

SF SLIDING SCALE THERAPY SERVICES

(Updated 3.7.14 please contact tmorris@sfaf.org with additions, corrections, suggestions)

1) Haight-Ashbury Psychological Services

2166 Hayes Street San Francisco, CA 94117 Neighborhood: NoPa
(415) 221-4211
hpsclinic.org

2) Access Psychological Services

Civic Center, San Francisco, CA 94102
(415) 861-5449
accessinst.org

3) Harm Reduction Therapy Center

315 Broadway (at 3rd St) Oakland, CA 94607 Neighborhood: Jack London Square
(415) 863-4282
harmreductiontherapy.org

4) Queer Life Space

2275 Market St, San Francisco, CA 94114
(415) 358-2000
www.queerlifespace.org

5) SF Therapy Collective

2275 Market St Ste E (between Sanchez St & 16th St) San Francisco, CA 94114 Neighborhood: Castro
(415) 659-8282
sftherapycollective.org

6) New Perspective Center for Counseling

5026 Geary Blvd (between 14th Ave & 15th Ave) San Francisco, CA 94118 Neighborhood: Inner Richmond
(415) 752-5275
sfnewperspectives.org

We provide both [long-term](#) psychotherapy as well as [shorter-term](#) counseling. New Perspectives therapists are experienced Interns, registered by the State of California, supervised by licensed clinicians. Mindfulness is a unifying principle of the therapy approaches offered at NPCC. Mindfulness is an attitude and a practice that helps people to pay attention to the present moment in an intentional and nonjudgmental way. Cutting-edge therapeutic approaches such as DBT and Hakomi use mindfulness as a cornerstone of their theory and method. Working from this foundation, at NPCC counselors learn to integrate the traditional insight-oriented approach of psychodynamic therapy with skills-based orientations such as CBT and DBT, as well as the body-centered work of somatic therapy and the symbolic work of expressive arts therapy. Some of our counselors are also trained in EMDR, a mind/body method of working with trauma. Many of the counselors at NPCC explore transpersonal, or spiritual, perspectives in their own personal development and are available to explore these dimensions with clients, if desired. Expressive Arts Therapy, Transpersonal Psychotherapy, The Hakomi Method, Somatic Psychotherapy, Cognitive Behavioral Therapy, DBT, Traditional Insight-Oriented Therapy.

California College of Integral Studies Community Programs:

7) The Center for Somatic Psychotherapy

220 Montgomery (at the corner of Bush Street)

Suite 600 (Administrative Office Suite 692)

San Francisco, CA 94104

Phone: 415.217.8895

A part of the Bay Area mental health community since 1991, the Center for Somatic Psychotherapy specializes in body-oriented, psychodynamic, and developmental approaches. At one of the few body-oriented mental health clinics in the country, our [therapists](#) work with a variety of life's challenges including: Relationship Issues, Psychosomatic Issues, Life Transitions, Depression, Anxiety, Stress, Grief and Loss, Trauma and Abuse, Personal Growth

<http://www.somaticpsychotherapycenter.org/index.html>

8) Golden Gate Integral Counseling Center

507 Polk Street, Suite 450 (Between Golden Gate Avenue and Turk Street) San Francisco, CA

Phone: 415.561.0230 Email: goldengateicc@ciis.edu

The Golden Gate Integral Counseling Center provides caring, professional psychotherapy and counseling in a relationship of trust and respect to individual adults & children, couples, families, and groups. Integral \in-ti-gr \: 1) essential to completeness 2) composed of integral parts: integrated 3) lacking nothing essential: entire Golden Gate Integral Counseling Center is dedicated to offering high-quality, affordable psychotherapy and counseling to individuals, couples, and families in the San Francisco Bay Area community. The center provides a supportive and inclusive environment and services designed to facilitate healing during times of emotional stress, confusion, and pain. We can assist you with: Relationship and family struggles, Grief and loss, Trauma Depression, and anxiety, Personal growth and spirituality, Identity issues, Life transitions, Questions of sexuality and/or gender identity. Our therapists' approaches are tailored to each unique client and recognize the desire of individuals to find answers within themselves. We provide caring, professional psychotherapy and counseling in a relationship of trust and respect. The foundation of our practice is an integral model, in that we see each person as essentially whole and include all aspects of the person in the healing process.

