

NAMI SF Mental Health Resource Guide for Culturally Diverse Populations



National Alliance on Mental Illness, San Francisco
Fall 2020



This resource guide is intended for informational purposes only. As services and programs are subject to change, individuals are responsible for verifying the accuracy of the services provided and the fees associated. The intent of NAMI SF is to update the guide annually so please feel free to contact staff with current information and we will do our best to keep the online version up to date. Send updates to: natasha@namisf.org.

NAMI SF does not endorse, certify, or sponsor any of the organizations or services included in this guide (except for those labeled as programs held by “NAMI SF”) and NAMI is not responsible for the content of or service provided by any of these resources. Any omissions are unintentional.

NAMI SF Mental Health Resource Guide for Culturally Diverse Populations

Introduction

This Cultural Resource Library was created by the National Alliance on Mental Illness (NAMI) San Francisco to provide information about mental health resources for diverse populations, specifically people who identify as Asian & Asian American, Black & African American, Latinx, LGBTQ+, and Seniors. We have included local, Bay Area-specific resources, as well as links to more general resources that are available nationwide.

While we know this list of resources is not comprehensive, we have tried to include those that are available to a wide range of San Francisco residents and for the most part have not included private practices. We at NAMI SF know how challenging it can be to find support for mental health issues, especially for historically oppressed and underserved communities, so we hope this guide will provide helpful resources in your times of need.

How to Use This Guide

On the following page, you will find a table of contents showing what the guide includes. You can use this to navigate through the guide by finding the page number for the specific resource you are interested in. From here, you will find information such as the resource's website, a general description of services, and contact information.

Please Note:

While many of the organizations listed provide a range of services, we have only specifically included mental health services available for youth and their families. Services at organizations change frequently so please make sure to contact each organization before visiting to ensure listed services are still provided and/or to obtain updated information.

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Asian & Asian American Resources

Local Bay Area Resources:

Asian Pacific Islander (API) Legal Outreach

Website:

<https://www.apilegaloutreach.org/programs/senior-law-elder-abuse-disability-rights-project/>

Description of Services: Programs to promote the development, empowerment, and self-reliance of the community through the provision of culturally competent and linguistically appropriate legal, social, and educational services to those with extraordinary needs. Through these community-based services, API Legal Outreach works to break the cycle of violence against women, youth and seniors, to advocate for the rights of immigrants and those with disabilities, to promote the dignity and independence of seniors and advocate for the basic rights such as affordable housing and the rights of tenants.

Specific Target Population: Bay Area Asian population (and general)

Languages Spoken (other than English): Chinese, Japanese, Korean, Spanish, Tagalog, Vietnamese

Phone: (415) 567-6255 (SF); (510) 251-2846 (Oakland)

Address: 1121 Mission St. San Francisco, CA 94103; Oakland Address: 310 8th St., Suite 308 Oakland, CA 94607

Asian Women's Shelter

Website: <https://www.sfaws.org/>

Description of Services: Services: Culturally competent and language-accessible shelter services, educational programs, and community-based advocacy designed to address the needs of women, children, and transgender survivors of domestic violence and human trafficking, especially those who are immigrants and refugees, with a focus on U.S.-born Asian women and their children.

Specific Target Population: U.S.-born Pan-Asian women and their children

Languages Spoken (other than English): 34 different languages and dialects

Phone: (415) 751-7110; 1-877-751-0880 (24-hour Crisis Line)

Email: info@sfaws.org

Address: 3543 18th Street #19 San Francisco, CA 94110

Asian-American Recovery Services (AARS)

Website: <https://www.healthright360.org/agency/asian-american-recovery-services>

Description of Services: Substance use disorder treatment, mental health treatment, integrated behavioral health services, HIV prevention, testing and counseling, juvenile justice and probation youth services.

Specific Target Population: Asian and Pacific Islander and other ethnically diverse communities in San Francisco and the Bay Area

Languages Spoken (other than English): Mandarin, Cantonese, Tagalog, Vietnamese, Korean, Spanish

Phone: (415) 750-5111

Address: 2024 Hayes Street, San Francisco, CA 94117

Cameron House

Website: <https://cameronhouse.org/>

Description of Services: Individual, couples, and family counseling services are offered. We help address spousal, familial, and other relationship problems, the impact of domestic violence, emotional and mental health issues, and acculturation challenges, as well as difficulties adjusting to various life changes and stressors.

Specific Target Population: Chinese American Bay Area population

Languages Spoken (other than English): Cantonese, Mandarin

Phone: (415) 781-0401

Email: info@cameronhouse.org

Address: 920 Sacramento Street San Francisco, CA 94108

Chinatown Community Development Center (CDC)

Website: <https://www.chinatowncdc.org/about-us>

Description of Services: Individual, group, and family psychotherapy; collateral contacts with parents and significant others; case management services; psychological testing for registered clients; medication support services; school-based services; consultation to preschools, schools, and community-based organizations; and referrals and linkages to appropriate community resources as needed.

Specific Target Population: Asian community (and others) of SF in Chinatown and surrounding neighborhoods

Languages Spoken (other than English): Cantonese, Vietnamese

Phone: (415) 392-4453

Address: 720 Sacramento St, San Francisco, CA 94108

Community Youth Center

Website: <https://www.cycsf.org/>

Description of Services: The Behavioral Health component provides case management and individual and family therapy for youth and their families. Clinicians and case managers conduct psycho-social assessments, address mental health stigma, limited access to linguistically and culturally appropriate services, and co-factors specific behavioral health issues such as violence, chronic truancy, and substance use prevention.

