

Mental Health & Wellness Community Resource List
Compiled by the Filipino Mental Health Initiative-San Francisco

The *Mental Health and Wellness Community Resource List* has been compiled by core members of the Filipino Mental Health Initiative of San Francisco (FMHI-SF), a program of the Filipino American Development Foundation, composed of Filipinx/a/o & Filipinx/a/o American identified clinicians, counselors, and mental health advocates based in San Francisco, CA. It is by no means an exhaustive list and is updated frequently. For questions regarding this document or to be added as a resource, contact Verma Zapanta (verma@bayanihancc.org).

**If emergency medical care is needed, please call 9-1-1 or go to the emergency room
of the nearest hospital.**

24-Hour Toll-Free Hotlines and Crises Stabilization Support

[National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255)

[San Francisco Suicide Prevention](#): 415-781-0500

[Safe & Sound: Parent Support Line](#): 415-441-KIDS (5437)

[Psychiatric Emergency Services Locations \(San Francisco\)](#)

[Crisis Stabilization Unit-Edgewood Center for Children and Families](#): 415-682-3278

Comprehensive Child Crisis: 415-970-3000 (includes site visits for youth 18 and under)

[SF Mobile Response Team](#): 1-877-305-8989

[SFDPH 24/7 Hotline for Mental Health Referrals](#): 415-255-3737

[Bay Area Mobile Crisis Response Team](#) Directory (211)

Youth/Teen Hotlines

- [California Youth Crisis Line](#): 800-843-5200
- [Huckleberry House](#) Teen Crisis Hotline: 415-621-2929
- [La Casa de las Madres](#): 1-877-923-0700
- [Trevor Project](#) LGBTQ Youth Hotline: 866-488-7386

Teletype Hotlines

- [24/7 Crisis Text Line](#): Text “MYLIFE” to 741-741
- [SF Suicide Prevention Text Line](#): 415-200-2920
- [Huckleberry House](#) Teen Crisis Text Line: 1-800-735-2929
- [La Casa de las Madres](#): Text 1-415-200-3575
- [National Eating Disorders Association](#) Crisis Text Line: Text “NEDA” to 741741

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- [Mental Health Association of San Francisco](#) Peer-Run Warm-Line: **Instant Messaging**
- [ACCESS Helpline](#): 415-255-3737 (*Helpline is able to communicate with callers in any language*)
- [Adult Protective Services](#): 415-355- 6700 or 800-814-0009
- [Alcoholics Anonymous](#): 415-674-1821
- [Asian Women's Shelter Crisis Line](#): 415-751-0880 or 877-751-0880
- [Child & Adolescent Sexual Abuse Resource Center](#): 415-206-8386
- [Comprehensive Child Crisis](#): 415-970-3800
- [Child Protective Services](#): 415-558-2650 or 800-856-5553
- [\(re\)MIND Early Psychosis Services for Transitional Aged Youth \(ages 14-35 yrs old\)](#)
415-386-6600
- [Employee Assistance Program](#): 628-652-4600 or 800-795-2351
- [Gamblers Anonymous](#): 855-222-5542
- [Helplink](#): 211 (*information about nonprofit health and human services*)
- [Institute on Aging Friendship Line](#): 415-752-3778 or 800-971-0016
- [La Casa de las Madres](#): 1-877-503-1850 (*Support for survivors of domestic violence, drop-in clinic available*)
- [McMillan Center](#) (SF Sobering Center): 415-241-1180
- [Mental Health Association of San Francisco Peer-Run Warm-Line](#): 1-855-845-7415
- Men's Crisis Line: 415-924-1070
- [Narcotics Anonymous](#): 415-621-8600
- [National Runaway Switchboard](#): 800-786-2929
- [Psychiatric Emergency Services at SF General Hospital](#): 628-206-8125
- [Rosalie House Domestic Violence Crisis Line](#): 415-255-0165
- [Safe & Sound](#) Parent Talk Line: 415-441-5437
- [Trans Lifeline](#): 1-877-565-8860
- [Westside Community Crisis](#): 415-355-0311

