

City of San Carlos

Mental Health

Community Resource Guide





Dear Community Member,

May is Mental Health Awareness Month. Mental illness is a serious and common mental health condition. It affects a person's feelings, moods, and behaviors along with their day-to-day ability to cope and relate to others. In addition to impacting the individual, the effects of one's mental illness can also impact loved ones, friends, and coworkers. According to the Centers for Disease Control and Prevention (CDC), more than half of us will be diagnosed with a mental illness or disorder at some point in our lives.* Even so, two-thirds of people with diagnosable mental disorders do not seek treatment.**

One Life Counseling Center, a San Carlos nonprofit that provides mental health services, saw a 300% increase in referrals for care in recent years as many struggled with anxiety, isolation, and other effects of the COVID-19 pandemic.***

The City of San Carlos wants you to know that if you think you or someone you love may have a mental illness, you are not alone. Though common, some people still feel uncomfortable talking about this health issue. This resource guide has been sent to every San Carlos residence to ensure our community is aware of the mental health services that are available. We urge you to review this information and keep it someplace handy.

Wishing you good health,
The City of San Carlos

* National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health

** Centers for Disease Control and Prevention Office of Science (OS), Office of Genomics and Precision Public Health

*** One Life Counseling Center, onelifecounselingcenter.com

Facts About Mental Illness*

1 in 5

U.S. adults experience mental illness each year

1 in 3

U.S. adults aged 18-25 experience a mental illness each year

1 in 6

U.S. youth aged 6-17 experience a mental health disorder each year

1 in 20

U.S. adults experience serious mental illness each year

1 in 10

U.S. adults aged 18-25 experienced a mental illness in 2020

50%

of all lifetime mental illness begins by age 14, and 75% by age 24

3.8

million

adults aged 18-25 had serious thoughts of suicide in 2020

3

million

U.S. adolescents aged 12-17 had serious thoughts of suicide in 2020

Suicide is the **2nd leading** cause of death among people aged 10-34

* National Alliance on Mental Illness (NAMI) San Mateo County

For clickable links and more up-to-date information and events, visit www.cityofsancarlos.org/mentalhealth.

Local Mental Health Resources

Zen Den

1001 Chestnut Street
San Carlos, CA 94070

The San Carlos Youth Center is located at Burton Park. Youth Center Drop-In is a free, supervised after school program for youth ages 10-17 years. Supervised by trained staff, the Drop-In program offers many activities designed to fit all interests. Work on your basketball shot, play video games, or dominate in a ping-pong match.

The Youth Center features the Zen Den, a safe and supportive space for students. The Zen Den is set up to promote de-stressing and offers yoga mats, relaxing music, a chalk-art wall, essential oils, and sensory items. The idea for the Zen Den sprung from a Youth Advisory Council (YAC) meeting after an organization, Safe Space, gave a presentation about mental health. The conversation inspired the YAC to create a space for youth to relax and de-stress.



“

The Zen Den is my favorite room at the Youth Center because it helps me calm down after school. I like that it's a quiet space to concentrate on my homework. There are a lot of activities and fun fidgets too!” – K. Z.



For clickable links and more up-to-date information and events, visit www.cityofsancarlos.org/mentalhealth.

StarVista

610 Elm Street, Suite 212
San Carlos, CA 94070



STAR VISTA

StarVista is a nonprofit organization that has been helping people throughout San Mateo County navigate life's challenges for over 55 years. Their counseling, crisis prevention, youth housing, and outreach programs reach tens of thousands of people in our community each year.

StarVista offers 30 different programs. Among them, the **Crisis Center** provides suicide intervention services, a mobile youth crisis response team, and online and text teen crisis support. The **Counseling Center** offers affordable counseling services for children, teens, adults, and families, covering relationship issues, behavioral concerns, depression/anxiety, life transitions, peer conflicts, homework stress, self-esteem, and more.

