

## Education and Outreach

### Clinicians and providers

Our clinicians and researchers are an excellent resource for community providers who are hoping to better understand psychosis, enhance risk detection and expand on treatment options. Our staff is highly trained in working with psychotic illness among the adolescent and young adult population. We offer a range of ways for mental health practitioners to connect with us.

### Presentation requests

We're available for talks and presentations about early detection and psychosis. This is an opportunity for you and your staff to learn more about our ongoing research, evidenced based treatment interventions, ways to connect your clients to the appropriate level of care and support, and to learn more about the wide range of services we offer at the Path Program. To request an in-service presentation, please contact Izzy Lopez <sup>[1]</sup>.

### Consultations

Our team is available to discuss clinical cases where you may be concerned about a patient's presentation. We can assist you in detecting early symptoms of psychosis and help you develop a range of appropriate recommendations based on the information you share.

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### Families and caregivers

- NAMI San Francisco <sup>[2]</sup>
- National Institute of Mental Health (NIMH) <sup>[3]</sup>
- National Alliance on Mental Illness (NAMI) <sup>[4]</sup>

Now and then we all think we hear someone calling our name or noticed a strange coincidence. But for people with schizophrenia, these can take on a much more nefarious quality. Vikaas Sohal, MD, PhD, of the UCSF Department of Psychiatry, walks us through what it may feel like for someone with schizophrenia.

[Video of Hearing Voices and Paranoid Delusions: Inside a Schizophrenic Brain](#)

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### Community and online resources

A mental health crisis is any situation in which a person's behaviors puts them at risk of hurting themselves or others and/or when they are not able to resolve the situation with the skills and resources available.

The State of California defines an "emergency psychiatric condition" as a condition in which a person, due to a mental disorder, is an imminent danger to self or others or is immediately unable to provide for or utilize food, shelter, or clothing (gravely disabled).

### **Emergency resources**

Call 911 (available 24/7)

### **American Foundation For Suicide Prevention**

[www.afsp.org](http://www.afsp.org) <sup>[5]</sup>

(800) 273-TALK

### **Mobile Crisis (Adult)**

(415) 970-4000 (Mondays-Fridays, 8:30 a.m.-11:00 p.m.; Weekends, Noon-8:00 p.m.)

For psychiatric crises that do not require immediate intervention. Mobile Crisis performs wellness checks, dispenses emergency medications, and conducts mental health triage in the field, but may take several hours to arrive due to limited resources. Mobile Crisis is authorized to admit suicidal persons to Psychiatric Emergency Services at Zuckerberg San Francisco General Hospital and Trauma Center for a 72-hour involuntary hold.

### **Teen Line**

[teenlineonline.org](http://teenlineonline.org) <sup>[6]</sup>

(310) 855-4673

Text TEEN to 839863

## **Alameda County**

### **Crisis Support Services of Alameda County**

[www.crisissupport.org](http://www.crisissupport.org) <sup>[7]</sup>

Text SAFE TO 20121 (4:00-11:00 p.m.)

Support Groups: (510) 420-2475

Counseling Services Program: (800) 260-0094

### **Your Life Your Voice**

[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org) <sup>[8]</sup>

(800) 448-3000 (available 24/7)

## **Contra Costa County**

### **Contra Costa Crisis Center**

[www.crisis-center.org](http://www.crisis-center.org) <sup>[9]</sup>

Crisis and Suicide: (800) 833-2900

Crisis Textline: Text HOPE to 20121 (Mondays-Fridays, 3:00-11:00 p.m.)

Grief: (800) 837-1818

## **Marin County**

### **Family Service Agency of Marin: Suicide Prevention and Community Counseling**

samarin.org [10]

24/7 Suicide Hotline: (415) 499-1100

24/7 Grief Counseling: (415) 499-1195

Appointments: (415) 491-5700 or fsa@fsamarin.org [11]

### **Marin County Office of Education: Student Mental Health/Suicide Prevention**

www.marinschools.org [12]

Marin Psychiatric Emergency Services/Crisis Center: (415) 473-6666

## **Napa County**

### **Aldea Children & Family Services**

www.aldeainc.org [13]

(888) 99-ALDEA (992-5332)

info@aldeainc.org [14]

### **Napa County Mental Health Crisis Services**

www.countyofnapa.org [15]

24-Hour Mental Health Crisis Hotline: (707) 253-4711

Youth Crisis Hotline: (800) 843-5200

## **San Francisco County**

### **San Francisco Suicide Prevention**

www.sfsuicide.org [16]

24-Hour San Francisco Comprehensive Child Crisis Line: (415) 970-3800

24-Hour Crisis Line: (415) 781-0500 or (800) 273-8255

youth@sfsuicide.org [17]

### **Paradigm San Francisco**

paradigmsanfrancisco.com [18]

Domestic calls: (888) 220-3466

International calls: (415) 423-7164

info@paradigmsanfrancisco.com [19]

### **The Trevor Project**

www.thetrevorproject.org [20]

Trevor Lifeline: (866) 488-7386 (24/7 crisis intervention and suicide prevention lifeline)

