



NAMI SMC Behavioral Health Resource Guide
 1650 Borel Place, Suite 130
 San Mateo, CA 94402
 ph: 650-638-0800 fax: 650-638-1475
 www.namisanmateo.org

	A	B
1		
2	Psychiatric Emergency:	
3	911 Please let the dispatcher know you are calling regarding a person who has a mental illness and request a CIT (Crisis Intervention Training) trained officer , if possible.	911
4	PES (Psych Emergency, San Mateo Medical Center, 222 39th Ave, San Mateo)	(650) 573-2662
5		
6	24 Hour Crisis Lines:	
7	Crisis Line - Star Vista	(650) 579-0350
8	American Foundation for Suicide Prevention AFSP.org	(800) 273-TALK
9	The National Suicide Prevention Crisis Line & Veterans Crisis Line	(800) 784-2433
10	Al-anon/Alateen (7-19 yrs old) Family Groups	(650) 592-7935
11	Alcoholics Anonymous	(650) 577-1310
12	Alcohol & Drug Helpline	(650) 573-3950
13	Child & Adolescent Hotline & Prevention Program (Starvista)	(650) 567-5437
14	CORA (Community Overcoming Relationship Abuse) Domestic Violence	(650) 652-0800
15	24 hour Hotline	(800) 300-1080
16	KARA (Grief Support Services)	(650) 321-5272
17	Narcotics Anonymous	(650) 802-5950
18	Rape Trauma Services Crisis Line & Support	(650) 692-7273
19	Parental Stress Hotline	(888) 220-7575
20	The Trevor Project (LGBTQ Youth) 24/7	(866) 488-7386
21	Veterans Crisis Line (also Suicide Prevention Crisis Line) (800) 273-8255 and Press 1 or (800) 784-2433	(800) 784-2433
22		
23	FAST (Family Assertive Support Team) Mobile Support: outreach support team for crisis intervention, transportation & homelessness or in danger of becoming homeless.	(650)368-3178
24	Ian Adamson, Director	Pager # (650) 371-7416
25	Matt Sweeney	Pager # (650)371-0407
26	AOT Assisted Outpatient Treatment: County team connects individuals with treatment to help them get the care they need (developed from Laura's Law) Criteria: 1)psychiatric hospitalization or incarceration 2 or more times in past 36 month 2)threats or acts of violent behavior towards themselves or others in past 48 months.	(650)372-6125
27		
28	Access Team Mental Health : For assistance in finding mental health and/or substance use services , call the Behavioral Health and Recovery Services ACCESS Call Center for information, an assessment and a referral based on individual needs.	(800) 686-0101
29		

	A	B
30	BHRS, San Mateo County Behavioral Health & Recovery Services 1950 Alameda de Las Pulgas, San Mateo 94403 Administration:	(650) 573-2541
31	Adult & Older Adult Services: Director, Karen Krahn	(650) 573-3904
32	Behavioral Health Director: David Young, PhD	(650) 573-3609
33	Behavioral Health Services continued:	
34	Children & Youth Services Director: Paul Sorbos	(650) 573-3926
35	Family Liason: Claudia Saggese (English & Spanish)	(650) 573-2189
36	Family Services & Support: Suzanne Aubry, Director	(650) 573-2673
37	Medical Director: Bob Cabaj, MD	(650) 573-2043
38	Office of Consumer & Family Affairs:	(650) 573-2534
39	Office of Consumer & Family Affairs: to file a grievance (not satisfied with healthcare rec'd)	(800) 388-5189
40	Office of Consumer & Family Affairs: to file a grievance while in a locked facility	(800) 497-1889
41	County Mental Health Clinics:	
42	<i>North County</i> : 375 89th St, Daly City 94015 (Walk-in hrs M-F 9:30-11:30 & 1:30-3:30)	(650) 301-8650
43	<i>Central County</i> : 1950 Alameda de las Pulgas, San Mateo (Walk-in hrs M-F 9:30-11:30 & 1:30-3:30)	(650) 573-3571
44	<i>Coastside Mental Health</i> : 225 South Cabrillo Highway, Ste 100A, Half Moon Bay (Walk-	(650) 573-3941
45	<i>East Palo Alto</i> : 2415 University Ave, East Palo Alto (Walk-in hrs M-F 10:00-12:00 &	(650) 363-4030
46	<i>South County</i> : 802 Brewster Ave, Redwood City, CA 94063 (Walk-in hrs M-F 9:30-11:30 & 1:30-3:30)	(650) 363-4111
47	Correctional Programs:	
48	<i>Mcguire Correctional Facility</i> : 300 Bradford St, Redwood City	(650)363-4969
49	<i>San Mateo County Jail (new jail)</i> : 1590 Maple St, Redwood City	(650) 363-4310
50	Correctional Mental Health Service: Carlos Morales	(650) 573-2037
51	Jail Chaplain: Michael Murray	(650) 364-4664
53	<i>Pathways Program</i> : alternative path thru the criminal justice system for those with serious mental illness, Scott Peyton ext	(650) 372-6143
54	Private Defender Program, 333 Bradford St # 200, Redwood City 94063	(650) 298-4000
55	Service League, 727 Middlefield Rd, Redwood City	(650)364-4664
56	Employment:	
57	Center for Independence	
58	San Bruno: 1590 El Camino Real, Suite C	(650) 589-8994
59	San Mateo: 2001 Windward Way, #103	(650) 645-1780
60	NOVA Workforce , non-profit employment and training agency	(650) 581-0058
61	1777 Borel Pl, Suite 500, San Mateo	
62	Vocational Rehabilitational Services, Department of Rehabilitation	(650) 802-6482
63	550 Quarry Road, San Carlos 94070	
64		
65		
66		