Main Office Line – (650) 591-9623
24/7 Crisis Hotline – (650) 579-0350
Counseling Center – (650) 355-8787
Resource Line – (650) 489-2097

 www.star-vista.org
 hello@star-vista.org
 [@StarVistaSMC](https://www.facebook.com/StarVistaSMC)
 [@StarVistaSMC](https://www.instagram.com/StarVistaSMC)

One Life Counseling

1033 Laurel Street
San Carlos, CA 94070

Since 2016, One Life's mission has been to provide easy access to counseling, education, and opportunities to connect through service. One Life takes a holistic and radically accessible approach to mental health counseling. Its staff of 95 experienced therapists offers counseling services in eight languages and appointments in the evening, on weekends, and on weekdays. All calls are returned within 24 hours and appointments are made within one week of contact. No client is turned away, regardless of ability to pay. One Life Counseling also works with community partners and provides its own onsite services to meet clients' other basic needs, including those related to food, housing, transportation, and medical care.

 www.onelifecounselingcenter.com
 info@onelifecounselingservices.com
 (650) 394-5155
 [@onelifecounselingcenter](https://www.facebook.com/onelifecounselingcenter)
 [@onelifecounselingcenter](https://www.instagram.com/onelifecounselingcenter)



Local Mental Health Resources

Community Foundation of San Carlos

P.O. Box 113
San Carlos, CA 94070



COMMUNITY FOUNDATION
OF SAN CARLOS

The Community Foundation of San Carlos was established in November 2019 to improve quality of life for current and future generations. It was formed by a Steering Committee of San Carlos residents with a \$2 million endowment from the City of San Carlos. It is led by a board of diverse community volunteers who strive to strengthen and support our community.

The mission of the Community Foundation is to **AMPLIFY** the critical work of nonprofits. **CONNECT** people, ideas, expertise, and resources. **BUILD** a strong and equitable community.

 www.cfsancarlos.org

 info@sancarloscf.org

 [@CFSanCarlos](https://www.facebook.com/CFSanCarlos)

 [@cf_sancarlos](https://www.instagram.com/cf_sancarlos)

 [@CFSanCarlos](https://twitter.com/CFSanCarlos)

Sequoia Healthcare District

525 Veterans Boulevard
Redwood City, CA 94063



FOR YOUR HEALTH

The Sequoia Healthcare District offers diverse resources for parents.

One popular resource is the "Parent Green Folder," available in Spanish and English. This printable, four-page document teaches parents how to recognize signs of distress in youth and provides an action plan for assisting a child in need. It also lists nearly three dozen support services and hotlines.

 www.seqhd.org

 [@shealthdistrict](https://www.facebook.com/shealthdistrict)

 [@shealthdistrict](https://www.instagram.com/shealthdistrict)

More Information –

 seqhd.org/parent-resources

 seqhd.org/wp-content/uploads/2021/09/Parent-Green-Folder1.pdf

San Carlos School District
1200 Industrial Road, Unit 9
San Carlos, CA 94070

SCSCk8.org

San Carlos School District's (SCSD) Wellness Program is designed to ensure that all students, staff, families, and caregivers have the tools and resources to care for themselves and one another physically, mentally, and emotionally. Their mission is to ensure that well-being is inclusive, intersectional, trauma-informed, and available to all in our community.

The San Carlos School District:

- Offers access to counselors for 1:1 and group support.
- Provides Social-Emotional Learning for all students.
- Offers a mental health team comprised of school counselors, psychologists, mental health associates, and interns.
- Provides **Kognito Suicide Prevention** training for teachers and staff.
- Partners with **Care Solace**, a free, confidential service that connects students, families, and staff from the San Carlos School District to mental health or substance abuse services.
- Partners with **Parent Venture** to provide comprehensive parent and caregiver education to our families.

For more information contact:

Director of Health and Wellness

Ilana Yakubovich (she/hers) at iyakubovich@scsdk8.org or (650) 597-1035

Director of Student Services

Kiersten Daniel Baca (she/hers) at kdanielbaca@scsdk8.org

Kognito Suicide Prevention - www.kognito.com

Care Solace - www.caresolace.org or (888) 515-0595

Parent Venture - www.parentventure.org

For clickable links and more up-to-date information and events,
visit www.cityofsancarlos.org/mentalhealth.

