

**Woodside High School **
Mental Health Resources

- If you are experiencing a psychiatric emergency, please go to an emergency room or call 9-1-1
- Text 741741, free 24/7 support from the [Crisis Text Line](#)
- Call or text the [988 Suicide and Crisis Lifeline](#)

The Sequoia Teen Wellness Center
200 James Avenue, Redwood City
www.sanmateomedicalcenter.org

650-366-2927

Adolescent Counseling Services (ACS)
1779 Woodside Road, Suite 200, Redwood City
www.acs-teens.org, ccp@acs-teens.org

650-424-0852 x108

The Trevor Project
Their mission is to end suicide among LGBTQ youth
www.thetrevorproject.org

1-866-488-7386
Text: 678-678

LGBT National Youth Talkline
www.lgbthotline.org/youth-talkline/

800-246-7743

National Suicide Prevention Line
www.988lifeline.org

988

StarVista Intervention & Suicide Hotline
www.sanmateocrisis.org

650- 579-0350

Rape Trauma Services
www.rapetraumaservices.org

650-692-7273

CORA
Community Overcoming Relationship Abuse
www.corasupport.org

800-300-1080

KARA
Grief Support for Children, Teens, Adults & Families
www.kara-grief.org

650-321-5272

OneLife Counseling - San Carlos
www.onelifecounselingcenter.com

650-394-5155

Una Vida Counseling Center - Redwood City
www.onelifecounselingcenter.com
Mental health services targeted for the Latinx community

650-394-5155

Care Solace
Mental Health Care and Coordination Services
Multilingual support, available 24/7/36.
caresolace.com/suhsd

888-515-0595

AllCove
allcove.org

Palo Alto
650-798-6330

San Mateo
650-226-7030

CalHope
<https://calhopeconnect.org/>
Youths, Families

English 833-317-4673
Spanish 833-642-7696

NAMI - National Alliance on Mental Health
Please refer to this webpage for local resources:

[NAMI SMC Resource Guide, Useful Links and Local Services - NAMI San Mateo](#)