Specific Target Population: Asian Pacific, Latino, and African American youth

Languages Spoken (other than English): Spanish, Tagalog, Cantonese, Mandarin

Phone: (415) 775-2636

Email: info@cameronhouse.org

Address: 1038 Post Street San Francisco, CA 94109

Filipino Mental Health Initiative of San Francisco (FMHI-SF)

Website: <https://www.fmhi-sf.org/>

Description of Services: The Filipino Mental Health Initiative of San Francisco is committed to increasing access to culturally appropriate wellness and behavioral health services for Filipinx/Filipinx Americans in the San Francisco-Bay Area community in partnership with valued stakeholders such as mental health providers, practitioners, artists, organizers, youth leaders and their families. We host in-person and virtual gatherings such as wellness workshops, knowledge shares, and offer Mental Health First Aid training in English & Tagalog. FMHI-SF proudly partners with mental health professionals, wellness practitioners, city-wide programs and community organizations who are in alignment with the mission to reduce stigma and address the critical need for mental health support to Filipinx/Filipinx American youth and families throughout San Francisco.

Specific Target Population: Filipino-American community

Languages Spoken (other than English): Tagalog

Phone: (415) 309-0102

Email: fmhisf@bayanihanc.org

Address: 1010 Mission Street, Suite B; San Francisco, CA 94103

Mental Health Association of San Francisco (MHA SF) People of Color Support Group

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

Description of Services: A weekly supportive group to discuss issues, strategies, and resources relevant to People of Color in our community, particularly during the crisis of COVID-19. Meeting every monday: 10:30 am-12:00 pm; currently being held on Zoom during COVID.

Phone: (415) 421-2926

Email (General): info@mentalhealthsf.org

Email (Support Groups): lisa-sun@mentalhealthsf.org

Address: 870 Market Street, Suite 928 San Francisco, CA 94102

NAMI SF BIPOC Support Group

Website: <https://www.namif.org/connection>

Description of Services: This is a peer support group held by NAMI SF specifically to create a safe space to support the needs of Black, Indigenous, and People of Color in San Francisco. The group meets monthly on the 2nd and 4th Fridays of the month, at 6PM PST.

Specific Target Population: Black, Indigenous, and People of Color

Email: danni@namif.org

NAMI SF Mental Health 101 Presentation

Website: <https://www.namif.org/mental-health-101>

Description of Services: Mental Health 101 is a program designed for community groups and organizations including religious organizations and centers of learning and support. This presentation is designed to end the stigma surrounding mental health by starting the conversation and providing an opportunity to learn about mental health conditions through an informative PowerPoint, personal testimony, and open Q&A. The presentation is designed for a variety of culturally diverse communities, and can be customized to fit the audience.

Specific Target Population: Religious organizations, community groups, diverse populations, schools and educational institutions

Email: natasha@namif.org

PEERS

Website: <https://peersnet.org/>

Description of Services: PEERS is a diverse community of people with mental health experiences. Our mission is to promote innovative peer-based wellness strategies. We create culturally-rich, community-based mental health programs that honor diverse experiences and

eliminate stigma and discrimination. We envision a world where people can freely choose among many mental health options that address the needs of the whole person. We see a future where people with mental health experiences are valued for their essential contributions to society.

Specific Target Population: BIPOC and other diverse communities in the Bay Area

Phone: (510) 832-7337

Address: 333 Hegenberger Road, Suite 250 Oakland CA 94621

Richmond Area Multi-Service (RAMS)

Website: <https://ramsinc.org/>

Description of Services: Individual, group & family therapy; case management; psychiatric evaluation & medication management; psychological assessment & testing; information & referral; and consultation.

Specific Target Population: Emphasis on Asian and Pacific Islander communities

Languages Spoken (other than English): Over 30 languages and dialects

Phone: (415) 668-5955

Email: info@ramsinc.org

Address: 3626 Balboa Street, San Francisco, CA 94121

San Francisco Bay Area Chinese Community Depression Education Project

Website: <https://www.csueastbay.edu/sw/cdep/index.html>

Description of Services: Contribute to reducing the burden of depression, suicide and mental illness among Chinese American immigrants and their families by developing culturally sensitive Chinese and English assessment and educational materials that support community and primary care based approaches to outreach, linkage to care, and intervention. The website provides links to many pamphlets, resources, and personal stories from Chinese people with depression.

Specific Target Population: Chinese community in the Bay Area

Email: Rose.Wong@csueastbay.edu; BayAreaChinese@csueastbay.edu

Therapists of Color (TOC)

Website: <http://www.therapistsofcolor.org/directory.html>

Description of Services: Directory of BIPOC therapists in the Bay Area and throughout California.

General Resources:

Asian American Psychological Association (AAPA)

Website: <https://aapaonline.org/>

Description of Services: The National Asian Pacific Islander Mental Health Association (NAAPIMHA) implements campaigns, provides interpreter trainings to providers in California and a few other states, and provides technical assistance to in-state agencies and organizations. With the support of NAAPIMHA, the National Asian American Pacific Islander Empowerment Network is a California-based advocacy group that works to develop leadership from within the API community who have direct experience of mental health challenges. Their goal is to improve the service delivery system for API consumers.

Phone: (619) 566-1738

Email: contact@aapaonline.org

Association of Asian Pacific Community Health Organizations (AAPCHO)

Website: <https://www.aapcho.org/>

Description of Services: The goal of AAPCHO is to be a national leader and critical voice for Asian American (AA), Native Hawaiian and Pacific Islander (NHPI) community health centers (CHCs) and consumers, ensuring that our communities have better access to affordable, high quality, and culturally and linguistically proficient health care. AAPCHO is dedicated to promoting advocacy, collaboration, and leadership that improves the health status and access of AAs and NHPIs within the United States, its territories, and freely associated states

Phone: (510) 272-9536

Email: general@aapcho.org

Asian Mental Health Collective

Website: <https://www.asianmhc.org/>

Description of Services: It is the mission of the Asian Mental Health Collective to normalize and de-stigmatize mental health within the Asian community. The Asian Mental Health Collective aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide. We at AMHC believe in integrating our shared backgrounds with the progressive ideals of emotional well-being and mental health - expressing collectivist ideals while respecting the agency of the individual. It all begins with understanding.

