For immediate help in the event of a psychiatric emergency

415-206-8125 (Psychiatric Emergency Services)
415-781-0500 (24 Hour SF Suicide Hotline)
or call 911

Community United Against Violence (CUAV) Telephone: (415) 777-5500 Website: www.cuav.org Provides a number of services to help combat hate-crimes and violence in the LGBT community including (a) support for survivors of violence or abuse, (b) trainings focusing on developing resources to support LGBTQ safety, and (c) community coalition-building and mobilization.

Gay & Lesbian Medical Association/Gay & Lesbian Physician Referral Telephone: (415) 255-4547 Website: www.glma.org GLMA works to maximize the quality of health and health services for lesbian, gay, bisexual, and transgender people, to promote full civil rights, and to foster a professional climate in which our diverse members can achieve their full potential.

Lyon-Martin Health Services Telephone: (415) 565-7667 Website: www.sfccc.org/clinics/lmwhs.htm Provides excellent healthcare to women, lesbians, and transgender people in a safe and compassionate environment, with sensitivity to sexual orientation and gender identity; services are regardless of their ability to pay. Serves women and transgender people (MTF and FTM) 18 and older, especially those who are low-income, people of color, lesbian or bisexual, HIV-positive, and/or older.
Tom Waddell Urban Health Clinic
Telephone: (415) 554-2950 Website: www.sfdph.org/dph/comupg/oservices/medsvs/hlthctrs/tomwaddellhlthctr.asp Offers comprehensive primary care to transgendered people while addressing the unique needs of the population.

Woodleaf Eating Disorder Center
Telephone: (415) 840-0670 Website: www.woodleafeatingdisordercenter.com The most individualized intensive outpatient setting for eating disorder treatment in San Francisco. Day and evening programs available for adolescents and adults; many years’ experience working with LGBT clients, including specialization in male eating disorders. Insurance accepted.

Children of Lesbians & Gays Everywhere (COLAGE) Telephone: (206) 549-2054 Website: www.colage.org COLAGE unites people with lesbian, gay, bisexual, transgender, and/or queer parents into a network of peers and supports them as they nurture and empower each other to be leaders in our collective communities.

Our Family Coalition Telephone: (415) 665-8641 Website: www.ourfamily.org Promotes the civil rights and well being of families and individuals whose civil rights are at risk through education, advocacy, and grassroots community organizing.

Parents, Families, and Friends of Lesbians and Gays (PFLAG) Tele: (National): (202) 467-8194 Tele: (San Francisco Chapter): (415) 921-8850 Website: www.pflag.org Committed to help change negative attitudes and create an environment of understanding so that all gay, lesbian, bisexual and transgendered people can live with dignity and respect. Visit the PFLAG website to learn about chapter closest to you.

Alcohol / Drug / Substance Use

Alcoholics Anonymous - Intercounty Fellowship Serving San Francisco & Marin Telephone: (415) 674-1821 Fax: (415) 674-
1801 Website: www.aasf.org Alcoholics Anonymous is an international fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Those who feel that their alcohol consumption has become a problem can gain support here. Membership is based upon a desire to stop drinking. There are no dues or fees for AA membership; it is non-profit and self-supporting through members’ contributions.

Al-Anon and Alateen in Northern California Website: www.ncwsa.org Al-Anon meetings are for anyone whose life has been affected by someone else’s drinking. Al-Ateen is for anyone who is legally a minor who believes their life has been affected by someone else’s drinking or drug use. Members share their experiences, strengths and hopes in order to solve the issues in their lives that have emerged from close relationships with someone who is a problematic drinker/alcoholic.

Narcotics Anonymous (NA) Helpline: (415) 621-8600. Website: sfna.org NA is a nonprofit fellowship or society of those for whom drugs had become a major problem. In their own words “We are recovering addicts who meet regularly to help each other stay clean.” If you have a problem with drugs or have trouble staying clean, please call the NA hotline.

PRIDE Institute Telephone: (952) 934-7554 (office) Telephone: (800) 547-7433 (admissions) Website: www.pride-institute.com/life The PRIDE Institute is the nation's first and leading exclusively LGBT drug and alcohol treatment program.


tweaker.org Telephone:(415) 487-3100 Email: info@tweaker.org Website: www.tweaker.org Tweaker.org exists
“because we know that gay guys use crystal meth. We’re not here to promote meth or glorify meth use. We’re not here to condemn or criticize meth use. Instead, we’re here to provide information, support, and resources for guys who’ve decided that they need to manage, change or stop their use of meth.”