Filipino Family Resources in San Francisco

Behavioral Health & Case Management Services

- [Asian American Recovery Services, Inc.](#)
- [Bayanihan Equity Center \(formerly Veteran's Equity Center\)](#): 415-255-2347
- [Family Caregiver Alliance](#)
 - [Support Groups](#)
 - [A Caregiver's Guide to Coping with Stress & Burnout](#)
- [Filipino American Counseling and Treatment Team \(FACT\)](#): 415-836-1700
- [Filipino Community Center](#): 415-333-6267
- [Felton Institute: Transitional Aged Youth \(TAY 16-24 yrs old\) Acute Linkage Program](#):
415-642-4525
- [South of Market Health Center](#): 415-503-6000
- [Richmond Area Multi-Services, Inc.](#): info@ramsinc.org

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- [San Francisco Department of Public Health - Community Behavioral Health Services](#) (24-hour ACCESS line available in Tagalog)

Social Services, Health Education & Youth/Family Support

- [Filipino Education Center Galing Bata](#)
- Filipino Mental Health Initiative: [San Francisco](#) | [San Mateo](#) | [Solano](#)
- [Kababayan SFUSD \(Filipinx Educators' Group\)](#)
- [Mabuhay Health Center](#): 415-633-6421 (Telehealth services available)
- [United Playaz](#): 888-975-2929
- [South of Market Community Action Network](#): (415) 255-7693 (English), 415-552-5637 (Tagalog)
- [West Bay Pilipino Multi-Services Center](#): 415-431-6266

Additional CA County Mental Health Services

Alameda County Mental Health Services

- [Alameda County Mental Health Mobile Crisis–South](#): (510) 891-5600
- [Berkeley/Albany Mobile Crisis Team](#): (510) 981-5900

Contra Costa Mental Health Services

- [Contra Costa Crisis Center](#): (800) 837-1818
- [Mobile Crisis Response Team](#): Adults: (833)-443-2672, Minors: (877) 441-1089

Marin County

- [Mobile Crisis Response Team](#): (415) 473-6392

Santa Clara County

- [Behavioral Health Services of Santa Clara](#): (800) 704-0900, Option #2

Santa Cruz County

- [Santa Cruz County Mental Health Crisis Services](#)
- [MERT Mobile Crisis Response Team \(M-F, 8AM-4PM\)](#)
 - Youth & Adults: (800) 952-2335
- [Homeless Persons' Health Project](#)
 - 831-454-2080 or 800-731-4747 on weekdays. After hours, established patients only can call 831-454-5146.
- [Mental Health Client Action Network \(MHCAN\)](#)
 - Peer line at 831-469-0479

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Additional Mental Health & Wellness Resources

- [ACCESS Institute](#)
- **ALLICE** Kumares & Kumpares, also known as [Alliance for Community Empowerment](#), is a nonprofit all-volunteer organization dedicated to promoting healthier relationships, homes, and communities through education.
- [American Foundation for Suicide Prevention](#)
- [Asian Mental Health Collective](#) (*organizations and hotlines that raise awareness about mental health and offer support in the Asian community.*)
- **Bay Area Regional Health Inequities Initiative** ([BARHI](#)) is a coalition of 11 public health departments committed to advancing health equity.
- [Community Behavioral Health Services in San Francisco](#)
- [Community Well](#)
- [Contra Costa County Services | 24 Hour Hotlines/Crisis Counseling](#)
 - [Contra Costa Crisis Center \(On-site Mobile Grief Response Team\)](#)
 - [Substance Misuse Resources](#)
- [COVID-19/At Home Mental Health Resources](#)
- [Each Mind Matters \(EMM\) | Outreach materials](#) (*available in English and Tagalog*)
- [F.E.A.S.T.](#) (*support for parents of those with eating disorders*)
- [Filipino Family Health Initiative \(Los Angeles\)](#)
- [Heal SF](#) (*parent & caregiver support*)
- [Incredible Years Parenting Program](#)
- [Mabuhay Health Center: Mental Health Resources](#)
- [Medicare Plans: Patient Resource Center](#)
 - [Tagalog](#) | [English](#)
- [Mental Health Board of San Francisco \(Resource List\)](#)
- [Mental Health Association of San Francisco Behavioral Health Resource Guide \(2008\)](#)
- [Mental Health First Aid Training](#)
- [NAMI California](#), part of the National Alliance on Mental Illness, is a grassroots organization of families and individuals whose lives have been affected by serious mental health issues.
 - [NAMI an Francisco Mental Health Resource Guides \(2020\)](#)
- [National Eating Disorders Association](#)
- **National Equity Project** ([NEP](#)) aims to dramatically improve educational experiences, outcomes, and life options for students and families who have been historically underserved by their schools and districts.
- [Newcomers Health Program at Zuckerberg SF General Hospital](#) (*brochure*)
- [Project HEAL](#) (*supporting individuals with Eating Disorders*)
- **Public Health Awakened** is a network of public health professionals organizing for health, equity, and justice. The program is part of [Human Impact Partners](#), which brings the power of public health to campaigns and movements for a just society.
- **Race Forward** is home to the [Government Alliance on Race and Equity \(GARE\)](#), a national network of local governments working to achieve racial equity and advance opportunities for all.