Text TREVOR to (202) 304-1200 (available Monday-Friday, Noon-7:00 p.m. PT)

TrevorChat: Online instant messaging with a TrevorChat counselor at

www.thetrevorproject.org/get-help-now [21] (available daily, Noon-7:00 p.m. PT)

### **LGBT National Youth Talkline**

www.glbthotline.org [22]

National Hotline: (800) 246-PRIDE (Monday-Friday, 1:00-9:00 p.m. PT; Saturday, 9:00 a.m.-2:00 p.m. PT)

help@glbthotline.org [23]

### **Suicide Prevention Resource Center**

www.sprc.org [24]

(415) 921-8850

pflagsf@gmail.com

[25]

## **San Mateo County**

### **Star Vista**

[www.star-vista.org](http://www.star-vista.org) [26]

24/7 hotline: (650) 579-0350

Text BAY to 741741

[info@star-vista.org](mailto:info@star-vista.org) [27]

### **On Your Mind**

[www.onyourmind.net](http://www.onyourmind.net) [28]

24/7 Hotline: (800) 273-TALK

24/7 California Youth Crisis Line: (800) 843-5200

2/47 Communities Overcoming Relationship Abuse Hotline: (800) 300-1080

## **Santa Clara County**

### **Santa Clara County Behavioral Health Services**

[www.sccgov.org](http://www.sccgov.org) [29]

(800) 704-0900

24/7 Suicide and Crisis Hotline: (855) 278-4204

### **City of Palo Alto Project Safety Net**

[www.psnpalalto.com](http://www.psnpalalto.com) [30]

County Crisis Hotline: (855) 278-4204

Crisis Text Line: Text BAY to 741741

## **Solano County**

### **Solano County Children, Youth & Families**

[solano.networkofcare.org](http://solano.networkofcare.org) [31]

Family and individual resource info: PDF [32]

Solano County Crisis Unit 24-Hour Line: (707) 428-1131 or (707) 750-3000

Division of Children's Mental Health Services: (707) 435-2080

Child Haven Fairfield: (707) 425-5744 ext. 114, counseling services for children, parenting classes.

Solano County Mental Health Children's Services: (800) 547-0495, referrals to outpatient counseling services

Successful Mental Health and Addiction Recovery Treatment: (707) 784-2220, referrals and treatment for mental health issues, drug and alcohol, parenting and domestic violence issues.

Free to all CalWORKS recipients.

## **Sonoma County**

### **Sonoma County Department of Health Services Suicide Prevention**

[www.sonoma-county.org](http://www.sonoma-county.org) [33]

North Bay Suicide Prevention Hotline: (855) 587-6373 (available 24/7, confidential)

24-Hour Emergency Mental Health Hotline: (800) 746-8181

### **National Alliance on Mental Illness - Sonoma County**

[namisonomacounty.org](http://namisonomacounty.org) [34]

(866) 906-6264 (Monday-Friday, 9:00 a.m.-5:00 p.m.)

Contact Us  
Psychiatry Intranet  
UCSF Webmail  
UCSF Main Site

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#### Links

- [1] <https://directory.ucsf.edu/people/search/id/113082>
- [2] <http://www.namif.org>
- [3] <https://www.nimh.nih.gov/health/topics/schizophrenia/raise/what-is-psychosis.shtml>
- [4] <https://www.nami.org/earlypsychosis>
- [5] <http://www.afsp.org>
- [6] <http://teenlineonline.org>
- [7] <http://www.crisissupport.org>
- [8] <http://www.yourlifeyourvoice.org>
- [9] <http://www.crisis-center.org>
- [10] <http://samarin.org>
- [11] <http://fsa@fsamarin.org>
- [12] <http://www.marinschools.org>
- [13] <http://www.aldeainc.org>
- [14] <http://info@aldeainc.org>
- [15] <http://www.countyofnapa.org>
- [16] <http://www.sfsuicide.org>
- [17] <mailto:youth@sfsuicide.org>
- [18] <http://paradigmsanfrancisco.com>
- [19] <http://info@paradigmsanfrancisco.com>
- [20] <http://www.thetrevorproject.org>
- [21] <https://www.thetrevorproject.org/get-help-now/>
- [22] <http://www.glbthotline.org>
- [23] <mailto:help@glbthotline.org>
- [24] <http://www.sprc.org>
- [25] <mailto:pflagsf@gmail.com>
- [26] <http://www.star-vista.org>
- [27] <mailto:info@star-vista.org>
- [28] <http://www.onyourmind.net>
- [29] <http://www.sccgov.org>
- [30] <http://www.psnpalalto.com>
- [31] <http://solano.networkofcare.org>
- [32] [https://www.travisusd.org/cms/lib/CA01902810/Centricity/Domain/53/Resource Guide 2.19.15.pdf](https://www.travisusd.org/cms/lib/CA01902810/Centricity/Domain/53/Resource%20Guide%202.19.15.pdf)
- [33] <http://www.sonoma-county.org>
- [34] <http://namisonomacounty.org>