**HIV/AIDS Resources**

**UCSF Alliance Health Project (UCSF/AHP)** Telephone: (415) 476-3902 Website: [www.ucsf-ahp.org](http://www.ucsf-ahp.org) (Formerly the UCSF AIDS Health Project.) Provides peer support groups and therapy for HIV-positive and HIV-negative individuals, and for couples.

**AIDS Legal Referral Panel (ALRP)** Telephone: (415) 701-1100 Telephone (East Bay): (510) 451-5353 Website: [www.alrp.org](http://www.alrp.org) ALRP assists persons living with HIV or AIDS with legal matters. ALRP also does trainings for lawyers on specific issues facing persons living with HIV/AIDS. One day a week (Wednesdays), ALRP has office hours at the AIDS Project of the East Bay

**Asian and Pacific Islander Wellness Center** Telephone: (415) 292-3400 TTY: (415) 292-3410 Website: [www.apiwellness.org](http://www.apiwellness.org) Provides health and HIV/STD information targeting the Asian and Pacific Islander community.

**Bay Area Young Positives** Telephone: (415) 487-1616 Website: [www.baypositives.org](http://www.baypositives.org) E-mail: baypoz@aol.com This project uses a staff of paid and volunteer youth to help support HIV positive youth 26 and under.

**Black Coalition on AIDS, Inc.** Telephone: (415) 615-9945 Website: [www.bcoa.org](http://www.bcoa.org) Provides services through education and advocacy to stop the spread of HIV/AIDS in the black community.

**Latino AIDS Services/Instituto Familiar de la Raza** Telephone:
Native American AIDS Project Telephone: (415) 431-6227 Website: www.naap-ca.org Offers services to the Native American community living with HIV/AIDS.

Positive Resource Center Telephone: (415) 777-0333 Website: www.positiveresource.org Mission is to assist people affected by HIV/AIDS through culturally appropriate counseling, education and advocacy in making informed choices which maximize available benefits and employment opportunities.

Project Inform Telephone: (800) 822-7422 Website: www.projectinform.org Provides vital information on the diagnosis and treatment of HIV disease and Hepatitis C. Advocates for enlightened regulatory, research, and funding policies. Inspires people to make informed choices and to choose hope over despair.

Project Open Hand Telephone: (415) 447-2300 Website: www.openhand.org Delivers meals and groceries to people living with HIV/AIDS, seniors and critically ill persons under 60 years old.

San Francisco AIDS Foundation Telephone: (800) 367-AIDS Website: www.sfaf.org Provides various services for those living with HIV/AIDS.

The Shanti Project Telephone: (415) 674-4700 Website: www.shanti.org Offers various resources and counseling to those living with life-threatening or chronic illnesses such as HIV/AIDS or breast cancer, and their caregivers. They developed an important model of peer support, which pervades both their philosophy as an organization and their trainings.

Stop AIDS Project See SF AIDS Foundation's website. STOP AIDS
began at the height of the AIDS epidemic, dedicated to preventing HIV transmission among all gay, bisexual & transgendered men in San Francisco through multi-cultural, community-based organizing. Their HIV prevention programs and services became part of SFAF in 2011.

**Tenderloin AIDS Resource Center** Telephone: (415) 431-7476 Website: [www.sfcenter.org/resources/tenderloin-aids-resource-center](http://www.sfcenter.org/resources/tenderloin-aids-resource-center) Community center in the Tenderloin for those living with or at risk of acquiring HIV/AIDS and those who have difficulty obtaining services elsewhere due to substance abuse, mental illness, sexual orientation, gender identity, race and ethnicity and/or other social barriers.

**LGBTQQI Professional Resources**

**Bay Area Career Women (BACW)**
Telephone: (415) 865-5630 BACW is a 501C 3 not-for-profit organization where women who love women come to network, to socialize and to give back to the community.

**Bay Area Lawyers for Individual Freedom (BALIF)** Telephone: (415) 956-5764 Website: [www.balif.org](http://www.balif.org) BALIF takes action on questions of law and justice that affect the LGBT community; strengthens professional and social ties among LGBT members of the legal profession; builds coalitions with other legal organizations to combat all forms of discrimination; promotes the appointment of LGBT attorneys to the judiciary, public agencies and commissions in the Bay Area; funds scholarships for LGBT laws students and fellowships for public interest lawyers working on LGBT issues, and provides a forum for the exchange of ideas and information of concern to members of the LGBT legal community. Also submits amicus briefs in cases affecting the LGBT community, sponsors resolutions to the Conference of Delegates of California Bar Associations, provides LGBT-focused continuing legal education
opportunities and endorses candidates for judicial offices and legal elected positions.

