

IF YOU ARE THREATENED, CALL 911 AS SOON AS POSSIBLE.

如果你受到威脅，儘快撥打911報警

REPORT A CRIME TO LAW ENFORCEMENT!

THE SAN FRANCISCO POLICE DEPARTMENT OFFERS AN ANONYMOUS CRIME REPORTING HOTLINE FOR CALLERS IN CANTONESE AND MANDARIN:
CONTACT: **415-558-5588** (CRIME REPORT LINE)

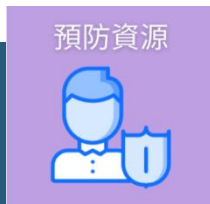
向執法部門舉報犯罪!

三藩市警察局為粵語和普通話來電者提供匿名罪案舉報熱線。
聯繫方式：**415-558-5588** (罪案舉報熱線)



Website (網站):

<https://www.aapisafetyhub.org>





Self-Help for the Elderly 安老自助處

“Trained staff escort seniors to activities including but not limited to medical/dental appointments, COVID-19 vaccinations or testing, participation in senior centers, grocery shopping, and other social activities .”

Phone: 415-677-7585



Gum Moon Women's Residence

“Provide self-defense workshops, mental health support groups, and distribution of self-defense kits for seniors and parents.”

Phone : 415-421-8827

Email: gummoon@gummoon.org

Website: <https://www.gummoon.org>

COALITION FOR COMMUNITY SAFETY AND JUSTICE



“CCSJ has established a special Victim and Survivors Fund in which 100% of the donations will go to provide individuals and families affected with financial assistance for their immediate needs.

phone : 415-775-2636

Email: ccsj@cycsf.org

Website: www.cycsf.org/program/ccsj/

Get emotional/ Mental Health Support!



APA Family Support Services
Phone : (415) 617-0061



Chinatown YMCA
Phone: (415) 772-5500



North East Medical Services – Mental Health Service
Phone: (415) 391-9686 ext. 8150



**Self-Help for
the Elderly**
安老自助處

“訓練有素的工作人員護送/陪伴老年人參加活動，包括但不限於醫療/牙科預約、COVID-19 疫苗接種或檢測、參加老年人中心、雜貨店購物等社交活動。”

聯繫安老自助處：415-677-7585



**Gum Moon
Women's Residence**

亞洲婦女服務中心

金門女子公寓/亞洲婦女服務中心提供自衛研討會、心理健康支持小組，並為老年人和父母分發自衛工具包。

電話：415-421-8827

COALITION FOR COMMUNITY
SAFETY AND JUSTICE



“社區安全和正義聯盟”建立了一個特殊的受害者和倖存者基金，其中100%的捐款將用於為受影響的個人和家庭提供經濟援助，以滿足他們的迫切需要。

電話：415-775-2636

電郵：ccsj@cycsf.org

網站：www.cycsf.org/program/ccsj/

獲得情緒／心理 健康支持!



APA亞裔家援服務處
聯繫：(415) 617-0061



華埠基督教青年會 (Chinatown YMCA)
聯繫：(415) 772-5500



東北醫療中心 (NEMS) - 心理健康服務
聯繫：(415) 391-9686 ext. 8150

RESOURCES

- Hotlines:
- **CalHope:** <https://calhopeconnect.org/>
 - **CALL:** Warmline: 1-855-845-7415 (24/7)
 - **CHAT:** <https://calhopeconnect.org/populations/asian-and-pacific-islanders/8AM-Midnight> | 8AM-Midnight | Monday – Friday
- **SF Suicide Prevention Hotline:** 24/7, for anyone in crisis
 - **CALL:** 415-781-0500
 - **TEXT:** 415-200-2920
- Physical/ Mental Health Programs in San Francisco: <https://sfhealthnetwork.org/primary-%20care-3/community-health-programs-for-youth-chpy/>
- **Gambling:**
 - **CALL:** 1-800-GAMBLER (24/7, English, Spanish, Cantonese, Mandarin)
 - **CALL:** 1-888-968-7888 (English/ Chinese)
- **Smoking:**
 - **CALL:** (800)-NO-BUTTS or (800) 662-8887 (CA Smoker's Helpline)
- **Alcohol/ Drugs:**
 - **CALL:** (800)-NCA-CALL or (800) 622-2255 (Helpline for finding treatment)



資源

- 熱線:
- **CalHope:** <https://calhopeconnect.org/>
 - 致電: Warmline: 1-855-845-7415 (24/7)
 - 訊息: <https://calhopeconnect.org/populations/asian-and-pacific-islanders/8AM-Midnight> | 8AM - 午夜 | 周一 - 周五
- **SF Suicide Prevention Hotline:** 24/7, for anyone in crisis
 - 致電: 415-781-0500
 - 訊息: 415-200-2920
- Physical/ Mental Health Programs in San Francisco: <https://sfhealthnetwork.org/primary-%20care-3/community-health-programs-for-youth-chpy/>
- 賭博:
 - 致電: 1-800-GAMBLER (24/7, 英文, 西班牙語, 粵語, 國語)
 - 致電: 1-888-968-7888 (英文 / 中文)
- 吸煙:
 - 致電: (800)-NO-BUTTS or (800) 662-8887 (CA Smoker's Helpline)
- 吸毒或酗酒:
 - 致電: (800)-NCA-CALL or (800) 622-2255 (Helpline for finding treatment)



Thank you!

感謝你的參與!

NICOS 華人健康組織聯會

電話: (415)788-6426 (中文 & 英文)

電郵: info@nicoschc.org

掃描二維碼添加微信好友



AAPI Mental Health Resources

亞太裔心理健康資源

UCSF AAPI mental health resources for students/staff:

[AAPI Coalition](https://aapicoalition.ucsf.edu/solidarity-and-healing) - <https://aapicoalition.ucsf.edu/solidarity-and-healing>

[Student Health and Counseling](#): (415) 476-1281

[Faculty and Staff Assistance Program](#): (415) 476-8279

Other AAPI mental health resources for community:

<https://www.verywellmind.com/mental-health-resources-for-asian-pacific-islander-communities-5116843>

https://www.thementalhealthcoalition.org/wp-content/uploads/2021/03/AAPI-MH-Resources_MHC-1.pdf

Resources 資源

Other AAPI mental health resources for community (Cont'd):

MHACC Bilingual Hotline 美國華裔精神健康聯盟
中英心理援助熱線 (800) 881-8502

Asian Mental Health Collective
<https://www.instagram.com/p/CnvOvlxMGcX/>

Asian American Health Initiative – resource request and provider directory
<https://aahiinfo.org/aahi-resources/>

<https://www.verywellmind.com/mental-health-resources-for-asian-pacific-islander-communities-5116843>

https://www.thementalhealthcoalition.org/wp-content/uploads/2021/03/AAPI-MH-Resources_MHC-1.pdf

Resources 資源

AAPI mental health mobile apps resources

UrSpace – Choose a virtual partner to talk and get support in English or Chinese

■ [安卓手機安裝 \(Android Store Download\)](#)

■ [蘋果蘋果手機安裝 \(Apple Store Download\)](#)

MiSunshine – designed for caregivers to build a caretaking schedule based on their family's needs

■ [安卓手機安裝 \(Android Download\)](#)

■ [蘋果手機安裝 \(Apple Store Download\)](#)