

Medical Care

Denti-Cal Providers

800-322-6384

Dentists located throughout SF. Call to find provider

https://www.dental.ca.gov/DC_documents/beneficiaries/provider_referral_list/SanFrancisco.pdf

Languages: 13

Cost: Varies

Lists SF dentists who accept denti-cal insurance payments.

Medi-Cal Application Point

415-558-4700 or 855-355-5757

1440 Harrison St., S.F. CA. 94103

www.Mybenefitscalwin.org SFMediCal@sfgov.org

Languages: 1, 2, 3, 7, 9, 13

Cost: Varies

Entry point to enroll in Medi-Cal application process. Medi-Cal provides healthcare insurance to low-income Californians.

SF Free Medical Chart

415-648-3222 for updates

No public access

www.freeprintshop.org/medical_english.pdf

Languages: 1, 2, 5, 6, 7

Cost: Free

Lists wide range of medical facilities offering services ranging from urgent care to acupuncture. Chart available for print-out

Mental Health Services

S.F. Behavioral Health Access Line (S.F. Dept. of Public Health)

888-246-3333 or 415-255-3737

Cost: Free

1380 Howard St., 1st Floor S.F., CA. 94103 (at 10th St)

<http://www.sfdph.org/dph/comupg/oservices/mentalHlth/CBHS/>

Languages: 1, 2, 3, 6, 13

The Access Line gives 24-hour referrals for a full-range of specialty behavioral health providers throughout SF & is the entry point to mental health services in the City & CO.

SF Mental Health Chart

415-648-3222

No public access

Languages: 1

Cost: Free

www.freeprintshop.org/download/mental_english.pdf

12-page printable booklet of mental health resources in SF.

Comprehensive booklet full of dozens of free services.

Other Resources

211 United Way Bay Area

call 211

No public access

Language: 13

Cost: Free

www.uwba.org

24-hour referral line for hundreds of non-profit organizations providing social services throughout the Bay Area.

SF Human Services Agency

Main # 311 or 415-557-5000

or 415-558-1000

Call first to be directed to the correct agency & location.

www.sfhhsa.org

Languages: 1, 2, 5, 6, 9

Cost: Prices vary

Entry point to receive a variety of social services in SF from General Assistance Funds to Medi-cal Health care insurance etc.

S.F. Public Library

415-557-4400

Branches with computer access available throughout the city.

www.sfpl.org

Languages: 1

Cost: Free

Library cardholders may use branch computers for two hours per day for free. There are also various free computer classes teaching adults & seniors how to use computers.

Vocational Services

The Mental Health Assoc. of SF – PROPEL 415-421-2926 X 309

870 Market St. SF CA. Ste. 781

Cost: Free

www.mentalhealthsf.org

Language: 1, 2

Provides full spectrum support to consumers & their families who are interested in jobs in Public Mental Health. Website has referrals to other Voc. Svcs. www.sfresourceconnect.org

SF Vocational Co-Op Services

415-255-3664

1380 Howard St. SF CA

Language: 1, 2, 3, 4, 8, 9

<http://bot.u/SFVOC>

Cost: Free

Collaborates with CA. Dept. of Voc. Rehab. Supports people with mental health issues in work preparation, placement, & retention. Offers jobs within a Co-Op of multiple agencies.

Language Key

1 English 2 Spanish 3 Cantonese 4 Mandarin 5 Tagalog

6 Vietnamese 7 Japanese 8 Russian 9 French 10 Greek

11 German 12 Other 13 Third Party Translation Services

Top 25 San Francisco Community Resources List

This is a reference guide to a variety of helpful services throughout San Francisco. Many of the following agencies provide resource lists of referrals to additional organizations.



870 Market Street, #928, S.F., CA 94102

415-421-2926

www.mentalhealthsf.org

(In cooperation with)



**San Francisco
Health Network**

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

Behavioral Health Services

Mental Health Services Act

1380 Howard St., San Francisco, CA 94103

888-246-3333 www.sfdph.org

(See LANGUAGE KEY on the back panel)

Call 415-421-1880 for updates to this flyer (7/11/18)

Aging & Disability Services

Adult Protective Services (APS) 415-750-6700
24-hour Abuse Report Line No Public Access
<http://www.sfhsa.org/138.htm>
Languages: 1, 2, 3, 4, 6, 7, 8, 9, 10, 11, 12 **Cost:** Free
APS investigates various types of abuse (including self-neglect), for seniors & persons with disabilities.

