

**PLEASE NOTE:** OTHER THAN DIGNITY HEALTH PROVIDERS, NONE OF THESE ORGANIZATIONS ARE IN ANY WAY AFFILIATED WITH ACADEMY OF ART UNIVERSITY. THE ARC DOES NOT ENDORSE OR GUARANTEE SERVICES FROM ANY ORGANIZATION LISTED HERE.

### **San Francisco Mental Health Services – California Institute of Integral Studies (CIIS)**

#### **Summary for ALL CIIS Affiliations:**

Patient will be matched in 24-48 hours to a therapist after a 10-minute initial over-the-phone Interview.  
Payment: Cash and checks ONLY, with possible reimbursement from insurance.  
Sliding scale: \$20-100 During each session  
Languages: Spanish, Cantonese, Telugu, French, Italian, French, Korean, Tagalog, Tegal  
Learning disability testing: NO

#### **Center for Somatic Psychotherapy (CIIS)**

220 Montgomery Street, Suite 600 | 415-217-8895  
[somaticpsychotherapycenter.org](http://somaticpsychotherapycenter.org)  
Staffed by graduate students and postgraduate interns, CIIS provides a supportive setting where clients explore a wide range of life issue – emotional, interpersonal, psychological, or spiritual.  
Low-cost/sliding scale? YES  
Appointment needed? YES

#### **Golden Gate Integral Counseling Center (CIIS)**

507 Polk Street Suite 450 | 415-561-0230  
[goldengatecounseling.org](http://goldengatecounseling.org)  
Staffed by graduate students and postgraduate interns, CIIS provides a supportive setting where clients explore a wide range of life issue – emotional, interpersonal, psychological, or spiritual.  
Low-cost/sliding scale? YES (\$20 minimum, trust based payment, no proof of income necessary).  
Appointment needed? YES

#### **Psychological Services Center (CIIS)**

507 Polk Street Suite 450 | 415 -346-1011  
[psychservicescenter.com](http://psychservicescenter.com)  
Staffed by graduate students and postgraduate interns, CIIS provides a supportive setting where clients explore a wide range of life issue – emotional, interpersonal, psychological, or spiritual.  
Low-cost/sliding scale? YES  
Appointment needed? YES

#### **Integral Counseling Center (CIIS)**

2140 Pierce Street | 415-776-3109  
[integralcounseling.org](http://integralcounseling.org)  
Staffed by graduate students and postgraduate interns, CIIS provides a supportive setting where clients explore a wide range of life issue – emotional, interpersonal, psychological, or spiritual.  
Low-cost/sliding scale? YES  
Appointment needed? YES

### **SF Mental Health Services**

#### **Access Institute for Psychological Services**

110 Gough Street, 3rd floor | 415-861-5449  
[accessinst.org](http://accessinst.org)  
Access offers sliding-scale psychological services: individual, LGBTQ, and diagnostic testing (not LDs) (\$1,050-\$3,450).  
No insurance accepted, but can provide a statement for possible reimbursement. 1-2 week wait for therapist match after post-intake interview for new patients.  
Low-cost/sliding scale? YES (\$35-\$115/hour)  
Appointment needed? YES  
Learning disability testing: NO

#### **Haight-Ashbury Psychological Services**

3330 Geary Blvd 2 East | 415-221-4211 | [hapseclinic.org](http://hapseclinic.org)  
Call to schedule an hour-long free confidential intake interview (or leave a message with availability for a callback interview); then get matched with a therapist on Monday mornings. (Cash and check payments ONLY). Dependent on income or access of funds, \$20-\$90.  
Low-cost/sliding scale? YES  
Appointment needed? YES  
Learning disability testing: NO

#### **New Perspectives Center for Counseling**

5026 Geary Blvd | 415-752-5275 | [sfnewperspectives.org](http://sfnewperspectives.org)  
Counseling by experienced interns utilizing a variety of therapeutic modalities.  
Low-cost/sliding scale? YES  
(Fees based on income and need)  
Appointment needed? YES

#### **Francisco Psychotherapy Group**

9 Funston Ave, The Presidio | 415-561-6771 | [sfprg.org](http://sfprg.org)  
Staffed by post-doc and pre-doc interns in clinical psychology, a phone consultation will assist to see if you qualify for low cost services.  
Low-cost/sliding scale? YES  
Appointment needed? YES

#### **Marina Counseling Center**

2137 Lombard St | 415-563-2137 | [marinacounseling.com](http://marinacounseling.com)  
Offers a contemporary psychodynamic and spiritual approach utilizing experienced interns.  
Low-cost/sliding scale? YES  
(Starting at \$35, cost determined by consultation)  
Appointment needed? YES

