

## **Mental Health Resources:**

- School Counselors or Safety Advocates
- Health Centers on college campuses
- Primary Care Physicians
- Call your insurance carrier for a list of mental health providers

### **Behavioral Health and Recovery Services:**

(800) 686-0101, TDD: (800) 943-2833

[www.smchealth.org/mh](http://www.smchealth.org/mh)

To access mental health or alcohol and other drug services for you or someone in your family who may be experiencing mental health or a substance use concerns, call the San Mateo County, Behavioral Health and Recovery Services ACCESS Call Center for an assessment, information and referral based on individual needs.

**Chinese Community Outreach Worker** – for monolingual or bilingual Chinese community members.

Sunny Choi: 650-573-2403, [c\\_sjchoi@smcgov.org](mailto:c_sjchoi@smcgov.org).

Helps connect Chinese community to appropriate services.

**For additional Chinese mental health providers/resources** in San Mateo County, visit [www.smchealth.org/CHI](http://www.smchealth.org/CHI)

**Chinese website about mental health:** [www.radioicare.org](http://www.radioicare.org)

**RAMS – Richmond Area Multi-Services (SF)** 415-668-5955 [www.ramsinc.org](http://www.ramsinc.org)

Provides Asian-focused culturally competent mental health services to you, adults, families.

### **24/7 Crisis Line**

650-579-0350

Trained volunteers and staff provide referrals for community resources and services.

*Who could call the crisis line?*

- Anyone who feels sad, hopeless, or suicidal.
- Family and friends who are concerned about a loved one.
- Anyone interested in mental health treatment and service referrals.
- Or anyone who just needs some support through a personal crisis.

**Spanish Crisis Line** (1:00-9:00PM): 800-303-7432

### **24/7 Youth and Teen Hotline**

Call or Text: 650-567-KIDS (5437)

Available to support parents, educators, counselors, doctors, coaches, youth and members of the community in San Mateo County.

### **Youth Chat**

Support for teens from teens - [www.onyourmind.net](http://www.onyourmind.net)

### **Crisis Text Line**

Text “START” to 741741

Provides free confidential 24/7 emotional support and information to people in any type of crisis. at [www.crisistextline.org/get-help-now/](http://www.crisistextline.org/get-help-now/)

### **Teen Line**

Call or text: [www.teenlineonline.org](http://www.teenlineonline.org)

**California Youth Crisis Line**

24/7 (800) 843-5200, [www.youthcrisisline.org/about.html](http://www.youthcrisisline.org/about.html)

**Reach Out – for youth**

[www.reachout.com](http://www.reachout.com)

**24/7 National Suicide Prevention Helpline**

1-800-SUICIDE, 1(800) 273-TALK

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

Bullying: [www.suicidepreventionlifeline.org/gethelp/bullying.aspx](http://www.suicidepreventionlifeline.org/gethelp/bullying.aspx)

Chat online: [www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

Young Adults: [www.youmatter.suicidepreventionlifeline.org/](http://www.youmatter.suicidepreventionlifeline.org/)

**Teen Relationships**

24 Hour Hotline: 800-300-1080, [www.teenrelationships.org/](http://www.teenrelationships.org/)

**GLBT Youth Talkline**

(800) 246-PRIDE , [www.glnh.org](http://www.glnh.org)

**National Gay and Lesbian Youth Hotline**

(800) 347-TEEN (8336)

**Family Assertive Support Team (FAST) Team**

Hours (9AM to 9PM) 650-371-7416 or 650-368-317

Supports families with mentally ill members who are residing at home.

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Materials: 2/26/15 Parent Workshop: Achieving Success and Balance in the Modern Day

Complete February 26<sup>th</sup> Parent Workshop Survey Online at: <http://tinyurl.com/lgosfmo>

Download a copy of the workshop presentations:

- English: <http://tinyurl.com/millsmhenglish>
- Chinese: <http://tinyurl.com/millsmhchinese>



**COUNTY OF SAN MATEO**  
**HEALTH SYSTEM**

BEHAVIORAL HEALTH  
& RECOVERY SERVICES

[www.smchealth.org/CHI](http://www.smchealth.org/CHI)