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 UPDATES
JULY - SEPTEMBER 2020

AHP GROUPS
For more information: alliancehealthproject.ucsf.edu

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.

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.

Gay & Bi Men's Group
Ongoing group for gay and bisexual men exploring issues of mental and physical wellness.

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.

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.

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.

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.

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.

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.

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.

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

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