#### **Blue Humming Therapy**

447 Sutter St Suite 400 | 888-298-1154  
[bluehummingtherapy.org](http://bluehummingtherapy.org)  
30-minute consultation required prior to scheduling appointment with a therapist.  
Insurance Accepted? Yes  
Sliding Scale/fee: Yes  
Appointment Needed? Yes  
Learning Disability testing: No

## **Psychiatric Alternatives Practice – Psychiatrists & Psychotherapists (Bay Area)**

### **Psychiatric Alternatives**

3609 Sacramento St, SF | 415-237-0377

*psychiatricalternatives.com*

Assigned to a psychiatric therapist after initial phone interview. May take a few days to a week before you are matched with therapist. Staffed by licensed psychotherapists and psychiatrists.

Many office locations throughout the Bay Area, with different therapists assigned to each location. It is best to go through the main office listed above.

Insurance ONLY or Price: \$150-300 per session

Low-cost/Sliding Scale? NO

Appointment needed? YES

Learning disability testing: NO

### **Tom “Dr. Tom” Bekeny, PhD**

*Dr. Tom was formerly employed by the Academy and has worked with many students.*

2481 Clay St #203, SF

OR

1398 Solano Ave, Albany CA

Email, call or text: [tgb1phd@gmail.com](mailto:tgb1phd@gmail.com) | 415-237-0377

Adult Psychotherapy

Notes: Students can request to have Dr. Tom, regardless of their insurance, since he is familiar with AAU students.

Accepted Insurance Plans:

- Cigna
- Magellan
- Call 415-237-0377 to inquire about other payment options & tell them you are an Academy of Art student

### **Chiaki Sasaki, PsyD**

3129 Fillmore St, SF | 415-612-2752

English/Japanese

Child, Adolescent, Adult, and Couples Psychotherapy

Accepted Insurance Plans:

- Aetna
- Anthem / Blue Cross
- Blue Shield HMO/PPO
- Cigna
- Magellan
- MHN
- TRICARE
- United Healthcare
- Value Options

Specialties:

- Depression
- Women's issues
- Cross-cultural adjustment

### **Manami Yamamoto, MFT**

Blue Humming Therapy | 888-298-1154

447 Sutter St, Suite 400, SF (Mon, Tues, Thurs)

OR

2041 Pioneer Court #203, San Mateo, CA 94403 (Wed. Only)

English/Japanese

Child, Adolescent, Adult, Couples Psychotherapy

Accepted Insurance Plans:

- Aetna
- Beacon
- Blue Shield

- BlueCross and BlueShield
- Cigna
- EAP
- Magellan Behavioral Health
- San Francisco Health Plan
- Out of Network

Specialties:

- Depression
- Anxiety
- Relationship issues
- Autism
- Behavioral issues
- Bipolar Disorder
- Coping skills
- Cross cultural identity/relationship
- Family conflict
- Grief
- Internet addiction
- Video game addiction
- Life transitions
- Marital and premarital counseling
- Self esteem
- Sexual abuse
- Stress
- Trauma and PTSD
- Mood Disorders

### **Rob Riddell, PsyD**

3632 Sacramento St, SF | 415-967-0840

Adult and Couple Psychotherapy

Accepted Insurance Plans:

- Aetna
- Anthem / Blue Cross
- Blue Shield HMO/PPO
- Cigna
- Magellan
- MHN
- TRICARE
- United Healthcare
- Medicare

Specialties:

- Anger management
- Anxiety
- Behavioral issues
- Chronic illness
- Coping skills
- Depression
- Grief
- Life transitions
- Marital and premarital counseling
- Men's issues
- Relationship issues
- Self esteem
- Spirituality
- Stress
- Trauma and PTSD
- Mood Disorders
- Personality Disorders

## San Francisco Health Resources

### General Health

#### **North East Medical Services (NEMS)**

1520 Stockton St, SF  
415-391-9686

[www.nems.org](http://www.nems.org)

NEMS provides comprehensive, multilingual, culturally sensitive health care services to the San Francisco Asian community. They provide access to services regardless of a person's ability to pay.

Low-cost/sliding scale? Yes

Insurance Accepted? Yes

Appointment Needed? Yes

Hours: Mon-Fri 8am-5pm (some clinics open Saturdays)

#### **Health Right 360**

1563 Mission St, SF  
415-762-3700

(Other Bay Area locations available)

[www.healthright.org](http://www.healthright.org)

Services: Primary medical care, mental health services, social support & re-entry, and substance use disorder treatment.

