

ASIAN  
YOUTH



MENTAL  
HEALTH

WHAT YOU NEED TO KNOW ABOUT  
MENTAL HEALTH & DEPRESSION



- ♣ WHAT IS MENTAL HEALTH?
- ♣ WHAT IS DEPRESSION?
- ♣ WHERE CAN I GO FOR HELP?



ASIAN YOUTH PREVENTION SERVICES

A Program of the Japanese Community Youth Council (JCYC)

2012 Pine Street  
San Francisco, CA 94115  
Tel: (415) 563-8052  
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Funded By:  
SF Department of Public Health  
Community Behavioral Health Services  
Children System of Care

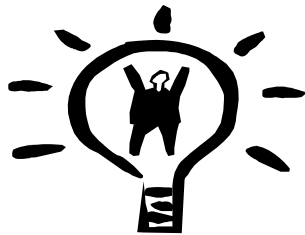


ASIAN YOUTH PREVENTION SERVICES

# Mental Health Resources

## WHAT IS MENTAL HEALTH?

Mental health is how people think, feel, and act. It affects how people handle stress, relate to one another, and make decisions. Like physical health, mental health is an important part of a person's well being. When left untreated, mental health problems can lead to school failure, family conflicts, drug abuse, violence, and even suicide.



MYTH	FACT
◆ You are crazy if you have a mental health problem.	◆ Mental health problems are serious medical conditions.
◆ You are weak if you have a mental health problem.	◆ Many people suffer from mental health problems.
◆ There is no help available for mental health problems.	◆ There are many resources and services that you can turn to for help.
◆ Once you have a mental health problem, you will always have one.	◆ Mental health problems can be treated.
◆ You will never be healthy or successful if you have a mental health problem.	◆ People with mental health problems can live healthy and successful lives.

### COMPREHENSIVE CHILD CRISIS SERVICES

24-hour crisis intervention services  
(415)970-3800

### SAN FRANCISCO SUICIDE PREVENTION

24-hour Hotline  
(415)781-0500  
www.sfsuicide.org

### CHINATOWN CHILD DEVELOPMENT CENTER

720 Sacramento St. SF, CA 94108 (415)392-4453  
Provides counseling services in English, Cantonese, Mandarin, Cambodian, Vietnamese, Spanish.

### CHINATOWN/NORTH BEACH MENTAL HEALTH SERVICES

729 Filbert St. SF, CA 94133 (415)352-2000  
Provides counseling services for youth ages 14+ in English, Cambodian, Cantonese, Mandarin, Laotian, Vietnamese, Thai, Toisanese, Fukienese, Shanghainese, and Chiu Chow.

### MISSION FAMILY CENTER

759 South Van Ness Ave. SF, CA 94110 (415)695-6955  
Provides counseling services in English, Samoan, Spanish.

### RICHMOND AREA MULTI SERVICES (RAMS)

3626 Balboa St. SF, CA 94121 (415)668-5955  
Provides counseling services in English, Cantonese, Mandarin, Korean, Japanese, Tagalog, Vietnamese, Russian.

### SOUTHEAST CHILD & FAMILY THERAPY SERVICES

100 Blanken St. SF, CA (415)330-5740  
4527 Mission St. SF, CA (415)337-4800  
Provides counseling services in English, Cantonese, Mandarin, Toisanese, Spanish.

### SUNSET-PARKSIDE MENTAL HEALTH SERVICES

1351 24th Ave. SF, CA 94112 (415)753-7400  
Provides counseling services in English, Cantonese, Mandarin, Korean, Spanish, Russian.

### ASIAN MENTAL HEALTH INFO

An online listing of Asian & Pacific Islander private mental health service providers in the Bay Area  
<http://www.asianmentalhealth.info>

### ASIAN YOUTH PREVENTION SERVICES REFERRAL LINE

A referral line service, linking API youth to culturally appropriate mental health and support services.  
(415)345-8662



\*\*\*ALL SERVICES ARE CONFIDENTIAL\*\*\*