

MENTAL HEALTH RESOURCES



Psychiatric Emergency Services (415) 206-8125

SF General Hospital provides assessment, general mental health services, intensive case management and medication support, seven days per week.

Mobile Crisis Team (415) 970-4000

Emergency evaluation and treatment for adults 18+. Mon-Fri: 11AM to 11PM. Sat, Sun & Holidays: 12PM to 8PM. Free for Medi-Cal clients, sliding scale for non-Medi-Cal clients.

National Suicide and Crisis Lifeline Dial 988

24/7 national network of crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress.

Westside Community Crisis

245 11th Street, SF, CA - (415) 355-0311
In-person drop-in clinic to stabilize residents in a mental health crisis and refer them to an appropriate source for follow-up treatment.
Monday-Friday from 8AM-2PM.

LGBT National Senior Hotline (888) 234-7243

Mon-Fri: 1pm to 9pm. Sat: 9am to 2pm.
Providing confidential peer support, information, and resources for older adults age 50+ by highly trained & dedicated LGBTQIA+ volunteers.

Crisis Text Line

Text HOME to 741741
Crisis doesn't just mean thinking about ending your own life. It's any painful emotion and anytime you need support. Compassionate Crisis Counselors standing by.

The Friendship Line (888) 670-1360

Free crisis intervention hotline and a warmline for non-emergency emotional support calls for older adults age 60+.

Trans Lifeline (877) 565-8860

Non-emergency peer support run by & for trans people. Connecting to community support & resources needed to survive & thrive.

San Francisco Community Behavioral Health Services

24-Hour Access Helpline: (415) 255-3737 or (888) 246-3333 or TDD (888) 484-7200
Non-emergency support. Services are available to residents of San Francisco who receive Medi-Cal benefits, San Francisco Health Plan members and to other San Francisco residents with limited resources. Services are approved and provided based on individual clinical need.

CONNECT + SUPPORT