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Race Forward publishes the daily news site [Colorlines](#) and presents [Facing Race](#), the country's largest multiracial conference on racial justice.

- [San Francisco Free Mental Health Chart \(updated March 2020\)](#)
- [San Francisco Substance Use Disorders Providers \(Programs\) Directory](#)
- [San Francisco Suicide Prevention Center](#)
- [San Francisco Unified School District \(SFUSD\) Mental Health Resources List](#)
- [SFUSD School Health Programs Office](#)
 - Nurse of the Day (NOD): 415-242-2615 (Monday-Friday, 8:30-4:30 pm)
- [Suicide Prevention Resource Center](#)
 - [Support for Suicidal Individuals on Social and Digital Media \(Toolkit\)](#)
- [Take Action for Mental Health](#) (Compiled by CA MHSA)
- [The National Queer Asian Pacific Islander Alliance](#)
- [The San Francisco Coalition of Asylee, Immigrant, and Refugee Services](#)
- [The Trevor Project](#)
- [Teen Health Law](#)
 - provides information on laws from minor consent and confidentiality to child abuse reporting, insurance regulations, and more. The site is designed to help health care providers understand the many laws that impact their work with adolescents.
- [Teen Health Rights](#)
 - Resource on teens' legal rights and responsibilities related to sex, pregnancy, and being a young parent in California.
- [Trans Lifeline](#)
- [Transgender Health | SF Community Health Center](#)
- [UCSF Practical Resources of Low Income & Other Groups](#)
- [UCSF Resources for Clinical Anxiety, Mental Health Issues, and Addiction](#)
- [UCSF Support Your Mental Health During COVID-19 & Other Crisis](#)
- [SF Youth Services During COVID-19](#)

Behavioral Health & Online Counseling Directories

Name
SF County Behavioral Health Services Providers List (for clients with Medi-Cal) English Tagalog
Mental Health Service Providers Licensed & Registers English Tagalog
Substance Use Providers Licensed & Registered Providers Directory English Tagalog
Private Providers Network: Licensed & Registered Providers Directory English Tagalog

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Therapinx Directory : Therapists & Healers for Filipina/o/x People
Asian Mental Health Collective
Parentline USF (for parents of children from pregnancy to 3 years old) 1-844-415-2229 parentline@usfca.edu
Mental Health Association of San Francisco (MHSA-SF) Counseling and Case Management Directory
New Perspectives Center for Counseling
Ayana Therapy
The Pacific Resiliency Center for Psychology, Wellness and the Arts
Therapists of Color
Therapy Den
Generative Somatics
Grateful Heart Holistic Therapy Center
Open Path Collective
QTOC (LGBTQ Therapists of Color)
Gaylestra
North Berkeley Couples Therapy Center
Center for Modern Therapy
CIIS: Integral Counseling Center at Church Street FLYER <ul style="list-style-type: none"> SF based, low-cost sliding scale Telehealth counseling services throughout CA
Sweet Mango Therapy
National Queer and Trans Therapists of Color Network

Suggested Readings

- [Brown Skin, White Minds: Filipino-American Postcolonial Psychology](#) by E.J.R. David, PhD
- [Filipino American Psychology](#) by Kevin Nadal, PhD
- [Filipinos, Colonial Mentality and Mental Health](#) by E.J.R. David, PhD

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- [National Forum on Filipino Mental Health Meeting Report](#)
- [NPR - How I Learned to Talk to my Filipino Mom about my Mental Health](#) by: Malaka Gharib
- [Preventing Filipino Mental Health Disparities: Perspectives from Adolescents, Caregivers, Providers and Advocates](#) by Dr. Joyce Javier
- [The Use of an Educational Video to Increase Suicide Awareness and Enrollment in Parenting Interventions Among Filipinos](#) by Dr. Joyce Javier

Suggested Readings via [Dr. Jei Africa](#)