Asian, Pacific Islander, and South Asian American (APISAA) Therapist Directory

Website: <https://www.asianmhc.org/apisaa>

Description of Services: Therapist directory for Asian, Pacific Islander, and South Asian American therapists.

Mental Health Association for Chinese Communities (MHACC)

Website: <https://www.mhacc-usa.org/>

Description of Services: Mental Health Association for Chinese Communities is a nonprofit organization whose mission is to raise awareness of mental health within the Chinese community through advocacy, education, research, support, and services to represent the wide spectrum of Chinese families and individuals affected by mental illness, and to help them develop meaningful and productive lives in the future.

Specific Target Population: Chinese individuals

Languages Spoken (other than English): Mandarin, Cantonese

Phone: (800) 881-8502

Email: info@mhacc-usa.org

National Asian American Pacific Islander Mental Health Association (NAAPIMHA)

Website: <https://www.naapimha.org/>

Description of Services: The mission of the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) is to promote the mental health and well being of the Asian American and Pacific Islander communities. Since its founding, NAAPIMHA strives to raise awareness of the role of mental health in an individual's health and well-being, especially in Asian American Pacific Islander communities throughout the country. They also provide a list of additional resources on their site.

Specific Target Population: Asian American/Pacific Islander communities

Black & African American Resources

Local Bay Area Resources:

Bayview Hunters Points Foundation for Community Improvement

Website: <https://bayviewci.org/>

Description of Services: Outpatient mental health treatment, medication support, case management, and outreach services for children, adolescent and adult residents of San Francisco. Substance Use Disorders Services specialize in results-oriented treatment for individuals 18 and older who need medical assistance to cease the use of heroin, and for those individuals at risk for HIV infection. Homeless Services assist individuals find a path to recovery by developing goals that support self-determination, self-sufficiency, and re-entry into the community where they can lead productive lives.

Phone: (415) 468-5100

Address: 150 Executive Park Blvd., Suite 2800, San Francisco, CA 94134

Community Youth Center

Website: <https://www.cycsf.org/>

Description of Services: The Behavioral Health component provides case management and individual and family therapy for youth and their families. Clinicians and case managers conduct psycho-social assessments, address mental health stigma, limited access to linguistically and culturally appropriate services, and co-factors specific behavioral health issues such as violence, chronic truancy, and substance use prevention.

Specific Target Population: Asian Pacific, Latino, and African American youth

Languages Spoken (other than English): Spanish, Tagalog, Cantonese, Mandarin

Phone: (415) 775-2636

Email: info@cameronhouse.org

Address: 1038 Post Street San Francisco, CA 94109

Mental Health Association of San Francisco (MHA SF) People of Color Support Group

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

Description of Services: A weekly supportive group to discuss issues, strategies, and resources relevant to People of Color in our community, particularly during the crisis of COVID-19. Meeting every monday: 10:30 am-12:00 pm; currently being held on Zoom during COVID.

Phone: (415) 421-2926

Email (General): info@mentalhealthsf.org

Email (Support Groups): lisa-sun@mentalhealthsf.org

Address: 870 Market Street, Suite 928 San Francisco, CA 94102

NAMI SF BIPOC Support Group

Website: <https://www.namif.org/connection>

Description of Services: This is a peer support group held by NAMI SF specifically to create a safe space to support the needs of Black, Indigenous, and People of Color in San Francisco. The group meets monthly on the 2nd and 4th Fridays of the month, at 6PM PST.

Specific Target Population: Black, Indigenous, and People of Color

Email: danni@namif.org

NAMI SF Black Minds Matter Support Group

Website: <https://www.namif.org/black-minds-matter>

Description of Services: This is a peer support group held by NAMI SF specifically to create a safe space to support the unique mental health needs of Black and African American people in San Francisco. The group meets monthly on the 1st Friday of the month, at 6PM PST.

Email: danni@namif.org

NAMI SF Mental Health 101 Presentation

Website: <https://www.namif.org/mental-health-101>

Description of Services: Mental Health 101 is a program designed for community groups and organizations including religious organizations and centers of learning and support. This presentation is designed to end the stigma surrounding mental health by starting the conversation and providing an opportunity to learn about mental health conditions through an informative PowerPoint, personal testimony, and open Q&A. The presentation is designed for a variety of culturally diverse communities, and can be customized to fit the audience.

Specific Target Population: Religious organizations, community groups, diverse populations, schools and educational institutions

Email: natasha@namif.org

PEERS

Website: <https://peersnet.org/>

Description of Services: PEERS is a diverse community of people with mental health experiences. Our mission is to promote innovative peer-based wellness strategies. We create culturally-rich, community-based mental health programs that honor diverse experiences and eliminate stigma and discrimination. We envision a world where people can freely choose among many mental health options that address the needs of the whole person. We see a future where people with mental health experiences are valued for their essential contributions to society.

Specific Target Population: BIPOC and other diverse communities in the Bay Area

Phone: (510) 832-7337

Address: 333 Hegenberger Road, Suite 250 Oakland CA 94621

PEERS Hope & Faith Campaign

Website: <https://peersnet.org/programs/african-american/>

Description of Services: The Hope & Faith Campaign is a partnership with PEERS and African American faith-based institutions where we provide mental health education in the church. Historically, African Americans have been poorly treated by the American medical system, and that has not only resulted in poor health outcomes of African Americans but a mistrust of non-POC health care providers. The Black church has been and is a social and communal space where Black people feel safe, heard, and understood, but it is not the only solution or safe space for African Americans to have discussions around mental health or understand it. This campaign's purpose is to recognize that spirituality is an aspect of mental wellness, increase conversations of mental health, provide mental health facts, and provide support for those seeking to address their mental health concerns.