Individual therapy: Individual therapy or counseling includes meeting with a therapist face to face for the purpose of reducing internal suffering from behavior, feelings, beliefs, relationships or past experiences. In addition, ongoing psychotherapy is a common and useful means of personal growth and self-actualization. Clients meet their therapist in our Center each week. During times of crisis or deep inner-work, clients may choose to meet their therapist twice per week.

Couples therapy: Couples therapy helps couples — married or not — understand and resolve conflicts and improve their relationships. Couples counseling gives couples the tools to communicate better, negotiate differences, problem solve and even argue in healthier ways. Ineffective/damaging communication, Repetitive fights and/or withdrawal, Problems with intimacy and trust, Feelings of betrayal Questions about commitment, Desire for premarital counseling, Sexual difficulties, Substance abuse and codependency, Current life crises and stressful life transitions, Cross cultural issues Parenting issues, Assistance with separation, divorce and co-parenting

Group Therapy: Group therapy is a type of psychotherapy that involves one or more therapists working with several people at the same time. Groups can help clients recognize they are not alone in their struggles. Groups can be as small as three or four people or as large as twelve (or sometimes more) participants. Groups typically meet once each week for an hour or two. Please check the links for our current group offerings.

Call Us: 415.561.0230

<http://goldengatecounseling.org/>

California College of Integral Studies Community Programs continued:

9) [Integral Counseling Center \(Pierce Street\)](#)

A nonprofit counseling center dedicated to providing affordable psychotherapy to residents of the San Francisco Bay Area. Our therapy is tailored to honor and respect the uniqueness of each individual. We pay particular attention to clients' desires to find answers within themselves, while also offering our professional expertise and direction in a collaborative effort toward healing.

2140 Pierce Street San Francisco, CA 94115

415.776.3109

<http://www.integralcounseling.org/> integralcounseling@gmail.com

10) [Integral Counseling Center \(Church Street\)](#)

Our therapists take an integral approach to healing that recognizes the interrelationships among mind, body, and spirit. Our affordable approaches emanate from traditional disciplines as well as contemporary humanistic and transpersonal psychologies, including Gestalt, narrative therapy, psychosynthesis, and dreamwork. We also use dreamwork, Hakomi, psychosynthesis, and existential counseling to assist our clients. Our services are reasonable priced and open to everyone. We support clients in the exploration of: Relationship Concerns, Anxiety and Stress, Depression, Loneliness, Family Problems, Abuse Issues, Grief and Loss, Life Transitions / Crises, Occupational Concerns / Choices, Sexuality / Body Image, Personal Growth / Spiritual Issues

1782 Church Street

San Francisco, CA 94131 ([get map](#))

Phone: 415.648.2644

<http://www.integralcounselingcenter.org/>

11) [Psychological Services Center](#)

At the Psychological Services Center we view psychotherapy as an intermittent lifelong process where individuals seek services for varying periods of time as the need arises. Our service model holds brief and longer-term therapy as being equally valuable, where length of therapy and the treatment approach are determined by the presenting concerns as well as client preference. We provide short- and long-term therapy to individuals and couples. We also offer support and therapy groups (please [contact us](#) for information on current groups).

We offer Psychological Assessment services for individuals seeking personality and cognitive testing, as well as academic, vocational, and diagnostic assessment. We work in collaboration with clients, referring therapists, and other mental health professionals. Our therapists in training work with a variety of issues and can help clients gain understanding and tools to deal with the following challenges: General Emotional-Psychological Issues, Life Transitions, Recovery, Stress and Anxiety, Depression, Creativity, Relationships, Grief and Loss, Sexuality, HIV and AIDS, Alcohol and Chemical Dependency, Spiritual Development, Self-Esteem, Intimacy, Conflict Resolution