- [The Body Keeps the Score](#), by Bessel Van Der Kolk, M.D., reveals how a group of therapists and scientists — alongside their patients — struggled to integrate advances in attachment research, brain science, and body awareness into treatments for trauma survivors.
- [So You Want to Talk About Race](#), by Ijeoma Oluo, carefully and closely examines race in America, providing ample material for meaningful conversations.
- [The Color of Law: A Forgotten History of How Our Government Segregated America](#), by Richard Rothstein, explains how segregation in the United States is the byproduct of biased government policies at the local, state, and federal levels.
- [How to Be an Antiracist](#), by Ibram X. Kendi, uses ethics, history, law, and science to help us rethink our most deeply held beliefs about race and reexamine the policies and larger social arrangements we support.
- [Between the World and Me](#), by Ta-Nehisi Coates, offers a powerful new framework for understanding our nation's racial history and current crisis.
- [Just Medicine: A Cure for Racial Inequality in American Health Care](#), by Dayna Bowen Matthew, presents an innovative plan for eliminating racial and ethnic biases in the U.S. health care system and saving the lives that they endanger.
- [My Grandmother's Hands: Racialized Trauma and the Path to Mending Our Hearts and Bodies](#), by Resmaa Menakem, is the first self-discovery book to delve into white body supremacy from the perspective of trauma and body-centered psychology.
- [I'm Judging You: The Do-Better Manual](#), by Luvvie Ajayi, compiles the blogger, activist, and comedian's essays into a modern manners guide that counters bad behavior with common sense.
- [Emergent Strategy: Shaping Change, Changing Worlds](#), by [adrienne maree brown](#), draws on science and science fiction for radical scenarios — societal, planetary, and self-help — designed to shape the futures we want to live.
- [Pleasure Activism: The Politics of Feeling Good](#), by [adrienne maree brown](#), challenges readers to rethink the ground rules of activism and change their mind-sets.
- [The Book of Joy: Lasting Happiness in a Changing World](#), by Dalai Lama and Desmond Tutu with Douglas Carlton Abrams, look back on their experiences of exile and oppression—and discuss how to find joy in the face of suffering.
- [Power and Love: A Theory and Practice of Social Change](#), by Adam Kahane, asserts that the two most common approaches to solving tough social problems — aggression or compromise —

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are fundamentally flawed, because the way forward is to combine the driving forces of power and love.

- [**American Psychosis: How the Federal Government Destroyed the Treatment System**](#), by E. Fuller Torrey, M.D., exposes how the dismantling of the institutions caring for people with serious mental illnesses, without ever replacing it, has had dire consequences for patients over the past 50 years.
- [**Love for Imperfect Things: How to Accept Yourself in a World Striving for Perfection**](#), by Haemin Sunim, a Zen buddhist teacher, shows us how taking better care of ourselves enables us to take better care of others.
- [**How We Show Up: Reclaiming Family, Friendship, and Community**](#), by Mia Birdsong, notes that beyond the injustices related to race, class, gender, values, and beliefs, what divides Americans today is our denial of our interdependence and need for belonging. Instead of leaning on one another, we've isolated ourselves out of fear and discomfort.
- [**Being Mortal: Medicine and What Matters in the End**](#), by Atul Gawande, delves into the health care system's shortcomings related to end-of-life care and dying — and suggests how to have those hard conversations with our loved ones to make sure we're truly looking out for their best interests.
- [**Stamped From the Beginning**](#), by Ibram X. Kendi, chronicles anti-Black racist ideas in American society and their immense power over the course of U.S. history.
- [**From What Is to What If**](#), by Rob Hopkins, asks why human imagination is on the decline and considers what we must do to revive and reclaim it in order to change the world for the better.
- **Racing to Justice: Transforming Our Conceptions of Self and Other to Build an Inclusive Society**, by [john a. powell](#), is a collection of meditations on race, identity, and social policy that challenges us to replace the attitudes and institutions that perpetuate suffering with those that foster relationships and allow us to transcend disconnection and separation.