Phone: (510) 830-6091

Email: rgilder@peersnet.org

Therapists of Color (TOC)

Website: <http://www.therapistsofcolor.org/directory.html>

Description of Services: Directory of BIPOC therapists in the Bay Area and throughout California.

Westside Community Services

Website: <http://www.westside-health.org/>

Description of Services: Focused interventions include using Afrocentric evidence-based treatments (i.e. utilizing the history, culture, philosophy and collective experience of African people as the frame of reference for providing treatment). Westside Ajani is a comprehensive multi-service program that provides outpatient mental health, school-based mental health and consultation case management and outreach.

Specific Target Population: Youth aged 5-21 who have SF Medical; special focus on African American community

Phone: (415) 431-9000; (415) 431-8252

Email: ajani@westsidehealth.org

Main Address: 1153 Oak Street San Francisco, CA 94117

Teen Clinic Address: 245 11th Street, San Francisco, CA 94103

General Resources:

Black Emotional and Mental Health Collective (BEAM)

Website: <https://www.beam.community/>

Description of Services: Group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts. They also provide an additional directory of resources.

Email: admin.account@beam.community

Black Men Heal

Website: <https://blackmenheal.org/>

Description of Services: To provide access to mental health treatment, psycho-education, and community resources to men of color. Our goal is to remove the stigma. Research shows that men feel pressure to conform to traditional gender norms such as toughness, fearlessness, and invulnerability to pain. Unfortunately many Black men often suffer in silence because of fears that being vulnerable goes against masculinity ideals. Each male selected for the free sessions is essentially encouraged to become a mental health change agent. By one male simply sharing/discussing his experience with other Black men, he creates a safe space for another man to step into.

Specific Target Population: Black men and other men of color

Email: info@blackmenheal.org

Black Mental Health Alliance

Website: <https://blackmentalhealth.com/>

Description of Services: Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.

Phone: (410) 338-2642

Email: info@blackmentalhealth.com

Black Mental Wellness

Website: <https://www.blackmentalwellness.com/>

Description of Services: Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

Black Women’s Health Imperative

Website: <https://bwhi.org/>

Description of Services: Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.

Phone: (202) 787-5931

Brother, You're on My Mind

Website: <https://www.nimhd.nih.gov/programs/edu-training/byomm/>

Description of Services: An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.

Specific Target Population: Black men (and their families)

Email: pollards@mail.nih.gov

Melanin & Mental Health

Website: <https://www.melaninandmentalhealth.com/about-us/>

Description of Services: Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.

Specific Target Population: Black & Latinx/Hispanic communities

Ourselves Black

Website: <https://ourselvesblack.com/home>

Description of Services: Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

Phone: 1-800-538-5729

Email: info@ourselvesblack.com

Therapy For Black Girls

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

Description of Services: Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide

high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

Specific Target Population: Black women and girls

Email: info@therapyforblackgirls.com

The Steve Fund

Website: <https://www.stevelfund.org/>

Description of Services: The Steve Fund is the nation's only organization focused on supporting the mental health and emotional well-being of young people of color. The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs and strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information. With multicultural mental health experts it delivers on-campus and on-site programs and services for colleges and non-profits, and through tech partnerships it provides direct services to young people of color.

Specific Target Population: Young people of color

Phone: (401) 249-0044

Email: info@stevelfund.org

Latinx Resources

Local Bay Area Resources:

CARECEN SF Family Wellness Program

Website: <https://carecensf.org/programs/family-wellness/>

Description of Services: CARECEN (Central American Resource Center) SF's Family Wellness Program responds to the needs of families facing multiple barriers or in crisis as a result of migratory status, poverty, social isolation, violence, and other social and health disparities. The program emphasizes participant-centered, strength-based, and culturally

affirming approaches to support the families we partner with. The program offers: Individual and family counseling; Comprehensive case management and family support; Information, referrals and service connection; System navigation and advocacy; Language access support.

Specific Target Population: Low-income and immigrant families with children birth to 18-years-old; Recently arrived unaccompanied children and families in San Francisco Immigration Court

Languages Spoken (other than English): Spanish

Phone: (415) 872-7465

Address: 3143 Mission Street, San Francisco, CA 94110

Community Youth Center

Website: <https://www.cycsf.org/>

Description of Services: The Behavioral Health component provides case management and individual and family therapy for youth and their families. Clinicians and case managers conduct psycho-social assessments, address mental health stigma, limited access to linguistically and culturally appropriate services, and co-factors specific behavioral health issues such as violence, chronic truancy, and substance use prevention.

Specific Target Population: Asian Pacific, Latino, and African American youth

Languages Spoken (other than English): Spanish, Tagalog, Cantonese, Mandarin

Phone: (415) 775-2636

Email: info@cameronhouse.org

Address: 1038 Post Street San Francisco, CA 94109

Instituto Familiar de la Raza

Website: <https://www.ifrsf.org/?locale=en>

Description of Services: Group interventions for girls, LGBTQ youth, and at-risk youth; individual care management; therapy and mental health services; and trauma, recovery, and healing services

Specific Target Population: Latinx, Chicano, Indigena SF community

Languages Spoken (other than English): Spanish

Phone: (415) 229-0500

Email: info@ifrsf.org

Address: 2919 Mission Street San Francisco, CA

La Casa des Madres

Website: <https://www.lacasa.org/support>

Description of Services: La Casa provides support across 9 community locations. Our Drop in Center is our hub where the majority of services are provided, including: crisis intervention, safety planning and risk assessment, counseling, support groups, shelter intakes, and housing assistance. Also offers a 24/7 crisis hotline.