**Lawyer Referral & Information Service (LRIS) - The Bar Association of San Francisco**

Telephone: (415) 989-1616 Website: [www.sfbar.org/lawyerreferrals](http://www.sfbar.org/lawyerreferrals) Provide various legal services and helps to achieve equality in the legal profession for minorities, women, gay men and lesbians. **San Francisco Bay Area Chapter of the National Organization for Women (SF NOW)**

Telephone: (415) 861-8880 Website: [www.sfnow.org](http://www.sfnow.org) Founded in 1966, NOW has grown into the largest women’s rights organization in this country. SF NOW is one of the largest chapters in NOW.

**San Francisco Women’s Center, The Women’s Building**

Telephone: (415) 431-1180 Website: [www.womensbuilding.org](http://www.womensbuilding.org) The Women’s Building is the only place in San Francisco that offers both the physical and emotional space for women, regardless of age, sexuality, race, or class, to build their own community.

**Communities within Communities**

**Gay Buddhist Sangha** Website: [www.gaybuddhistsangha.org](http://www.gaybuddhistsangha.org) A group of LGBTQI people and their allies who come together to support one another’s practice of various Buddhist traditions, and support one another as they cultivate the practice of these teachings. Offers meditation and mindfulness practice, classes, retreats and other activities. **Gay Asian Pacific Alliance** Website: [www.gapa.org](http://www.gapa.org) An organization dedicated to furthering the interests of gay & bisexual Asian/Pacific Islanders by creating awareness, by developing a positive collective identity and by establishing a supportive community.

**OpenHouse**

Telephone: (415) 296-8995 Website: [openhouse-sf.org](http://openhouse-sf.org) Founded in San Francisco in 1998, Openhouse is a community-based organization working to provide housing, services and community programs for LGBT seniors. They are (a) building
housing welcoming to LGBT older adults; (b) providing housing and service clinics to provide LGBT seniors with resources and support to find affordable, stable housing & health and social services; (c) offering LGBT-affirming programs; and (d) providing weekly support/companionship to LGBT seniors through a volunteer program.

Lavender Youth Recreation and Information Center (LYRIC) Telephone: (415) 703-6150 Website: www.lyric.org LYRIC brings LGBTQQ youth together to build a peer-based community that empowers them to end isolation; create a progressive queer youth voice; increase well-being and self-esteem; and change the communities in which they live.

Metropolitan Community Church (MCC) of San Francisco Telephone: 415 863-4434 Website: www.mccsf.org Located in the heart of the Castro, MCCSF is a 35-year old community built on a foundation of being “A House of Prayer for All People”. MCC defines itself as a progressive church, influenced by liberation, inclusive, feminist as well as traditional Christian theologies. We celebrate God’s image as both feminine and masculine, and the embodied integration of sexuality and spirituality.

San Francisco Leather Website: www.sanfranciscoleather.com Listings of events, bars, gatherings, photos of the SF Leather Community.

TransGender San Francisco Telephone: (415) 839-9448 Website: www.tgsf.org Offers services and support to the transgender community.

LGBTQQI Advocacy Services

California Alliance for Pride and Equality (CAPE) Telephone: (562) 439-7304 Website: www.calcape.org CAPE is a nonprofit, nonpartisan, grassroots-based, statewide advocacy organization whose mission is to ensure the dignity, safety, equality and civil rights
of all LGBT Californians. They were on the forefront of the California marriage equality movement, and continue to do direct lobbying to the state government, educating the public about the communities’ issues and concerns, and working with other communities to promote equality and understanding.

**Equal Rights Advocates** Telephone: (415) 621-0672 Website: [www.equalrights.org](http://www.equalrights.org) Helps protect and secure legal rights and economic opportunities for women through litigation.

**Gay Lesbian Bisexual Transgender Historical Society of Northern California** Telephone: (415) 777-5455 Website: [www.glbthistory.org](http://www.glbthistory.org) Preserves, collects and promotes an active knowledge of the arts, history, and culture of sexually diverse people.

**Gay & Lesbian Alliance Against Defamation (GLAAD)** Telephone: (415) 861-2244 Website: [www.glaad.org](http://www.glaad.org) Dedicated to ensuring fair, accurate, and inclusive representation of the LGBT community in the media and to eliminate homophobia.

