

## Resources for Emergencies

### 9-1-1

Dial 9-1-1 for any emergency assistance.

### SF DPH Mobile Crisis Treatment Team

**(415) 970-4000**

8:30am – 11:00pm Monday – Friday

12pm – 8pm Saturday

Anyone, including clients, can call for an evaluation of a psychiatric crisis in the community. Will see clients in the home or elsewhere, including the street, regardless of insurance status.

### ZSFG Psychiatric Emergency Services

**(415) 206-8125**

1001 Potrero Avenue

24 hours a day, seven days a week.

Evaluation for hospitalization/legal hold.

### Westside Integrated Services - Community Crisis Clinic

**(415) 355-0311 x1200**

245 11th Street (at Howard)

8:00am – 6:00pm Monday – Friday

9:00am – 5:00pm Saturday

Drop-in only. No appointments.

First come, first served.

Clients should go early to be seen (around 7 am). Provides services in English. Translation services available. Only serves San Francisco residents. Does not accept private insurance.

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## Child Protective Services

### SF Human Services Agency - Child Abuse Reporting

**(415) 558-2650 or 1-800-856-5553**

24 hours a day, seven days a week.

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## Online Resources

### Postpartum Support International

[www.postpartum.net](http://www.postpartum.net)

Promotes awareness, prevention and treatment of perinatal mood disorders. Helps women access information, social support and informed professional care. Website directs to regional coordinators to help with local resources. There is also a “Chat with the Expert” line that covers various postpartum topics. See website for schedule.

## Telephone Counseling

### Suicide Prevention

**(415) 781-0500 or 1-800-273-TALK**

24 hours a day, seven days a week.

Trained volunteer counselors provide crisis telephone counseling, information, and referral.

### Postpartum Support International - Postpartum Depression Stressline

**1-800-944-4773**

9:00am – 9:00pm Everyday

Free and confidential telephone support and referral to medical providers and support groups for women experiencing postpartum blues, depression, and anxiety. Call and leave a message and they will return your call within 24 hours. Provides services only in English. For more information visit: [www.postpartum.net](http://www.postpartum.net)

### TALK Line Family Support Center Parental Stress Line

**(415) 441-KIDS or (415) 441-5437**

Phone hours: 24 hours a day, seven days a week.

1757 Waller Street (between Stanyan and Shrader)

Drop-In: 10:00am - 2:00pm Monday-Thursday

By Appointment:

9:00am - 8:30pm Monday-Thursday

9:00am - 5:00pm Friday

Parental stress, child abuse prevention, emergency respite care, single parent network, parents’ group, crisis counseling, substance abuse services and ongoing therapy. Childcare is available starting at 10:00am.

<http://talklineforparents.org>

### National Perinatal Hotline - Postpartum Moms’ Line

**1-800-773-6667**

24 hours a day, seven days a week.

Provides counseling and referrals for women experiencing postpartum depression. Provides services in English and Spanish.

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## Support Groups

### The Afterglow: A Postpartum Support Group for New Moms (UCSF)

**(415) 353-2667**

10:30am - 12:00pm Tuesdays.

Learn about the “Baby Blues.” Practice self-care, relaxation techniques, and yoga. Discuss the highs and lows of motherhood with other new parents.

Fee: \$150 per six session series. Sliding scale available.

<http://www.whrc.ucsf.edu/whrc/gex/afterglow.html>

You do not have to be a patient of UCSF to attend.

## Community Resources

### Public Health Nursing – Women & Children’s Referral Line

**1-800-300-9950**

8:00am – 5:00pm Monday – Friday.

Home visits to high-risk prenatal and postpartum women and chronically ill children. Services in English, Spanish, & Chinese.

### Infant Parent Program

**(415) 206-5270**

1001 Potrero Ave., Building 5, 6B

8:00am – 5:00pm Monday – Friday.

Intensive mental health services to children at risk. Birth to age 3. Home visits by professional staff. Provides individual psychotherapy treatment. Focus on mother-baby relationship. Serves only San Francisco residents with Medi-Cal.

### UCSF Pregnancy and Postpartum Mood Assessment Clinic

**(415) 353-2566**

8:00am – 5:00pm Monday - Friday

UCSF Outpatient Obstetrics Clinic

1825 Fourth Street, Third Floor

Evaluations for pregnant and postpartum patients who may be suffering from depression/anxiety. Treatment referrals made to therapists and for medication, resources, and support groups in the greater Bay Area. Provides education and counseling on postpartum depression for women and their partners.

Serves only UCSF patients.

### Epiphany In-Home Services Program

**(415) 567-8370**

100 Masonic Avenue

8:30am - 4:45pm Monday-Friday

Provides in-home parenting education and support services to parents with children 0–5 years old. No income limit.

Insurance or Medi-Cal is not required.

### Asian Perinatal Advocates (APA) Family Support Services

**(415) 617-0061** (counseling center)

10 Nottingham Place

8:30am - 5:00pm Monday-Friday

Cambodian line: (415) 674-6819

Chinese line: (415) 642-6850

Vietnamese line: (415) 674-6820

Laotian line: (415) 674-6825

Tagalog line: (415) 642-6851

Samoan line: (415) 642-6854

Home visits, counseling, family hotline, domestic violence program, support groups and Family Resources Network.

## Referrals to Outpatient Mental Health Resources

### Mental Health Access Referral Line

**(415) 255-3737 or (888) 246-3333**

24 hours a day, seven days a week.

Call anytime, in any language, for referrals to neighborhood mental health clinics and therapists in San Francisco. Staff provide phone-based program information, support, assessment, suicide prevention, and clinic referrals. The program serves only San Francisco residents and accepts SF Medi-Cal, Medicare, Healthy San Francisco, and Healthy Workers coverage. The uninsured may be served on a sliding scale basis. Private insurance is not accepted.

### Perinatal Triage Line (CPMC)

(for Pregnancy & Postpartum)

**415-600-3637**

24 hours a day, seven days a week.

Call anytime, leave a message and a clinician will call you back. Focuses on your current concerns to assess potential treatment options. After a short phone intake, clinician may recommend a specialty-trained provider, who best meets your (and/or your partner’s) needs. Accepts Medi-Cal or \$38.00 flat fee per in-person session. Can refer to other resources for those with other health insurances.

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## For ZSFG and SF Health Network Members

### Psychiatry Services at SFGH OB Clinic (5M)

**(415) 206-3409**

Providers can make an appointment for prenatal or up to 2 month for post-partum women for mental health assessment and treatment by calling ZSFG Women’s Health Center (5M) at 415-206-3409 from 8 AM – 5 PM Monday – Friday or by e-referral to High Risk OB (HROB).

Mental health appointments occur Thursday morning 9 AM-12 PM in High Risk OB Clinic. San Francisco Health Network and ZSFG maternal child health providers can call (415) 990-2327 for consultation or send questions by secure e-mail to Melissa Nau, MD at [Melissa.Nau@ucsf.edu](mailto:Melissa.Nau@ucsf.edu).