Languages Spoken (other than English): Spanish

Office Phone: (415) 503-0500

Crisis Phone: (877) 503-1850

Text Phone: (415) 200-3575

Email: Info@Lacasa.Org

Address: 1269 Howard Street, San Francisco, Ca, 94103

Línea de Apoyo

Website: <https://link-sf.com/locations/2c76842112>

Description of Services: Information, referrals, & counseling for general mental health, suicide prevention, & HIV/AIDS. Spanish only.

Specific Target Population: Spanish-speaking only

Languages Spoken (other than English): Spanish

Phone: (415) 989-5212

Toll Free Phone: (800) 303-7432

After Hours Phone: (415) 781-0500

Mental Health Association of San Francisco (MHA SF) People of Color Support Group

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

Description of Services: A weekly supportive group to discuss issues, strategies, and resources relevant to People of Color in our community, particularly during the crisis of COVID-19. Meeting every monday: 10:30 am-12:00 pm; currently being held on Zoom during COVID.

Phone: (415) 421-2926

Email (General): info@mentalhealthsf.org

Email (Support Groups): lisa-sun@mentalhealthsf.org

Address: 870 Market Street, Suite 928 San Francisco, CA 94102

NAMI SF BIPOC Support Group

Website: <https://www.namif.org/connection>

Description of Services: This is a peer support group held by NAMI SF specifically to create a safe space to support the needs of Black, Indigenous, and People of Color in San Francisco. The group meets monthly on the 2nd and 4th Fridays of the month, at 6PM PST.

Specific Target Population: Black, Indigenous, and People of Color

Email: danni@namif.org

NAMI SF Mental Health 101 Presentation

Website: <https://www.namif.org/mental-health-101>

Description of Services: Mental Health 101 is a program designed for community groups and organizations including religious organizations and centers of learning and support. This presentation is designed to end the stigma surrounding mental health by starting the conversation and providing an opportunity to learn about mental health conditions through an informative PowerPoint, personal testimony, and open Q&A. The presentation is designed for a variety of culturally diverse communities, and can be customized to fit the audience.

Specific Target Population: Religious organizations, community groups, diverse populations, schools and educational institutions

Email: natasha@namisf.org

PEERS

Website: <https://peersnet.org/>

Description of Services: PEERS is a diverse community of people with mental health experiences. Our mission is to promote innovative peer-based wellness strategies. We create culturally-rich, community-based mental health programs that honor diverse experiences and eliminate stigma and discrimination. We envision a world where people can freely choose among many mental health options that address the needs of the whole person. We see a future where people with mental health experiences are valued for their essential contributions to society.

Specific Target Population: BIPOC and other diverse communities in the Bay Area

Phone: (510) 832-7337

Address: 333 Hegenberger Road, Suite 250 Oakland CA 94621

Therapists of Color (TOC)

Website: <http://www.therapistsofcolor.org/directory.html>

Description of Services: Directory of BIPOC therapists in the Bay Area and throughout California.

General Resources:

American Society of Hispanic Psychiatry

Website: <http://www.americansocietyhispanicpsychiatry.com/>

Description of Services: Promotes the research, education, advocacy, and support for those in the Hispanic community. Offers a “Find a Physician” feature on their website.

Phone: (972) 613-0985

Email: francesrotonbell@gmail.com

Melanin & Mental Health

Website: <https://www.melaninandmentalhealth.com/about-us/>

Description of Services: Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.

Specific Target Population: Black & Latinx/Hispanic communities

Mental Health America’s Resources for Latinx/Hispanic Communities

Website: <https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health>

Description of Services: General mental health Spanish speaking resources, including a list of Spanish language materials and Spanish-language screening tools.

Languages Spoken (other than English): Spanish

NAMI’s Compartiendo Esperanza

Website:

<https://www.nami.org/Get-Involved/What-Can-I-Do/Become-a-Leader-in-the-Mental-Health-Movement/Compartiendo-Esperanza-Speaking-with-Latinos-abou>

Description of Services: A 90-minute program to increase mental health awareness in Latino communities by sharing the presenters' journeys to recovery and exploring signs and symptoms of mental health conditions. The program also highlights how and where to find help./

Compartiendo Esperanza: No Hay Salud Sin Salud Mental: Through stories and quotes, this booklet provides mental health information in a sensitive manner. Recovery is possible, and this booklet tells you where to find more information, seek help and be supportive. You can [preview the booklet for free](#) or buy hard copies through the [NAMI Bookstore](#).

Email: esperanza@nami.org

Psychology Today: Find a Hispanic and Latino Therapist

Website: <https://www.psychologytoday.com/us/therapists/hispanic-and-latino>

Description of Services: A directory of Latinx/Hispanic therapists.

Therapy for Latinx

Website: <https://www.therapyforlatinx.com/>

Description of Services: A database of therapists who either identify as Latinx or has worked closely with the and understands the unique needs of the Latinx community. The website is also offered in Spanish.

Languages Spoken (other than English): Spanish

The Steve Fund

Website: <https://www.stevelfund.org/>

Description of Services: The Steve Fund is the nation's only organization focused on supporting the mental health and emotional well-being of young people of color. The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs and strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information. With multicultural mental health experts it delivers on-campus and on-site programs and services for colleges and non-profits, and through tech partnerships it provides direct services to young people of color.

Specific Target Population: Young people of color

Phone: (401) 249-0044

Email: info@stevefund.org

LGBTQ Resources

Local Bay Area Resources:

Billy DeFrank LGBTQ+ Community Center

Website: <https://www.defrankcenter.org/virtual-groups>

Description of Services: Our mission is to provide a broad array of opportunities and programs, a dedicated and caring staff, a corps of volunteers, and a spirit of community that celebrates the many facets of our broad-based Lesbian, Gay, Bisexual and Transgender constituency. Variety of support groups currently being held virtually during COVID.