Local Mental Health Resources

San Mateo County Behavioral Health and Recovery Services (BHRS)

225 37th Avenue
San Mateo, CA 94403



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

For assistance in finding mental health and/or substance use services for someone who may be experiencing a mental illness and/or substance use condition, or for someone you are concerned about, call the BHRS ACCESS Call Center for information, an assessment, and a referral based on individual needs. BHRS serves San Mateo County residents with Medi-Cal or those who are uninsured.

24-Hour Hotline and ACCESS Call Center – (800) 686-0101
TTY ACCESS (for hearing impaired) – Dial 711

Behavioral Health Resources – www.smchealth.org/bhrsservices
Network of Care – www.sanmateo.networkofcare.org



For clickable links and more up-to-date information and events, visit www.cityofsancarlos.org/mentalhealth.

San Mateo County Pride Center – Mental Health Services

1021 S. El Camino Real, San Mateo, CA 94402



The San Mateo County Pride Center provides high quality, LGBTQ+ affirming mental health services to community members living throughout San Mateo County. Mental wellbeing services include individual therapy, relationship therapy, family therapy, group therapy, and case management.

24-Hour Hotline and ACCESS Call Center – (800) 686-0101
TDD – (800) 943-2833 Main Office – (650) 591-0133

Schedule a screening in one of four ways:

- **Complete a form** at sanmateopride.org/mental-health-services
- **Email** clinical@sanmateopride.org
- **Call** the Clinical Info Line at (650) 591-0133 ext. 146, where you can leave a confidential voicemail
- **Fax** a request or referral form to (650) 412-1986 (ATTN: Pride Center Clinical Team)

Check out the Pride Center’s peer support groups below.

Peer Support Groups

SCHEDULED TIMES / MEETING DATES

| GAY MEN'S GROUP | POLYMORY PEER POWER | TRANS GROUP | QUEER WOMEN'S GROUP |
|---|--|--|--|
|  <p>4th Tuesday of every month @ 6-7:30pm tinyurl.com/SMPC-gaymensgroup 18+ 55+ Encouraged</p> |  <p>1st Wednesday of every month @ 7-8:30pm tinyurl.com/Poly-Peer-Power 18+ 55+ Encouraged</p> |  <p>1st Monday of every month @ 6-7:30pm tinyurl.com/smpc-transgroup1 18+</p> |  <p>4th Friday of every month @ 6-7:30pm tinyurl.com/smpc-queerwomxn 18+</p> |
| LGBTQ+ BOOK CLUB | LGBTQ+ PARENT GROUP | QTBIPOC YOUTH GROUP | YOUTH DROP-IN GROUP |
|  <p>1st Wednesday of every month @ 4:30-6pm tinyurl.com/smpc-bookclub 18+ 55+ Encouraged</p> |  <p>1st & 3rd Tuesday of every month @ 7-8:30pm tinyurl.com/smpc-parentsgroup 18+</p> |  <p>Every Tuesday @ 6-7:30pm tinyurl.com/OutletIntakeForm Ages 14-25</p> |  <p>Every Monday @ 4:30-6pm outletprogram@acs-teens.org Ages 10-18</p> |

For questions regarding the groups please contact:
Devon Dye via EMAIL OR PHONE @
DEVON.DYE@SANMATEOPRIDE.ORG
(650) 465-6809

Mental Health Events in May 2022

MAY 2

Cordilleras Family Support Group

**First Monday of every month,
6:30 – 8:00 p.m.**

Register by emailing
cordilleras6765@gmail.com

More information at:
namisanmateo.org/events

Teen Adolescent Group

Mondays and Thursdays, 6:30 – 8:30 p.m.

