

KNOW YOUR RESOURCES



SUICIDE & CRISIS LIFELINE

Dial 988



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



NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233 or www.thehotline.org



FAITH IN ACTION BAY AREA (Immigration Support)

In San Mateo County, report ICE activity and send help to those impacted:
203-666-4472 | www.faithinactionba.org

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