**Gay, Lesbian & Straight Education Network (GLSEN)** Website: [www.glsen.org](http://www.glsen.org) National organization working to ensure that every member of the school community is respected no matter what their sexual orientation or identity. Provides advocacy, information, a national conference, online resources, etc.

**Out And Equal Workplace Advocates** Telephone: (415) 439-4272 Website: [www.outandequal.org](http://www.outandequal.org) Goal is to provide services and programs that promote equality for all individuals, especially the LGBT community, families, and allies, in the workplace.

**Transgender Law Center**
Telephone: 415-865-0176
Website: [www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)
The Transgender Law Center (TLC) is a civil rights organization advocating for transgender communities. TLC connects transgender
people and their families to technically sound and culturally competent legal services; increases acceptance and enforcement of laws and policies that support California’s transgender communities; and works to change laws and systems that fail to incorporate the needs and experiences of transgender people.

**LGBTQQI Community Centers**

**Billy DeFrank Center, San Jose GLBT Community Center** Telephone: (408) 293-2429 Website: [www.defrank.org](http://www.defrank.org) Provides a broad array of opportunities and programs, a dedicated and caring staff, a corps of volunteers, and a spirit of community that celebrates the many facets of our broad-based Lesbian, Gay, Bisexual and Transgender constituency.

**Rainbow Community Center – Contra Costa** Telephone: 925.692.0090 Website: [rainbowcc.org](http://rainbowcc.org) The Rainbow Community Center of Contra Costa County fosters a sense of community among LGBTQ persons and enhances their lives by providing social opportunities, health and wellness services, political and educational programs, and is guided by a commitment to acceptance and equality.

**San Francisco LGBT Community Center** Telephone: (415) 865-5555 Website: [www.sfcenter.org](http://www.sfcenter.org) The Center provides San Francisco with a vast array of programs and services for LGBT people, their friends and families. Our programs are unique because The Center is unique! In addition to our own programs, we collaborate with many organizations serving youth, the elderly, parents and marginalized communities by providing legal, health, social, educational and cultural services that benefit the entire lifespan of LGBT people.

**Spectrum, Marin GBLT Community Center** Phone: 415-457-1115 Website: [www.spectrummarin.org](http://www.spectrummarin.org) Founded in 1982, Spectrum’s mission is to strengthen, mobilize, and serve lesbian, gay, bisexual, transgender, and questioning people, and promote
acceptance, understanding, and full inclusion in Marin County and the North Bay.

National LGBTQ+ Organizations and Resources

ACLU Website: www.aclu.org The mission of the ACLU is to preserve protections and guarantees regarding your First Amendment rights, your right to equal protection under the law, your right to due process, and your right to privacy.

Deaf Queer Resource Center Website: www.deafqueer.org A national nonprofit resource and information center for, by and about the Deaf Lesbian, Gay, Bisexual, Transgender, Transsexual, Intersex and Questioning communities (hereafter referred to as the "Deaf Queer community").

Human Rights Campaign Telephone: (202) 628-4160 Website: www.hrc.org Work for lesbian and gay equal rights.

International Gay and Lesbian Human Rights Commission Telephone: (415) 255-8680 Website: iglhrc.org IGLHRC’s mission is to protect and advance the human rights of all people and communities subject to discrimination or abuse on the basis of sexual orientation, gender identity or HIV status.

Intersex Society of North America Telephone: (707) 283-0036 Website www.isna.org Devoted to systemic change to end shame, secrecy and unwanted genital surgeries for people born with an anomaly of the reproductive system.

Lambda Legal Defense and Education Fund Telephone: (323) 937-2728 Website: www.lambdalegal.org The nation's oldest and largest legal organization dedicated to the civil rights of lesbians, gay men, and people with HIV/AIDS.

National Center for Lesbian Rights Telephone: (415) 392-
6257 Website: www.nclrights.org National legal resource center with a primary commitment to advancing the rights and safety of lesbians and their families.

**National Gay Lesbian Task Force** Telephone: (202) 332-6483 Website: www.thetaskforce.org A national progressive organization working for the civil rights of gay, lesbian, bisexual and transgendered people, with the vision and commitment to building a powerful political movement.

**The NAMES Project Foundation: AIDS Memorial Quilt** Website: www.aidsquilt.org Founded in 1987, The AIDS Memorial Quilt is a poignant memorial, a powerful tool for use in preventing new HIV infections, and the largest ongoing community arts project in the world.