	A	B
67	Hospitals:	
68	<i>San Mateo Medical Center - Psych Emergency (PES)</i>	(650) 573-2662
69	Inpatient Nursing Station (3 A/B)	(650) 573-3787
70	Inpatient Discharge Planner	(650) 573-3760
71	222 W. 39th Ave, San Mateo General Reception	(650) 573-2222
72	Hospitals continued:	
73	<i>Mills-Peninsula Hospital - Psych Emergency</i>	(650) 696-5915
74	100 S. San Mateo Drive, San Mateo General Reception	(650) 696-5400
75	<i>Kaiser Permanente Medical Group</i>	
76	1400 Veterans Blvd, Redwood City 94063	(650)-299-4777
77	2001 Junipero Serra Blvd, Suite 650, Daly City 94014	(650)-991-6200
78	Legal Assistance:	
	Bay Area Legal Aid, Restraining Order Clinic, Hrs 9:00 a.m. M, W, F & 1:00 pm W. 1048	
79	El Camino Real, Suite A, Redwood City 94063	(800) 551-5554
80		(650) 358-0745
	Community Legal Service, 2117 University Ave, East Palo Alto (Housing, Immigration, Economic Placement)	(650) 326-6440
81		
82	Housing Emergency Legal Aid	(650) 517-8911
83	Legal Aid Society, 330 Twin Dolphin Dr #123, Redwood City	(800) 381-8898
		(650) 363-4117
84	Conservator Investigator w/San Mateo County Supervisor: Danielle Lacampage	
85	<i>We do NOT make recommendations for any particular attorney. The following is a list of attorneys known to be familiar with Special Needs Trusts & Probate matters.</i>	
86		
87	Robert Brady (Probate, LPS Conservatorship) 702 Marshall, Redwood City	(650) 364-4700
88	Ellen Cookman (Trust, Probate, Estate Planning) 2400 Geng Rd, Palo Alto	(650) 690-2571
89	Baron Miller (Special Needs, Trust) 1390 Market St, #1204, San Francisco	(415) 522-0500
90	Catherine Raye-Wong (Special Needs) 909 Laurel Ave, San Carlos	(650) 591-7352
91	Shelter & Housing:	
92	Affordable Housing/Section 8: SM housing.org, 264 Harbor Blvd, Bldg A, Belmont	(650) 802-3300
93	<i>Caminar</i> (Hawthorne House, Eucalyptus House & Redwood House)	(650) 372-4080
94	<i>HIP Housing</i> : Home Sharing Program	(650) 348-6660
	<i>Mateo Lodge, Inc</i> : 420 Cassia, Redwood City (provides services with Outreach, Support & temporary housing (Casia House, Wallys & Humbolt House)	(650) 363-8125
95		
	<i>Maple Street</i> , 1580 Maple St, Redwood City (Mental Health Assoc. Emergency Shelter for the homeless, need referral from Fair Oaks to go to) 2600 Middlefield Rd, Redwood City (run by Life Moves)	(650) 364-1150
96		
	<i>Safe Harbor Shelter</i> : 295 N Access Rd, South San Francisco,(Samaritan House shelter - referral required)	(650) 873-4921
97		

