1180

<https://www.sfbar.org/jdc/jdc-legal-services-programs/legal-advice-and-referral-clinic/>

Walk-in clinic that provides free consultations and referrals with a lawyer for low-income Bay area residents.

FormsPal

<https://formspal.com/>

Provides free legal forms to create, download, and use.