

RESOURCE GUIDE



SAN FRANCISCO

MENTAL HEALTH RESOURCES

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/>

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/>

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/>

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

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/>

SEXUAL EXPLOITATION/HUMAN TRAFFICKING RESOURCES

National Human Trafficking Hotline

☎ (888) 373-7888

Text **HELP** to 233733 (BEFREE)

Online chat: www.humantraffickinghotline.org

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)

EVICTIION 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 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.

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/calfresh/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.

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

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

New Door

3221 20th St. San Francisco, CA 94110

☎ (415) 920-9200

intake@newdoor.org

<https://www.newdoor.org/our-programs/>

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

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.

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