Register by emailing Lori
lorimacp@gmail.com

Visit onelifecounselingcenter.com
for more information

NAMI Connections for Adults 18+

**Mondays and Thursdays,
7:00 – 8:30 p.m.**

Receive Zoom information by
emailing nami@namisanmateo.org,
or calling (650) 638-0800

More information at:
namisanmateo.org/events

MAY 3

Tai Chi (50+), San Carlos Parks & Recreation

**Tuesdays and Wednesdays,
9:00 – 9:30 a.m. at the
Adult Community Center**

Register here cityofsancarlos.org/register,
or call (650) 802-4382

Morning Chair Yoga Class

**Tuesdays and Thursdays,
9:30 – 10:30 a.m.**

Register for the free online class
by contacting Ellyn (she/her) at
ebloomfield@peninsulafamilyservice.org



Virtual Chair Yoga (50+), San Carlos Parks & Recreation **Tuesdays, 10:45 – 11:30 a.m.**

This class is part of a five-session
course from 5/3 to 5/31

Register here cityofsancarlos.org/register,
or call (650) 802-4382

Virtual Mat Yoga (50+), San Carlos Parks & Recreation **Tuesdays, 12:00 – 12:45 p.m.**

Register here cityofsancarlos.org/register,
or call (650) 802-4382

Anxiety Parent Support Group

**First Tuesday of every month,
12:00 – 1:30 p.m., free and online**

Register here: chconline.org/calendar

MAY 4

Tai Chi (50+), San Carlos Parks & Recreation

**Tuesdays and Wednesdays,
9:00 – 9:30 a.m. at the ACC**

Register here cityofsancarlos.org/register,
or call (650) 802-4382

Adult Coloring (50+), San Carlos Parks & Recreation

Wednesdays, 10:30 – 12:00 p.m.

This class is part of a four-session course
from 5/4 to 5/25

Register here cityofsancarlos.org/register,
or call (650) 802-4382

For clickable links and more up-to-date information and events,
visit www.cityofsancarlos.org/mentalhealth.

Mental Health Substance Abuse Recovery Commission Meeting

3:30 – 5:00 p.m.

Register here:

tinyurl.com/smcpc-polyampower

This San Mateo County Mental Health Substance Abuse Recovery Commission will include a presentation on May Mental Health Month.

NAMI Connections for Older Adults 55+ First Wednesday of every month, 7:00 – 8:30 p.m.

Receive Zoom information by emailing nami@namisanmateo.org, or calling (650) 638-0800

More information at: namisanmateo.org/events

MAY 5

Morning Chair Yoga Class

Tuesdays and Thursdays,
9:30 – 10:30 a.m.

Register for the free online class by contacting Ellyn (she/her) at ebloomfield@peninsulafamilyservice.org

Teen Adolescent Group

Mondays and Thursdays,
6:30 – 8:30 p.m.

Register by emailing Lori lorimacp@gmail.com

Visit onelifecounselingcenter.com for more information

NAMI Connections for Adults 18+ Mondays and Thursdays, 7:00 – 8:30 p.m.

Receive Zoom information by emailing nami@namisanmateo.org or calling (650) 638-0800

More information at: namisanmateo.org/events

MAY 6

Morning Tai Chi

Fridays, 9:30 a.m.

For more information, please contact Ellyn (she/her) at ebloomfield@peninsulafamilyservice.org

Virtual Chair Yoga (50+), San Carlos Parks & Recreation Fridays, 10:45 – 11:30 a.m.

This class is part of a four-session course from 5/6 to 5/27

Register here cityofsancarlos.org/register, or call (650) 802-4382

MAY 9

City of San Carlos City Council Mental Health Proclamation

7:00 p.m., via Zoom or in person

Agenda will be available on May 5 at sancarlosca.iqm2.com/Citizens/Default.aspx

NAMI Parents of Youth and Young Adults (ages 6-26)

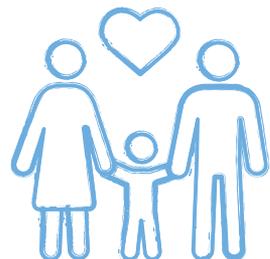
Second Monday of every month,
7:00 – 8:30 p.m.

Register for the Zoom by emailing Parentsofyouth@namisanmateo.org

PFLAG: Parents, families, friends, allies, and LGBTQ+ folks are welcome!

Second Monday of every month,
7:00 – 9:00 p.m.

Visit pflagsanjose.org/meetings.php for information on how to join the virtual meeting



Mental Health Events in May 2022

MAY 10

NAMI South County Family Support Group
Second Tuesday of every month,
6:00 – 7:30 p.m.