	A	B
98	<i>Spring Street Shelter:</i> 2686 Spring Street, Redwood City (Mental Health Assoc. Emergency Shelter for the homeless , need referral from Fair Oaks to go to)	(650) 365-5772
99	Samaritan House: 4031 Pacific Blvd, San Mateo, CA 94403	(650) 341-4081
100	Social Security, Medicare, Medi-Cal, SSI and SSDI:	
101	<i>San Mateo County Human Svcs Agency :</i> Provides social svc eligibility for health coverage, MediCal, CalFresh, Calworks, CAPI & general assistance & employment svcs: 400 Harbor Blvd, Bldg B, Belmont	(800) 223-8383
102	<i>Vocational Rehabilitation</i> Benefits Counselor Supv: Pooja Keswani, 550 Quarry Rd, San Carlos	(650) 802-6486
103	Social Security:	(800) 772-1213
104	800 South Claremont, #10, San Mateo Hours 9 am - 4 pm and	
105	601 Allerton St, 2nd Floor, Redwood City Hours 9 am - 3 pm, except Wed 9 am - 12pm	(800) 772-1213
106	355 Gellert Blvd #201, Daly City, CA 94015	(800) 772-1213
107	Senior Resources:	
108	Aging & Adult Services (TIES Teamwork Ensuring Elder Support): Support services on issues of concern to older & dependent adults, adults w/disabilities and their families. Social workers can answer questions about variety of svcs available throughout the county	(800) 675-8437
109	Institute on Aging 1660 South Amphlett Blvd. Suite 330 San Mateo, Supprt svcs	(650) 424-1411
110	for Senior and Disabled 55+ Friendship Line (warmline)	(800) 971-0016
111	Older Adult System of Integrated Svcs OASIS: provides psychiatric medication evaluation/monotoring, case mgmt & counseling svcs for 60 + who have mental health issues & in need of home visit svcs	(650) 573-3689
112	Veterans:	
113	Help for Homeless Veterans	(877) 424-3838
114	National Center for PTSD (Post Traumatic Stress Disorder)	(802) 296-6300
115	Swords to Plowshares: Support Svcs for homeless and low income Veterans	(510) 844-7500
116	(case mgmt, legal assist for disability benefits, eviction prevention services)	
117	VA National Family Call Center	(888) 823-7458
118	Veterans Crisis Line (also Suicide Preventention Crisis Line) (800) 273-8255 and Press 1 or (800) 784-2433	(800) 784-2433
119		
120		
121		
122		
123		
124		
125		
126		
127		

	A	B
128		
129		
130		
131	Other Resources:	
132	Alcohol & Drug Information (Residential & Outpatient Treatment referral)	(650) 573-3950
133	Asian Community for Mental Health (for Mandarin speaking clients)	(510) 451-6729
134	California Clubhouse (Educ, Employ & Social Activities), 210 Industrial Rd, #102, San Carlos	(650) 539-3345
135	Caminar (Must be referred thru BHRS), 2600 S. El Camino Real, #200, San Mateo	(650) 372-4080
136	Center of Living with Dying (grief and loss support), Santa Clara County	(408) 243-0222
137	Compassionate Friends (Support Group for families who have lost a child through suicide)	(650) 302-6832
138	Gatepath (Family resource center for all special needs)	(650) 652-0659
139	Kara, Grief Counseling , Palo Alto (Individual & Community)	(650) 321-5272
140	Heart & Soul (Educ & Social Activities) 210 Industrial Rd, # 205, San Carlos	(650) 232-7426
141	Mission Hospice , (bereavement drop-in support, counseling), 1670 South Amphlett Boulevard Suite 300, San Mateo 94402	(650) 554-1000
142	Patient's Rights San Mateo County	(650) 341-1889
143	http://www.rehabs.com/local/san-mateo-ca/ (for drug & alcohol)	(866) 816-8639
144	San Mateo County Patient's Rights Advocates	(650) 341-1889
145	San Mateo County Pride Center , 2021 S. El Camino Real, San Mateo	(650) 591-0133
146	Star Vista (Counseling/Crisis Intervention): Main Office 610 Elm St #212, San Carlos	(650) 591-9623
147	Voices of Recovery (Peer led support for alcohol/drug addiction & long term programs)	(650) 630-4211