



Student Health & Counseling

Student Academic Affairs

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Mental Health Crisis



» **If you are in a life-threatening crisis situation, go to the nearest ER.** To find

a local ER, see ER Locations in SF [1].

» If you are **out of the country** and experiencing a mental health crisis, call a Bluecard PPO provider [2] or visit a local health care provider in your area.

» If you are experiencing a **non-life-threatening, urgent issue** during business hours, call SHCS at (415) 476-1281 or walk in to the Parnassus [3] or Mission Bay [4] clinic and ask to schedule an urgent visit with a mental health provider.

» If SHCS is closed, you can speak with a mental health provider over the phone via our Mental Health Consult Line. Dial **(415) 476-1281 and press option 2**. This line is answered Monday through Friday 5 p.m. to 8 a.m. and 24 hours on weekends and holidays.

Mental Health Consult Line

If you are experiencing an urgent mental health issue and Student Health & Counseling is **closed**, you can consult with a mental health provider over the phone via the Mental Health Consult Line. This service is staffed by non-SHCS counselors who are there to support students and UC SHIP enrollees with a mental health concern. To speak with a therapist dial **(415) 476-1281, option 2**.

NAMI Mobile Crisis Treatment Team

NAMI (National Alliance on Mental Illness) San Francisco has created a Mobile Crisis Treatment Team (MCTT) to provide intervention for San Franciscans. MCTT is an emergency crisis intervention service that offers immediate treatment or triage for voluntary individuals suffering from emotional crisis or symptoms of acute psychiatric illness. MCTT will triage patients at their location, and will provide brief crisis treatment and follow-up care or resources as needed.

For more information, visit NAMI San Francisco Mobile Crisis Treatment Team [5] or call 415-970-4000.

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Source URL: <https://studenthealth.ucsf.edu/emergencies-after-hours-care/mental-health-crisis>

Links

[1] <https://studenthealth.ucsf.edu/emergencies-after-hours-care/er-locations-sf>

[2] <http://www.bcbs.com/already-a-member/traveling-outside-of-the.html>

[3] <https://studenthealth.ucsf.edu/location-directions-hours>

[4] <https://studenthealth.ucsf.edu/location-directions-hours#missionbay>

[5] http://www.namisf.org/index.php?option=com_content&view=article&id=97&Itemid=180