Register for the Zoom by emailing
southcountyNFSG@gmail.com

More information at:
namisanmateo.org/events

NAMI Spanish Speaking Support Group
Second Tuesday of every month,
6:00 – 7:30 p.m.

Register for the Zoom by emailing
csaggese@smcgov.org

More information at:
namisanmateo.org/events

NAMI Jewish Family & Services Support Group
Second Tuesday of every month,
7:00 – 8:30 p.m.

For more information and to register please visit namisanmateo.org/events

MAY 13

Walk and Historical Tour of Coyote Point (for older adults)
10:00 a.m. – 1:30 p.m.

Walking is the most common activity recommended for older adults who are challenged with depression and anxiety. The endorphins from walking encourage a more positive outlook. Also, being outside and interacting with others can have a positive effect as well.

Contact Ellyn Bloomfield at
ebloomfield@peninsulafamilyservice.org
for more information and to register

MAY 19



San Mateo
County
Libraries

Take a Break from Stress with Meditation, San Mateo County Libraries
6:00 – 7:00 p.m.

Take a break in this guided meditation with meditation practitioner, Gaurav Singh.

Register for the online event at
forms.office.com/r/gxRtn5ABEf

MAY 22

Mental Health Matters Walk
Ryder Park, San Mateo, 12:00 – 4:00 p.m.

More information here:
star-vista.org/mhmatters22



MAY 23-27

**Mental Health Awareness Week
for Youth**

3:45 – 4:45 p.m., City of San Carlos Youth
Advisory Council

Different activity every day.

Check website for details:

www.cityofsancarlos.org/mentalhealth



MAY 24

Adult Gay Men's Group (18+)

Fourth Tuesday of every month,
6:00 – 7:30 p.m.

Register here:

tinyurl.com/SMCPC-gaymensgroup

NAMI Stanford Family Support Group

Fourth Tuesday of every month,
7:00 – 8:30 p.m.

For more information and to register please
visit namisanmateo.org/events

**MAY 24
LIVE EVENT**

**Community Conversation:
Mental Health &
Overcoming Stigma
Panel Conversation**

6:00 – 7:00 p.m.

**San Carlos Adult Community Center
Parkview Room
601 Chestnut Street,
San Carlos, CA 94070**

The Community Foundation of San Carlos, in partnership with One Life Counseling Center, will host a community awareness panel conversation to discuss the stigma associated with mental health, and the implications of mental health on our bodies.

Panelists include:

Sara McDowell

Mayor, City of San Carlos

Aaron Nayfack, MD

Developmental and Behavioral
Pediatrician, PAMF, and Sequoia Health
District Board Member

Ilana Yakubovich, MA, RYT

Director of Health and Wellness,
San Carlos School District

More information at:

[cfsancarlos.org/events/
community-conversation](http://cfsancarlos.org/events/community-conversation)



For clickable links and more up-to-date information and events,
visit www.cityofsancarlos.org/mentalhealth.

Counseling, Therapy, Support Groups

Adolescent Counseling Services

643 Bair Island Road, Suite 402,
Redwood City, CA 94063

Call (650) 424-0852

Email info@acs-teens.org

Empowers youth in our community to find their way through social-emotional support and by building safe, accepting communities.

ASPIRE El Camino Hospital

825 Pollard Road, Los Gatos, CA 95032 and
2400 Grant Road, Mountain View, CA 94040

Call (866) 789-6089

After School Program Interventions and Resiliency Education (ASPIRE) helps children, teens, and young adults with anxiety, depression or other symptoms related to a mental health condition. Middle school, high school, and transitional program.

Children's Heath Council (CHC)

1848 Bay Road, East Palo Alto, CA 94303
and 650 Clark Way, Palo Alto, CA 94304

English (650) 688-3625

Español (650) 688-3650

Offers comprehensive and integrated services for learning differences and mental health. Supporting children, teen, young adults, and families.

Children's Heath Council (CHC) Intensive Outpatient Program

650 Clark Way, Palo Alto, CA 94304

English (650) 688-3625

Español (650) 688-3650

CHC recently opened an Intensive Outpatient Program for teens ages 14-18 who need a higher level of Dialectical Behavior Therapy (DBT) skill building and care for anxiety, depression, and suicidal thoughts.

