Woodside High School 🐾
Mental Health Resources

The Sequoia Teen Wellness Center 200 James Avenue, Redwood City www.sanmateomedicalcenter.org	650-366-2927
OneLife Counseling - San Carlos www.onelifecounselingcenter.com	650-394-5155
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
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
Una Vida Counseling Center - Redwood City www.onelifecounselingcenter.com Mental health services targeted for the Latinx community	650-394-5155

AllCove
allcove.org

Palo Alto
650-798-6330

San Mateo
650-226-7030

CalHope
CalHOPE
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

Please note that these resources are not educationally-related services, special education, or designated instruction and services as defined under the Education Code, the Individuals with Disabilities Improvement Act of 2004, or Section 504 of the Rehabilitation Act of 1973. SUHSD does not claim or make any representation of financial responsibility. These resources are posted for those seeking community-based counseling referrals and/or community-based counseling services as a possible option/support to address non-school-related concerns.