507 Polk St, Suite 420 San Francisco, CA 94102

<http://psychservicescenter.com/>

OTHER MENTAL HEALTH RESOURCES IN SF

Access Line (Community Behavioral Health Services - CBHS). (888) 246-3333 (toll-free), 255-3737, or (888) 484-7200 (TDD). M-F 8am-5pm or leave message 24 hrs. Information & referral for all outpatient mental health services (therapy, case management, emotional support, and medication management) offered by CBHS (neighborhood clinics, groups, psychologists & psychiatrists). Call for initial phone screening to determine financial & clinical eligibility. *\$0-full bill, SFMediCal, Medicare, Healthy SF accepted.* English, Arabic, Cantonese, French, Mandarin, Portuguese, Spanish & Tagalog; other languages by telephone interpreter.

Bayview Hunters Point Foundation—Integrative Behavioral Health Services. 5815 3rd St. (at Carroll). 822-7500. Call M-F 9am-5pm for intake appt. For the severely mentally ill. Individual & family therapy, coordination with schools, preventive consultation with schools & agencies, medication monitoring, alcohol and drug abuse counseling, information, & referrals. *MediCal, \$0-full bill.* English, Spanish, Mandarin.

Community Wellness Department (Native American Health Center). 333 Valencia, Ste240 (bet 14th & 15th St). 503-1046. Call M-F 9am-5pm. Substance abuse counseling, traditional counseling, talking circles, children/youth services & case management. Waiting list for some services. *Free.* English.

Depression & Bipolar Support Alliance of SF (DBSA). St. Francis Memorial Hospital, 900 Hyde (at Pine), Lower Level, conference Rooms B & C. 995-4792. Drop-in peer support group for those who suffer from depression or bipolar disorder: Mon 6:45-8:15pm, Sa 1:30-3pm. Young adult meeting (ages 18-30), 1st & 3rd M (Jan 6, 20; Feb 3, 17; Mar 3, 17), 6:45-8:15pm. Support group for friends & family: 1st & 3rd M of month (see above), 6:45-8:15pm. *Free. Donation requested, not required.* English only.

Disability Rights California. 510-267-1200. 1330 Broadway (near 13th St), Suite 500, Oakland. Call or drop in M-F 9am-5pm. Legal representation & advocacy for people with psychiatric, physical & developmental disabilities. Referrals, advocacy training, technical support for family members & advocates. Help with Special Education & various other legal issues. Can do most work over the phone. *Free.* English, Spanish, other languages available.

Ferguson Place. A transitional residential treatment program for adults who are diagnosed with mental illness, drug addiction, & HIV/AIDS. Call 864-1515 (M-F 9am-5pm) for assessment. *Pay 30% of income, Free if no income.* English, Spanish. Other languages may be available by request.

VIOLENCE PREVENTION

Community United Against Violence (CUAV). 427 S. Van Ness (bet 15 & 16 Sts). 333-4357. For LGBTQQ survivors of domestic violence, hate violence, or sexual assault. Call for intake. Groups W 5-8pm (dinner at 5pm). Emotional support, safety planning, resources and referrals, advocacy, organizing, education. *Free.* English, Spanish.

Glide Men in Progress Breaking the Cycle. 330 Ellis (at Taylor), Freedom Hall. 674-6189 (ask for Ray). Drop-in support for men overcoming violence: Tu 5-8pm; advanced group: Th 5-8pm. *Free.* English only.

Glide Women's Center Domestic Violence Program. 330 Ellis (at Taylor), 101A. 674-6023. Drop-in support and counseling for women Tu-F 9-10:30am followed by breakfast. Tu: stress reduction; W: harm reduction, domestic violence, codependency, substance abuse; Th: healthy relationship; F: Finding our Voices/Defending our Lives. W 3:30-4:30: Healing through Negro Spirituals, soul food meal. *Free.* English only.

SERVICES FOR SURVIVORS

Adult Survivors of Child Abuse (ASCA) Morris Center. Self-help meetings for adult survivors of physical, sexual & emotional child abuse. Tu 6:30-9pm, 501 Castro, 2nd floor; 689-4076; <castroasca.org>. Th 6:30-8:30pm; Mission Police Station Community Room, 630 Valencia St.; 885-9567; *Donation requested but not required.* English only.