For clickable links and more up-to-date information and events,
visit www.cityofsancarlos.org/mentalhealth.

ps, and Other Services

Family and Children Services of Silicon Valley Call (650) 326-6576
375 Cambridge Avenue, Palo Alto, CA 94306

Services for children, teens, and their families. Individual and family counseling services (sliding fee scale and private pay). Medi-Cal mental health services. Mental health services for children who are deaf/hard of hearing and their families. School-based counseling and family support services.

The Gronowski Center Call (650) 961-9300
5150 El Camino Real, Los Altos, CA 94022

A psychology training clinic dedicated to providing compassionate counseling and psychotherapy services to adults, older adults, couples, adolescents, children, and families in Santa Clara and San Mateo Counties. Sliding scale. Services are provided by doctoral level psychology students under the supervision of licensed psychologists. Currently offering telehealth care.

National Alliance on Mental Illness (NAMI) San Mateo County Warmline (650) 638-0802
Crisis Line (650) 579-0350
1730 S. Amphlett Boulevard, Suite 308,
San Mateo, CA 94402

NAMI San Mateo County offers support, education, compassion, and practical experience to anyone needing to educate themselves about mental illnesses and treatment for themselves or a loved one in San Mateo County.

SafeSpace, Menlo Park Call (650) 714-4417
708 Oak Grove Avenue, Menlo Park, CA 94025

Provides support and clinical assessment to help community members overcome struggles in their personal life at home or at school. Walk-in or appointments available.

Tips for what to say when calling 911

View this important brochure for critical tips on what to say when calling 911 during a mental health emergency.

tinyurl.com/3c69pdda



Counseling, Therapy, Support Groups

Stanford Center for Youth Mental Health

Call (650) 723-5511

401 Quarry Road, Stanford, CA 94305

Early mental health support and clinical care for more serious conditions. Education (parent ed and outreach), community partnerships, and technology program.

Sutter Health Mills Peninsula Teenage Mental Health Services

Call (650) 696-4666
for appointments

Mills Health Center
100 S. San Mateo Drive,
San Mateo, CA 94401

Call 911 or (650) 696-5915 for
psychiatric emergency services

Teenage mental health services for ages 13-18 (psychiatric emergency services and intensive outpatient therapy).

The Talking Playhouse

Email info@talkingplayhouse.com

156 Elwood Street Casita (backhouse),
Redwood City, CA 94062

Offers social skills coaching, anxiety therapy, executive function skills training, language therapy, written expression therapy, parent coaching, and more!

YMCA Youth Services Bureau

Call (650) 877-8642

1650 S. Amphlett Boulevard, Suite 115,
San Mateo, CA 94402

1486 Huntington Avenue, Suite 100,
South San Francisco, CA 94080

435 Edgemar Avenue
Pacifica, CA 94044

Offers clinical counseling services in three clinics in San Mateo County on a sliding fee scale and free to Medi-Cal and Victims of Crime (VOC). Works with 50 schools providing on-site counseling and assessment, crisis interventions, on-campus violence prevention, and adolescent life skills/support groups.

Emergencies

Psychiatric Emergency Services are available 24/7 at:



San Mateo Medical Center

222 West 39th Avenue
San Mateo, CA, 94403

Call (650) 573-2662

Call **911** for immediate help

Mills-Peninsula Medical Center

1501 Trousdale Drive
Burlingame, CA 94010

Call (650) 696-5915

Call **911** for immediate help

Suicide/Crisis Hotline

Call (650) 579-0350

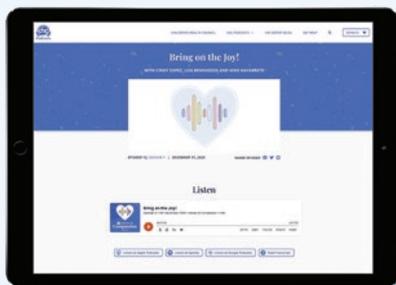
1(800) 273-TALK (8255)

Podcasts



"The Full Bloom Podcast"

by Zoë Bisbing,
LCSW for body
positive parenting.