Phone: (408) 293-3040

Address: 938 The Alameda San Jose, Ca 95126

Castro Country Club

Website: <https://www.castrocountryclub.org/>

Description of Services: The Castro Country Club is a clean & sober gathering place for all people and a home for the queer recovery community. We endeavor to be a space where all can seek wisdom, serenity, courage and joy.

Specific Target Population: Queer recovery community

Phone: (415) 552-6102

Email: info@castrocountryclub.org

Address: 4058 18th Street, San Francisco, CA 94114

Community United Against Violence (CUAV)

Website: <https://www.cuav.org/>

Description of Services: CUAV works to build the power of LGBTQ (lesbian, gay, bisexual, transgender, queer) communities to transform violence and oppression, offering peer counseling, community leadership training, and more. As part of the larger social justice movement, CUAV works to create truly safe communities where everyone can thrive.

Phone: (415) 777-5500

Email: info@cuav.org

Address: 427 S Van Ness Ave San Francisco, CA 94103

Dimensions Clinic

Website: <http://www.dimensionsclinic.org/>

Description of Services: Mental health and/or substance abuse counseling, behavioral health services for queer youth to help lesbian, gay, bisexual, transgender, queer and questioning individuals lead healthy and connected lives, strengthening our diverse communities. By approaching health holistically and valuing the whole human experience, clients at Dimensions can have their mental health, as well as medical needs, supported all under one roof.

Specific Target Population: Members of the SF/Bay Area LGBTQ community ages 12–25

Languages Spoken (other than English): Spanish

Phone: (415) 934-7700

Address: 3850 17th Street San Francisco, CA 94114

Gaylesta

Website: <https://gaylesta.org/>

Description of Services: Mental health services including therapist referrals, education and consultation. Their members offer a wide range of specializations, allowing us to serve as a

unique resource both to the LGBTQ communities and to other service providers. They are the oldest and largest collection of individuals focused on LGBTQ mental health. They seek to provide a range of services, experience, specializations, and expertise. They work to promote awareness of the special skills our members have to offer the LGBTQ communities and the general public.

Phone: (415) 729-3996

Email: membership@gaylesta.org

Mailing Address: 584 Castro Street, #230 San Francisco 94114

LGBTQ Psychotherapists of Color

Website: <https://www.lgbtqpsychotherapistsofcolor.com/>

Description of Services: Directory of therapists specializing in LGBTQ+ and BIPOC clients.

LYRIC Center for LGBT Youth

Website: <https://lyric.org/>

Description of Services: Community mentorship programs, artistic residencies, medical support for trans youth, mentorship programs. LYRIC's mission is to build community and inspire positive social change through education enhancement, career training, health promotion, and leadership development with LGBTQ youth, their families, and allies of all races, classes, genders, and abilities.

Specific Target Population: Members of the SF/Bay Area LGBTQ community ages 12+

Phone: (415) 703-6150 x100

Email: lyricinfo@lyric.org

Address: 127 Collingwood Street San Francisco, CA 94114

Mental Health Association of San Francisco (MHA SF) Clearing House Support Group

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

Description of Services: This group is for LGBTQ seniors 55+ to share their struggles, strategies, and successes. It is led by those with lived expertise/ systems to overcome the challenges of living with clutter. Meeting first & third wednesday of every month from 12:30-2:00 pm; currently being held on Zoom during COVID.

Specific Target Population: LGBTQ seniors 55+

Phone: (415) 421-2926

Email (General): info@mentalhealthsf.org

Email (Support Groups): lisa-sun@mentalhealthsf.org

Address: 870 Market Street, Suite 928 San Francisco, CA 94102

NAMI SF Mental Health 101 Presentation

Website: <https://www.namif.org/mental-health-101>

Description of Services: Mental Health 101 is a program designed for community groups and organizations including religious organizations and centers of learning and support. This presentation is designed to end the stigma surrounding mental health by starting the conversation and providing an opportunity to learn about mental health conditions through an informative PowerPoint, personal testimony, and open Q&A. The presentation is designed for a variety of culturally diverse communities, and can be customized to fit the audience.

Specific Target Population: Religious organizations, community groups, diverse populations, schools and educational institutions

Email: natasha@namif.org

PEERS Sexuality And Gender Alliance Committee

Website: <https://peersnet.org/programs/saga/>

Description of Services: The Sexuality And Gender Alliance Committee advances health and wellness within the LGBTQ Community of mental health consumers. SAGA is affiliated with the Pool of Consumer Champions as the 13th POCC Committee. Beyond general support work, SAGA advocates for the LGBTQ community in the mental health system. Specifically, it

champions cultural awareness of LGBTQ specific concerns. Committee members create a welcoming environment that validates the LGBTQ wellness experience.

Email: karrington@peersnet.org

SF LGBT Center

Website: <https://www.sfcenter.org/>

Description of Services: Arts & culture, youth services, community programs, employment services, housing & financial services, information & resources. Their mission is to connect our diverse community to opportunities, resources and each other to achieve our vision of a stronger, healthier, and more equitable world for LGBT people and allies.

Specific Target Population: Members of the SF/Bay Area LGBTQ community ages 16+

Phone: (415) 865-5555

Address: 1800 Market Street, San Francisco, CA 94102

The LGBTQ Youth Space

Website: <http://youthspace.org/about-us/>

Description of Services: We are a community drop-in center and mental health program for lesbian, gay, bisexual, transgender, queer, questioning and ally youth and young adults ages 13-25 who live in Santa Clara County. Our space is open 3pm-9pm Monday through Friday. Our staff offer a safe and confidential space with: support groups, activism and leadership opportunities, connections to any resources you might need, and more. The LGBTQ Youth Space is a Program of Family & Children Services and Caminar. Services are free and confidential.

