FAMILY SUPPORT SERVICES

Mental Health Resources

Felton Institute San Francisco Suicide Prevention provides a 24-hour hotline for people experiencing mental health crises. 415-781-0500.

Institute on Aging offers a 24-hour friendship line for people 60 years and older, adults with disabilities and those feeling isolated. 800-971-0016.

Mental Health Association of San Francisco has a 24-hour peer-run line for nonemergency emotional support. 855-845-7415.

Headspace meditation app has a library of guided meditations.

Ten Percent Happier app offers guided meditations, coronavirus-focused sessions (free of charge) and a daily virus-focused livestream and Q&A.

The ***Virus Anxiety website*** has daily mantras, write-in mental health questions and calming online distractions.

East Bay Meditation Center has created online Sangha Self-Care Groups (special groups for POC, folks with disability, etc)

Headspace provides free meditations

University of San Francisco: Free counseling service for parents of children from pregnancy to 3 years old Parentline University of San Francisco.

Yale Center for Emotional Intelligence provides tips for you and your school community form.

The Center for Disease Control and Prevention (CDC) is providing information on managing anxiety and stress

Shine and Mental Health America has a Care for your Coronavirus Anxiety Toolkit, which provides resources for anxiety and your mental health in a global climate of uncertainty.

FAMILY SUPPORT SERVICES

Comprehensive Crisis Services. Crisis triage, assessments, and interventions. Open 24/7. 415-970-3800.

Psychiatric Emergency Services (PES). Open 24/7. 415-206-8125.

San Francisco Suicide Prevention Hotline. Peer support and suicide assessment. Open 24/7: 415-781-0500

Youth mental health support:

3rd Street Youth Center: While the clinic is closed, licensed staff continue to provide mental health support by phone, age 24 + under. Providers: Referral form here. Youth can self-refer by calling 415-728-4314.

Huckleberry Youth Programs 24/7 Teen Crisis Number: 415-621-2929

SF TAY Linkage: Connects TAY young people to behavioral health care and provides short-term services. Provider referrals: call 415-642-4525 or complete referral form

24-hr Child Crisis: (415) 970-3800 Operating, but only de-escalation and hospitalization (no welfare checks)

CPS 24hr Hotline: 800-856-5553

Safe & Sound SF TALK Line: 415-441-KIDS (415-441-5437)

Family Paths' Parenting Stress Helpline (1-800-829-3777) is available 24/7 with live counselors offering support to help Alameda County parents and caregivers with everyday parenting stress, as well as any concerns parents and caregivers have during this time of shelter in place; counseling offered in English and Spanish, with access to additional 400 languages via the Language Line; Counselors provide callers access to database of 900+ community resources, Family Paths' mental health services and supportive services, such as online parent education classes, Fatherhood & Co-parenting classes, and CalWORKs Welfare to Work case management.