

# Gender Health Services

**AHP provides a range of services to support the health and wellness of trans and gender diverse people.**

**Pre-surgical mental health evaluations** will help you access and prepare for gender-affirming surgery. We work closely with Gender Health SF and your primary care team so you can understand the process and make informed decisions about your health.

**Staff-facilitated gender support groups** are a dedicated space to talk with peers about how issues faced by our communities affect your well-being.

**Mental health and substance use services**, including individual and group psychotherapy, psychiatry, and case management, give you the tools and resources to make positive changes in your life.

**All services are free or low cost – Contact us to see if you are eligible.**

## Contact Us

Call 415-476-3902 Monday-Friday, 9 am-5 pm.  
No phone? Stop by 1930 Market Street and knock on the door.



The UCSF Alliance Health Project supports the mental health and wellness of the lesbian, gay, bisexual, transgender and queer (LGBTQ) and HIV-affected communities in constructing healthy and meaningful lives.

## **AHP GROUPS** For more information: [alliancehealthproject.ucsf.edu](http://alliancehealthproject.ucsf.edu)

**For more info, call 415-476-3902 and ask for the triage staff person.  
Most groups require an assessment process.**

### **For People who are Lesbian, Gay, Bisexual, Transgender, or Queer**

#### **Sex & Sobriety**

A 12-week group looks at navigating sober sexuality and attaining emotional intimacy. For gay and bisexual men with at least two months of continued sobriety from substances that have been problematic.

#### **Gay & Bi Men's Group**

Ongoing group for gay and bisexual men exploring issues of mental and physical wellness.

#### **Taking the Wheel**

A 12-week substance use disorder group that explores a different topic each week to help participants identify coping strategies to reach and maintain their goals of recovery from problematic drug and alcohol use. A 12-week commitment is required.

#### **Trans Support Group**

Ongoing support group for transgender and non-binary people who want to explore their gender, relationship issues, self-esteem, and mental and physical well-being. Open to all genders.

### **For HIV+ People**

#### **50+ Long-Term HIV Survivors**

Ongoing groups for those with

long-term HIV and mental health concerns. Topics vary but include aging and specific issues faced by long-term survivors over 50.

#### **Living and Thriving with HIV Support Groups**

Ongoing groups to talk about relationships, dating, sex, aging, being positive in San Francisco, medical issues, and more. Ongoing groups require three-month commitment.

### **Open to All**

#### **Foundations**

A 12-week group for people new to AHP, testing the waters of group participation, or folks building their group or social skills. Topics depend on the interests of group members. Anyone interested in a group at AHP with limited group experience can start here.

#### **Home Base Drop-In Group**

Thursdays, 10:30 am-Noon. A harm reduction group for people who would like support in reaching and/or maintaining their substance use goals. Group is limited to 12. No intake required, please call AHP front desk at 415-476-3902 for Zoom sign in.

#### **Wellness Group**

Ongoing group explores issues of aging, building social skills, managing mental health symptoms,

and living with chronic physical health concerns.

#### **MAP: Making Action Possible**

For HIV-positive people and those recovering from a disabling mental illness who want to discuss the possibility of returning to work or other gainful or meaningful activity.

#### **Seeking Safety**

A highly structured group for people addressing issues related to trauma, substance use, and/or other mental health concerns. A new topic is explored each week with a focus on relating it to your life and building skills to deal with daily life struggles.

#### **Mindfulness Practice**

A 12-week skills-focused group, teaching mindfulness and grounding strategies to manage substance use, mental health, or physical health concerns. Exercises may be adapted to meet each person's needs and specific abilities.

#### **Dual Discovery**

A 12-week group for those navigating a substance use disorder and mental health symptoms, particularly if their mental health symptoms impact their substance use, or vice versa. This group involves psychoeducation and discussion and explores topics like treatment advocacy and coping skills.

Membership in groups is limited based on income and insurance, except for the Home Base Drop-In Group.