In-Home Supportive Services (IHSS) 415-355-6700
no public access **Languages:** 1, 2, 3, 4, 6, 7, 8
<http://www.sfhsa.org/137.htm> **Cost:** Sliding Scale
They provide funding for seniors & people with disabilities to hire a worker/assistant referred by IHSS or client.

The Institute on Aging 415-750-4150
Resource Centers throughout SF
www.ioaging.org
Languages: 1, 2, 3, 8, 12 **Cost:** Varies
Each Senior Resource Center provides a wide range of services for seniors & adults with disabilities.

Emotional Support-Talk Line/Face-to-Face (Referrals)

The Friendship Line 415-750-4111 (info) 800-971-0016 hotline
No public access **Language:** 13 **Cost:** Free
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>
24-hour Chat Line providing emotional support & medication management, etc., to seniors & adults with disabilities.

The Mental Health Association of San Francisco Warm-Line
415-421-2926 main number 855-845-7415 Warm-Line
No public access www.mentalhealthsf.org
Languages: 1, 2, 3, 4 **Cost:** Voluntary contributions only
Warm Line is staffed by peer-professionals with mental health challenges who seek to assist others. Resource list on www.sfresourceconnect.org.

Emotional Support (continued)

SF Night Ministries 415-441-0123 10pm to 4am daily
No public access www.sfnightministry.org
Languages: 1, 2 **Cost:** Free
Phone Crisis counseling including domestic violence.
Counselors & pastoral providers will also meet callers anywhere in SF for Face-to-Face session. They offer referrals.

S.F. Suicide Prevention Hotline 415-781-0500 24-hrs (Suicide)
415-362-3400 24-hrs (Drug & alcohol referral & support svcs)
No public access www.suicide.org
Languages: 1, 2 **Cost:** Free
Provides Chat lines for Suicide Prevention, Drug/ Alcohol & mental health counseling. Provides referrals to a wide range of services.

TALK Line 415-668-0494 info 415-441-5437 24-hour hotline
1757 Waller St. SF, CA & 3450 3rd St. SF, CA
www.safeandsound.org
Languages: 1, 2 **Cost:** Free & Low-cost
Phone & Face-to-Face Counseling. Free Childcare while parent on premises. Computer Access. Specializes in kids exposed to violence. Parenting workshops. Tues. Family Dinner.

Legal Assistance

Bay Area Free Legal Aid 415-982-1300 (SF Office) 800-551-5554
1800 Market St. 3rd Floor, S.F. CA. 94102
<https://baylegal.org>
Languages: 1, 2, 4, 5, 7, 9 **Cost:** Free to low-income people
Addresses legal matters from immigration, economic justice, access to health care, domestic violence & housing, etc.

Eviction Defense Collaborative (415) 947-0797
1338 Mission St. (between 9th & 10th Streets) S.F. CA
<http://www.evictiondefense.org>
Languages: 1, 2, 5 **Cost:** Free & Low-cost services
Assists in filing legal papers upon receipt of a summons & 5-day notice or unlawful detainer. *COME IN* within 5 days (including week-ends) of receipt of paperwork. Provides 1 time loans for housing.

Low-Income and Homeless Services

SF Free Eats Chart 415-648-3222 for updates
No public access **Languages:** 1, 2 **Cost:** Free
www.freeprintshop.org/download/eats_english.pdf
Printable list of FREE meals Available in each SF neighborhood.

SF Free Pantry Chart 415-648-3222 for updates
No public access **Languages:** 1, 2 **Cost:** Free
www.freeprintshop.org/download/pantry_english.pdf
Lists Food Pantries and other food sources based on SF Neighborhood. Provides info on Food Stamps. Print-out available.

SF Free Shelter Chart 415-648-3222 for updates
Locations throughout SF
http://www.freeprintshop.org/download/shelter_english.pdf
Languages: 1, 2 **Cost:** Free
Lists shelters & other temporary housing based on neighborhood & category, i.e., families, women, men, etc.

SF Municipal Transit Authority call 311
SFMTA Customer Svc. Ctr., 11 So. Van Ness Ave., S.F. CA.
<https://www.sfmta.com/fares/free-muni-seniors>
Language: 13 **Cost:** Prices vary
Highlights fare benefits for seniors & persons with disabilities for SF MUNI system. Many riders qualify for Free fares.

SF Project Homeless Connect 415-503-2123
25 Van Ness Ave. Ste. 340 www.projecthomelessconnect.org
Languages: 1, 2 **Cost:** Free & low-cost
Resource list of services throughout SF. Hosts events for people who have low-income or are homeless, providing healthcare, eye glasses, veterinary care, massages, haircuts, food, etc.