Data & Statistics

- [American Foundation for Suicide Prevention: Suicide Statistics](#)
- [Centers for Disease Control & Prevention: Suicide and Self-Harm Injury](#)
- [Suicide Awareness Voices of Education SAVE: Suicide Statistics & Facts \(with additional downloads\)](#)
- [Suicide Prevention Resource Center](#)

Resources for Survivors of Suicide Loss

- [Grief Support Group](#) (San Francisco)
 - Facilitated by the [San Francisco Suicide Prevention](#) of the Felton Institute. Email sfsuicide@felton.org or call (415) 984-1900.
- “[Loss Survivors: How to take care of yourself](#)” written by the [Suicide Prevention Lifeline](#) of SAMHSA
- [American Foundation for Suicide Prevention](#)

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- [American Association of Suicidology](#) (202) 237-2280
- [Suicide Loss Support Series](#) with David Kessler

(The following resources are cited from the [Suicide Prevention Resource Center](#) website)

- **After A Suicide Resource Directory: Coping with Grief, Trauma, and Distress** <http://www.personalgriefcoach.net> | This online directory links people who are grieving after a suicide death to resources and information.
- **Alliance of Hope for Suicide Survivors** <http://www.allianceofhope.org> | This organization for survivors of suicide loss provides information sheets, a blog, and a community forum through which survivors can share with each other.
- **Friends for Survival** <http://www.friendsforsurvival.org> | This organization is for suicide loss survivors and professionals who work with them. It produces a monthly newsletter and runs the Suicide Loss Helpline (1-800-646-7322). It also published Pathways to Purpose and Hope, a guide to building a community-based suicide survivor support program.
- **HEARTBEAT: Grief Support Following Suicide** <http://heartbeatsurvivorsaftersuicide.org> | This organization has chapters providing support groups for survivors of suicide loss in Colorado and some other states. Its website provides information sheets for survivors and a leader's guide on how to start a new chapter of HEARTBEAT.
- **Parents of Suicides and Friends & Families of Suicides (POS-FFOS)** <http://www.pos-ffos.com> | This website provides a public message board called Suicide Grief Support Forum, a listserv for parents, a separate listserv for others, and an online chat room for survivors of suicide loss.
- **Tragedy Assistance Program for Survivors (TAPS)** <https://www.taps.org/suicide> | This organization provides resources and programs for people grieving the loss of a loved one who died while serving in the U.S. armed forces or as a result of their service. It has special resources and programs for suicide loss survivors.
- **United Survivors** <https://unitesurvivors.org/> | This organization is a place where people who have experienced suicide loss, suicide attempts, and suicidal thoughts and feelings, and their friends and families, can connect to use their lived experience to advocate for policy, systems, and cultural change.
- The four national suicide prevention organizations below have special sections of their websites containing a wide variety of resources for suicide loss survivors.
 - American Association of Suicidology
<https://www.suicidology.org/suicide-survivors/suicide-loss-survivors>
 - American Foundation for Suicide Prevention
<https://afsp.org/find-support/ive-lost-someone>
 - National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/help-yourself/loss-survivors>
 - SAVE
<https://save.org/what-we-do/grief-support/>
<https://save.org/find-help/coping-with-loss>

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Grief Support

- [“Getting Grief Right”](#) by Dr. Patrick O'Malley (book)
- [Teen Grief Packet](#) prepared by By the Bay Health of UCSF
- [Reimagine Community Resources](#) Online directory of grief support resources compiled by Reimagine
- [Grief.com](#) Online directory of grief support resources compiled by author and death and grieving expert, David Kessler

(The following resources are cited from “By the Bay Health’s Teen Grief Packet”)

- **By the Bay Health – Bereavement dept:**
 - San Francisco/San Mateo Office: SF, CA (415) 526-5699
 - Josie’s Place, San Francisco, CA (415) 513-6343
 - Pathways, South San Francisco and Sunnyvale, CA (888) 755-7855
- **National Resources To identify grief counseling resources outside of the Bay Area**
 - [The National Hospice and Palliative Care Organization](#) Helpline (800) 658-8898
 - [The Moyer Foundation](#) (206) 298-1217
 - [The Dougy Center: National Center for Grieving](#) (866) 775-5683
 - [Association for Death Education and Counseling](#) (612) 337-1808
 - [Hospice Foundation of America](#) (800) 854-3402
 - [National Alliance for Grieving Children](#) (866) 432-1542
 - [Healgrief.org](#) (888) 489-9654
 - [Tragedy Assistance Program for Survivors](#) (helping those grieving the death of a loved one serving in America’s Armed Forces) (202) 588-8277

Self-Help Resources & Other Teaching Tools

- [21 Emotional Regulation Worksheets & Strategies \(Positive Psychology\)](#)
- [Words Matter: Learning how to talk about suicide in a hopeful, respectful way has the power to save lives \(CAMH\)](#)