LATE NIGHT OR 24 HOUR SUPPORT

Night Ministry. 441-0123. Non-judgmental, compassionate, comprehensive crisis counseling, referrals &, when requested, intervention (e.g. in domestic violence cases). Call 10pm-4am any night of the year to talk to a volunteer counselor, or ask for a minister, priest or rabbi to call you back &, if you like, meet you in person anywhere in SF. *Free.* English; Cantonese, German, Mandarin, & Spanish available on request.

AIDS / HIV Nightline. 434-2437 or (800) 628-9240. TDD: 227-0245. www.sfsuicide.org (live chat M-F 3-11pm). Nightly phone counseling 5pm-5am. *Free.* English; other languages by request.☒

YOUTH SERVICES

California Youth Crisis Line. (800) 843-5200. <www.youthcrisisline.org>. For all California at-risk youth and their families. Crisis intervention, 24hr counseling line, information & referrals; conference calls to guardians & services; message center for guardians & children. Anonymous & confidential. *Free.* English, Spanish, other languages on request.

Dimensions Clinic for Queer and Questioning Youth. 3850 17th St (at Pond). 934-7757. Call M-F 8am-5pm for intake appt. Mental health services for LGBTQIQ youth 12-25 years old. Medical care available. Transgender and gendervariant support group Th 6:30pm. *Healthy SF, private insurance, \$0-full bill.* English, Spanish; other languages by telephone interpreter.

ELDER SERVICES

FSA Geriatric Services (CBHS). 6221 Geary Blvd (at 26th Ave), 386-6600; 1010 Gough (at Eddy), 474-7310. For SF seniors 60+ only. Call M-F 9am-5pm for initial comprehensive assessment. Individual counseling. Various outpatient groups, peer counseling, crisis intervention, case management, psychiatric evaluation, medication monitoring, day socialization program, home visits. Substance abuse counseling for seniors with coexisting mental health issues. *\$0-full bill.* Gough St.: English, Japanese, Korean, Mandarin, Spanish. Geary Blvd.: English, Cantonese, Russian, Vietnamese.

IF YOU NEED HELP call 911 or a 24 HOUR HOTLINE

24 Hour Crisis Line: (415) 781-0500

HIV Nightline: (415) 434-AIDS / 1-800-273-AIDS

Linea de Apoyo: (415) 989-5212 /1-800-303-7432

Drug Information Line: (415) 362-3400

Relapse support Line: (415) 834-1144

San Francisco General Psychiatric Emergency Services 415-206-8125

DORE URGENT CARE CENTER (DUCC) Psychiatric Emergency Service 415-553-3100

Pet Poison Help Line 24/7 Animal Poison Control Center 800-213-6680

Talk Line Family Support Center Line Call us 24 hours a day, 7 days a week at 415-441-KIDS (5437)

DORE URGENT CARE CLINIC: Community Based Crisis Intervention & Assessment Center

Open 24 Hours a Day 7 Days a Week 365 Days a Year

415 553 3100

52 Dore Street (Howard/Folsom & 9th/10th)

Dore Urgent Care Clinic is designed to offer clinical intervention for an individual who is experiencing an escalating psychiatric crisis and who requires rapid engagement, assessment, and intervention in order to prevent further deterioration into an acute crisis or grave disability.

Dore Urgent Care Clinic helps with: people experiencing a mental health crisis. Dore is an alternative to involuntary hospitalization for people willing to stay voluntarily and participate in interview and assessment. Dore serves people who are possibly having suicidal thoughts or plans but are able to contract for safety. Dore serves people who are medically stable and non-violent and able to contract no harm to self or others.

Self refer (go in or call) or get a referral through your doctor, mobile crisis team, emergency departments, other programs in SF, and the SFPD.

Dore Urgent Care Clinic is a 14 bed crisis residence. It's small, so sometimes its full and if you are in serious crisis you will be referred to Psychiatric Emergency Services.