24-Hour Emergency Phone Numbers

Alcohol & Drug Helpline 650-573-3950
Information about and referral to substance abuse services. Referrals for crisis intervention.

California Poison Control System 800-222-1222

California Youth Crisis Hotline 800-843-5200
Information & referral, counseling, youth-to-parent message service & phone connections to service providers.

Child Protective Services (CPS) 800-632-4615
Accepts reports about children age 17 or under who may be in danger due to abuse, abandonment or exploitation.

Community Overcoming Relationship Abuse (CORA) 800-300-1080

National Suicide Prevention Lifeline 800-273-8255

Mills-Peninsula Adult & Adolescent Mental Health Chemical Dependency Center .. 650-696-5915
Crisis Line

National STD/AIDS Hotline 800-232-4636

Parental Stress Hotline 888-220-7575

Psychiatric Emergency Services 650-573-2662

Rape Trauma Services 650-692-7273

Shelter Bed Hotline 800-774-3583

Your House South 650-367-9687
Hotline for youth, including runaways, ages 10-17 who are experiencing family problems.

Call 211 211
A new service that is available to San Mateo County residents to access non-emergency health & human services programs. Call 211 to receive information about food, housing, healthcare, senior services, childcare, legal aid and much more.211 is a free, confidential service that is available in more than 150 different languages, 24-hours a day.