



San Francisco Mental Health Resource Pack

Crisis Resources



San Francisco Suicide Prevention:

<https://www.sfsuicide.org>

San Francisco Mobile Crisis:

<https://www.sf.gov/street-crisis-response-team>

Westside Community Services:

<https://www.westside-health.org>

NAMI Crisis Resource Guide:

https://www.namif.org/_files/ugd/31a641_5c93779f78954c4fbe655b8d8ef327aa.pdf

Serious Mental Illness + Family support

SF Non-Profit Organizations:

NAMI San Fransisco:

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

Mental Health Association of San Fransisco:

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

DBSA San Fransisco:

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

SF Treatment Options:

Hyde Street Community Services:

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

Lightfully:

<https://lightfully.com/>

Felton Institute (re) MIND:

<https://felton.org/early-psychosis/>

UCSF Weill Institute for Neurosciences:

<https://psychiatry.ucsf.edu/outpatient>

Dr. Mary Deyo:

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

Avery Lane | A Healing Center for Women:

<https://averylanewomensrehab.com/>

Children's Health Council:

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

General Outpatient Counselling Services - In person

Trust Mental Health Therapy:

<https://trustmentalhealth.com/>

Lightfully:

<https://lightfully.com/>

Health Right 360:

<https://www.healthright360.org/our-services/mental-health/>

Calm Again Counseling:

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

Bay Area CBT Center:

<https://bayareacbtcenter.com/>

Guidepost DBT:

<https://guidepostdbt.com/>

UCSF Alliance Health Project:

<https://alliancehealthproject.ucsf.edu/behavioral-health-services>

Children's Health Council:

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

The Davis Group:

<https://thedavisgroup.org/>

Mood/Anxiety Disorders

Resources

(treatment options in CA)

Pathlight Mood & Anxiety Center:

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

Rogers Behavioral Health:

<https://rogersbh.org/>

Eating Disorder Specific Resources

California Outpatient Therapists:

Yes To Therapy:

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

Cypress Wellness Collective:

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

Silver Lake Psychology:

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

Alternative Options:

<https://altoptions.com/>

Kindful Body:

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

Positive Change Counseling Center:

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

PsychED Recovery:

<https://www.psyched-recovery.com/services>

Beyond Measure:

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

Livity Treatment Center:

<https://livitytreatmentcenter.com/>

Headway Psychology & Counseling:

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

Eating Disorder Specific Resources

Intensive Treatment Options:

Eating Recovery Center:

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

Reasons Eating Disorder Center:

<https://reasonsedc.com/>

Sunol Hills:

<https://sunolhills.com/>

Equip:

<https://equip.health/>

National Non-Profit US Resources:

The National Alliance:

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

Project Heal:

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

ANAD:

<https://anad.org/get-help/about-our-support-groups/>

This list was created by:



**Eating
Recovery
Center**



**Pathlight.
Mood &
Anxiety
Center**

In partnership with:



**If you are in crisis you
should call or text 988**