

# KNOW YOUR RESOURCES



## **SUICIDE & CRISIS LIFELINE**

Dial 988

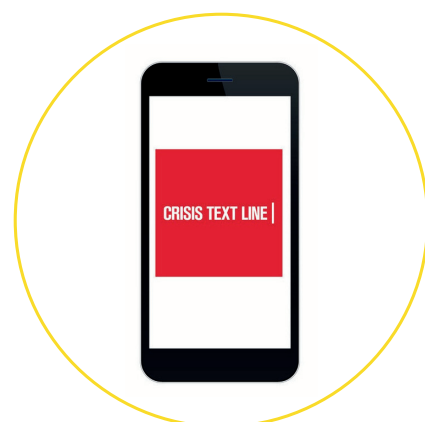


**24/7 STARVISTA CRISIS HOTLINE:** 650-579-0350

**STARVISTA TEEN CRISIS CHAT:**

[www.sanmateocrisis.org](http://www.sanmateocrisis.org)

(Chat available Monday - Thursday, 4:30 - 9:30 p.m.)



## **CRISIS TEXT LINE**

Text HOME to 741741 from anywhere in the U.S., anytime, about any type of crisis.



## **STOPit ANONYMOUS REPORTING APP**

Report a Safety Concern: [www.smuhsd.org/stopit](http://www.smuhsd.org/stopit)



## **NATIONAL DOMESTIC VIOLENCE HOTLINE**

1-800-799-7233 or [www.thehotline.org](http://www.thehotline.org)



## **FAITH IN ACTION BAY AREA (Immigration Support)**

[www.faithinactionba.org](http://www.faithinactionba.org)

In San Mateo County, report ICE activity and send help to those impacted: 203-666-4472

**In case of an emergency, dial 911, or visit your nearest emergency room.**