Specific Target Population: Folks between the ages of 13-25 insured through Santa Clara County based Medi-Cal or who are uninsured are eligible for counseling services.

Phone: (408) 343-7940

Video Phonenumber for Deaf and Hard of Hearing Services: (408) 899-5053

Email: YouthSpace@FCServices.org

Address: 452 South First St. San Jose, CA 95113

UCSF Behavioral Alliance Health Project

Website: <https://alliancehealthproject.ucsf.edu/>

Description of Services: Mental health services, substance use counseling, and general wellness of LGBTQ and HIV-affected communities. The goal of their services is to reduce the symptoms of mental illness or substance use that cause problems for our clients. They are a LGBTQ specialty mental health clinic offering a range of support services to help with problems caused by living with HIV, mental illness and substance use.

Languages Spoken (other than English): Cantonese, Mandarin, Spanish, Russian, ASL

Phone: (415) 476-3902

Address: 1930 Market Street San Francisco, CA 94102

General Resources:

American Psychological Association (APA) on Lesbian, Gay, Bisexual, and Transgender Health

Website: <https://www.apa.org/pi/lgbt/resources/lgbt-health>

Description of Services: The American Psychological Association (APA) provides countless educational and support resources on a range of LGBTQ topics

Association of LGBTQ+ Psychiatrists (AGLP)

Website: <http://www.aglp.org/>

Description of Services: Offers numerous resources for LGBT individuals experiencing mental health conditions and psychiatric professionals with LGBT clients.

Phone: (215) 222-2800

Email: info@aglp.org

National Center for Transgender Equality

Website: <https://transequality.org/>

Description of Services: Offers resources for transgender individuals, including information on the right to access health care.

Specific Target Population: Transgender individuals

Phone: (202) 642-4542

Email: ncte@transequality.org

SAIGE (Society for Sexual, Affectional, Intersex, and Gender Expansive Identities)

Website: <https://saigecounseling.org/>

Description of Services: The mission of SAIGE includes the recognition of both individual and social contexts presenting the confluence of race, ethnicity, class, gender, sexual orientation, ability, age, spiritual or religious belief system, and indigenous heritage. SAIGE delivers educational and support resources for LGBTQ individuals, as well as promoting competency on LGBTQ issues for counseling professionals.

The Gay and Lesbian Medical Association's Provider Directory

Website: https://glmainpak.networkats.com/members_online_new/members/dir_provider.asp

Description of Services: A search tool that can locate a LGBTQ-inclusive health care provider.

The LGBT National Help Center

Website: <http://www.glbtnationalhelpcenter.org/>

Description of Services: Offers confidential peer support connections for LGBT youth, adults and seniors including phone, text and online chat.

Lesbian, Gay, Bisexual and Transgender (LGBT) National Hotline: 1-888-843-4564

LGBT National Youth Talkline: 1-800-246-PRIDE (1-800-246-7743)

LGBT National Senior Talkline: 1-888-234-7243

Email: help@LGBThotline.org

The Trevor Project

Website: <https://www.thetrevorproject.org/>

Description of Services: A support network for LGBTQ youth providing crisis intervention and suicide prevention, including a 24-hour text line (Text “START” to 678678).

Specific Target Population: LGBTQ Youth

Phone: 1-866-488-7386

Senior Resources

Local Bay Area Resources:

Asian Pacific Islander (API) Legal Outreach—Senior Law, Elder Abuse, Disability Rights Project

Website:

<https://www.apilegaloutreach.org/programs/senior-law-elder-abuse-disability-rights-project/>

Description of Services: API Legal Outreach works to both to prevent abuse towards elders and people with disabilities and to assist survivors of abuse. We work closely with senior centers, churches, and senior meal sites to keep our services accessible. The Senior Law, Elder Abuse, Disability Rights Project offers legal services, elder abuse prevention, and training & technical support.

Specific Target Population: Focus on Asian seniors

Languages Spoken (other than English): Chinese, Japanese, Korean, Spanish, Tagalog, Vietnamese

San Francisco Phone: (415) 567-6255 (SF)

Oakland Phone: (510) 251-2846

San Francisco Address: 1121 Mission St. San Francisco, CA 94103

Oakland Address: 310 8th St., Suite 308 Oakland, CA 94607

Central City Older Adults Clinic (CCOA)

Website:

<https://sf-goso.org/health-treatment/outpatient-treatment/central-city-older-adult-clinic-health-treatment/>

Description of Services: CCOA is part of the Department of Public Health's Community Behavioral Health Services and provides psychiatric evaluation, medication management, crisis intervention, dual diagnosis treatment, schizophrenia support group facilitation, case management, and referrals. CCOA primarily serves adults over 60 and who reside in the Civic Center, South of Market and Tenderloin districts. Medi-Cal, Medicare, or no insurance accepted as well as sliding scale. Drop-In hours M-F, 9AM-4PM.

Specific Target Population: SF residents 60+ who live in the Civic Center, South of Market, or Tenderloin neighborhoods.

Languages Spoken (other than English): Spanish, Tagalog, Cantonese

Phone: (415) 558-5900

Address: 90 Van Ness Avenue, San Francisco, CA 94102

Counseling Services for Older Adults (part of Crisis Support Services of Alameda County)

Website: <https://www.crisissupport.org/programs/senior-counseling/>

Description of Services: For those older adults who are able to come to our North Oakland office, group, individual, couples, and family counseling are available. On-Site counseling services are provided on a sliding scale and based on annual income and number of household members. Proof of income is not requested and the fee is negotiable. No one will be turned away for lack of funds. Our Older Adult In-Home Counseling Program provides in-home

counseling, which includes emotional support and telephone follow-ups, to home-bound and/or socially isolated older adults who would benefit from weekly counseling and who otherwise would not have access to mental health services. There is no fee for In-Home Counseling services. Donations are accepted but not required to receive services.

