

SMFCSD

RESOURCES

Mental Health and Wellness Resources

Mental Health	Crisis
• ACCESS - 800-686-0101. San Mateo County call center for all individuals with Medi-Cal or who are uninsured • One Life Counseling Center - 650-394-5155. Serves individuals, groups, and families • CareSolace - 889-515-0595. Free help to get connected to care • KARA - 650-321-5272. Grief support for youth and families • Youth Service Bureau (YMCA) - 650-349-7969. counseling for youth and families and parent education • Allcove - Opening in January 2024 • NAMI - 650-638-0802 support for caregivers and family members	• StarVista Crisis Line - 650-579-0350 • National Lifeline - 9-8-8 • CORA - 800-300-1080 Supporting survivors of Domestic Violence • Parent Support Line - 888-220-7575 • Crisis chat - Text “HOME” to 741-741 • RTS - 650-692-7273. survivors of sexual assault • San Mateo Emergency Psychiatric Services - 650-573-2662 - 222 West 39th Avenue, San Mateo, CA 94403 • Mills-Peninsula Emergency Psychiatric Services 650-696-5915 - 1501 Trousdale Drive, Burlingame, CA 94010 *If you or your child are in need of immediate medical or psychiatric care call 911 or go to your nearest emergency room.
Substance Use	LGBTQ+
• Children’s Place Program - 650-591-9623 ext 116. Through StarVista provides prevention and education • HealthRIGHT 360 - 650-348-6603. Services for youth and adults	• Pride Center - 650-591-0133 Community Center at 1021 S El Camino Real • Trans Lifeline - 877-565-8860 • Trevor Project - 866-488-7386.
Food	
Second Harvest - Type in your zip code to find the closest food distribution closest to you.	

For more resources you can dial 2-1-1 or go to smc-connect.org.