Voices of Compassion

at podcasts.chconline.org
for insights, inspiration,
and creative conversations
about mental health,
education, and parenting.



"Raising Good Humans"

by Dear Media,
Aliza Pressman.

For clickable links and more up-to-date information and events,
visit www.cityofsancarlos.org/mentalhealth.

Counseling, Therapy, Support Groups

Apps

Insight Timer at [insighttimer.com](https://www.insighttimer.com) for meditations and calming music.



San Mateo
County
Libraries

Calm by Calm.com – San Mateo County Libraries is proud to be the first public library to partner with Calm, a mindfulness app and service that provides guided meditations, courses, stories, music, and other helpful tools to manage stress and mental health. Calm is available both via the web and through a mobile app. A San Mateo County Libraries card is required.

GetSetUp – This is a social learning platform for adults 50+. While GetSetUp's primary focus is teaching technology to older adults, other areas of focus include physical health, mental health, social health, and vocational health.

Books

Check out these books recommended by San Mateo County Libraries and the San Carlos School District.

"52 Small Changes for the Family"

by Brett Blumenthal and Danielle Shea Tan

"Tame Your Anxiety"

by Loretta Breuning

"When to Say Yes, How to Say No to Take Control of Your Life"

by Henry Cloud

"When the World Feels Like a Scary Place: Essential Conversations for Anxious Parents & Worried Kids"

by Abigail Gewirtz

"Mindful Self-Compassion"

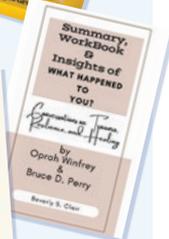
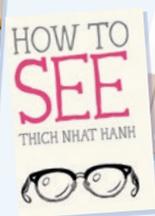
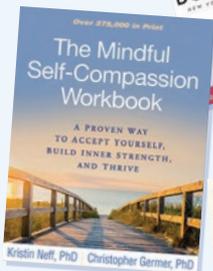
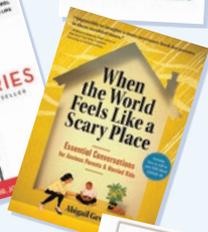
by Dr. Kristin Neff

"How to See"

by Thich Nhat Hanh

"What Happened to You? Conversations on Trauma, Resilience, and Healing"

by Oprah Winfrey



Local and National Hotlines

These phone lines are for anyone who is looking for someone to discuss their daily struggles. The call lines are usually staffed with peers who have experience with mental health struggles and other challenges. Anyone can call these lines (for free) to talk about their day, learn more about resources in their area, and/or receive peer support if they are experiencing a crisis themselves, or if they are caring for a family member or loved one in need.

Alcohol and Drug Helpline

(San Mateo County) (650) 573-3950

Crisis Text Line

(free & confidential) Text "START"
to 741741

Eating Disorder Helpline

(Referrals and Information)*
(800) 931-2237

LGBTQ+ National Hotline*

(888) 843-4564

LGBT National Senior Hotline

(Ages 50+) (888) 234-7243

National Suicide Prevention Lifeline

(800) 273-8255

Nacional de Prevención del Suicidio

(en Español) (888) 628-9454

Parent Support Line

(888) 220-7575

Peer-Run Warmline

(SF Bay Area) (855) 845-7415

Rape and Trauma Services

(San Mateo County) (650) 692-7273

Relationship & Domestic Violence

(CORA) (800) 300-1080

Runaway Safeline

(800) 786-2929

Self-Harm Information Line

(S.A.F.E. Alternatives)* (800) 366-8288

Substance Abuse & Mental Health

Services (800) 662-4357

This is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community based organizations.

Trans Lifeline* (877) 565-8860

Trevor Lifeline for LGBTQ youth

(ages 13-24) (866) 488-7386

Veterans Crisis Line (800) 273-8255

Asterisks () indicate hotlines that may not be available 24 hours a day.*

For clickable links and more up-to-date information and events,
visit www.cityofsancarlos.org/mentalhealth.

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