#### **San Francisco Free Clinic**

4900 California St  
415-750-9894

[www.sffc.org](http://www.sffc.org)

General medical care for the uninsured.

\*free yoga classes to current SFFC patients with physician referral, reserve spot ahead of time.

Low-cost/sliding scale? Yes

Insurance Accepted? Yes

Appointment needed? Yes

Hours: Mon-Fri 10am-4:30pm

#### **South of Market Health Center**

229 7<sup>th</sup> St  
415-503-6000

[www.smhcsf.org](http://www.smhcsf.org)

Monday - Thursday 8:00 am to 5:00 pm

Friday 8:00 am to 3:30 pm

Saturday 8:00 am to 1:00 pm

Health care offered: general, senior, pediatrics, dental, and behavioral.

### Dental Health

#### **UCSF Dental Center**

100 Buchanan St  
415-476-5608

[dentistry.ucsf.edu](http://dentistry.ucsf.edu)

#### **Dugoni School of Dentistry**

155 5<sup>th</sup> St  
(415) 929-6501

[dental.pacific.edu](http://dental.pacific.edu)

### Vision Health

#### **For Eyes Optical**

120 Kearny St  
415-781-2002

[www.foreyes.com](http://www.foreyes.com)

#### **LensCrafters**

685 Market St  
415-896-0860

[www.lenscrafters.com](http://www.lenscrafters.com)

### Sexual Health

#### **Planned Parenthood**

1650 Valencia St  
415-821-1282

[www.plannedparenthood.org](http://www.plannedparenthood.org)

#### **Women's Community Clinic**

1833 Fillmore St  
415-379-7800

[www.womenscommunityclinic.org](http://www.womenscommunityclinic.org)

#### **San Francisco City Clinic**

356 7<sup>th</sup> St  
415-487-5000

[www.sfcityclinic.org](http://www.sfcityclinic.org)

#### **Lyon-Martin Health Center (LGBTQ)**

1748 Market St  
415-565-7667

[www.lyon-martin.org](http://www.lyon-martin.org)

### Crisis Hotlines

#### **Suicide Prevention**

415-781-0500

[www.sfsuicide.org](http://www.sfsuicide.org)

#### **SF General Hospital Psychiatric Emergency Services**

415-206-8125

#### **Westside Crisis**

415-355-0311

[www.westside-health.org](http://www.westside-health.org)

#### **The Trevor Project**

1-866-7386 (LGBTQ)

[www.thetrevorproject.org](http://www.thetrevorproject.org)

#### **SFWAR (Women Against Rape)**

415-647-7273

[www.sfwar.org](http://www.sfwar.org)

## **Dignity Health – Mental Health Resources**

### **Academy website with health resources:**

<https://www.academyart.edu/students/my-academy/student-resources/health>

### **Dignity website:**

<https://www.gohealthuc.com/>

<https://www.gohealthuc.com/bayarea>

### **Dignity Mental Health Providers:**

#### **Dr. Sidney Edsall, MD**

2250 Hayes Street, suite 302 | 415-379-2900

Integrative Psychiatry

For outpatient help, Dr. Edsall, MD, specializes in Integrative Psychiatry and can prescribe and help students manage their medication. She has been with Dignity Health for over a year, but is just starting her practice now in San Francisco. She graduated from Stanford, had a private practice for five years, and then worked in Germany and Italy for four years in military bases working with soldiers with PTSD and trauma. She is accepting new patients and is very receptive to working with Academy students.

#### **Dr. Ryan Louie, MD**

900 Hyde Street SF, St. Francis Hospital | 415-353-6000

1199 Bush St, Suite 650, Dignity Medical Group St. Francis Hospital | P: 415-379-2980 | F: 415-346-6025

Psychiatry

Dr. Ryan Louie, MD is working exclusively out of St. Francis Memorial Hospital now and only sees patients who are in immediate danger for in-patient help.

### **FOR ALL STUDENTS UNDER THE DIGNITY HEALTH INSURANCE PLAN:**

Go to [www.dignityhealth.org](http://www.dignityhealth.org)

- 1.) Click on the "FIND A DOCTOR" tab
- 2.) In the search box, type in your symptoms, condition, or the preferred doctors name, as well as your location or zip code
- 3.) Results will be generated under search bar, with a list of available doctors within your search parameters
- 4.) Results can be narrowed down using the filters on the left

Dignity health students can also sign up and create an account for quicker access to their records, medications, doctor visits, or set up an appointment via the My Home button located on the top right corner of the website.