Specific Target Population: On-site clients must be 55+. In-home clients must be 60+

Phone: 1-800-260-0094

Curry Senior Center Behavioral Health

Website: <https://curryseniorcenter.org/programs/>

Description of Services: Trained in behavioral health, Curry therapists foster dignity and respect for seniors who are in need of mental health and substance abuse counseling. Individual and Group therapy is offered in both programs. The Mental Health program specializes in working with older adults who are experiencing problems like depression, anxiety, grief and loss. The Substance Abuse program specializes in problems associated with long term substance usage through a harm reduction model of care. The programs are open to all seniors over the age of fifty-five or disabled who live at or below the poverty level and are a resident of San Francisco or have private insurance coverage.

Specific Target Population: 55+

General Phone: (415) 920-1351

Case Management Phone: (415) 292-1351

Email: info@curryseniorcenter.org

Address: 333 Turk Street San Francisco, CA 94102

Institute on Aging (IOA) Friendship Line

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Description of Services: The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls.

Phone: (800) 971-0016

Institute on Aging (IOA) Integrated Behavioral Health Services

Website: <https://www.ioaging.org/services/all-inclusive-health-care/psychological-services>

Description of Services: IOA's Integrated Behavioral Health Services offers a variety of counseling methodologies to address various issues for Seniors (such as loneliness, depression, anxiety, and feelings related to aging).

Phone: (415) 750-4111

Address: 3575 Geary Boulevard San Francisco, CA 94118

Mental Health Association of San Francisco (MHA SF) Clearing House Support Group

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

Description of Services: This group is for LGBTQ seniors 55+ to share their struggles, strategies, and successes. It is led by those with lived expertise/ systems to overcome the challenges of living with clutter. Meeting first & third wednesday of every month from 12:30-2:00 pm; currently being held on Zoom during COVID.

Specific Target Population: LGBTQ seniors 55+

Phone: (415) 421-2926

Email (General): info@mentalhealthsf.org

Email (Support Groups): lisa-sun@mentalhealthsf.org

Address: 870 Market Street, Suite 928 San Francisco, CA 94102

NAMI SF Mental Health 101 Presentation

Website: <https://www.namif.org/mental-health-101>

Description of Services: Mental Health 101 is a program designed for community groups and organizations including religious organizations and centers of learning and support. This presentation is designed to end the stigma surrounding mental health by starting the

conversation and providing an opportunity to learn about mental health conditions through an informative PowerPoint, personal testimony, and open Q&A. The presentation is designed for a variety of culturally diverse communities, and can be customized to fit the audience.

Specific Target Population: Religious organizations, community groups, diverse populations, schools and educational institutions

Email: natasha@namisf.org

Southeast Mission Geriatric Services

Website:

<https://sf-goso.org/health-treatment/outpatient-treatment/southeast-mission-geriatric-services-health-treatment/>

Description of Services: The goal of Southeast Mission Geriatric Services is to identify and serve individuals 60 years and older who, without mental health intervention and treatment, are at risk of hospitalization or institutionalization. Program accepts Medi-Cal, Medi-Care, Healthy San Francisco and indigent clients. In some situations, clients may have a co-payment based on income or requirement of their coverage provider. Eligible individuals are over the age of 60 and have several mental disorders, and those who are dually diagnosed who reside primarily but not exclusively in the Southeast area of San Francisco.

Specific Target Population: 60+

Languages Spoken (other than English): Spanish

Phone: (415) 337-2400

Address: 3905 Mission Street, San Francisco, CA 94112

General Resources:

Centers Disease Control and Prevention (CDC) Healthy Aging Program

Website: <https://www.cdc.gov/aging/mentalhealth/depression.htm>

Description of Services: Educational materials and treatment options about depression in aging adults.

Depression and Bipolar Support Alliance (DBSA) Coping With Mood Changes Later in Life

Website:

https://secure2.convio.net/dabsa/site/SPageServer/?pagename=education_brochures_coping_mood_changes

Description of Services: Educational materials and treatment options about mental health conditions and mood changes in aging adults.

Mental Health American (MHA) Preventing Suicide in Older Adults

Website: <https://www.mhanational.org/preventing-suicide-older-adults>

Description of Services: Educational materials, warning signs, and intervention options about suicide in aging adults.

National Coalition on Mental Health and Aging (NCMHA)

Website: <http://www.ncmha.org/>

Description of Services: The National Coalition on Mental Health and Aging (NCMHA) plays a leading role in policy analysis and development. The Coalition is committed to engaging and strengthening relationships with existing partners as well as cultivating new partnerships with leading local, state, and national health, behavioral health, and aging organizations. The Coalition provides a forum for sharing, learning and technical assistance for professionals in behavioral health, the aging network, consumer advocates, and government.

Phone: (202) 336-6046

Email: awatt@apa.org

National Council on Aging (NCOA) Behavioral Health Programs for Older Adults

Website:

<https://www.ncoa.org/center-for-healthy-aging/behavioral-health/behavioral-health-programs-for-older-adults/>

Description of Services: NCOA's compiled list of resources for behavioral health programs for seniors.

Phone: (571) 527-3900

National Council on Aging (NCOA) My Medicare Matters

Website: <https://www.mymedicarematters.org/>

Description of Services: Tool to help aging adults learn more about what mental health benefits are included in Medicare, along with provider recommendations.

National Institute on Mental Health (NIMH) Older Adults and Depression

Website: <https://www.nimh.nih.gov/health/publications/older-adults-and-depression/index.shtml>

Description of Services: Educational materials and treatment options about depression in aging adults.