

Behavioral Health Resource Guide

NAMI San Mateo County

Psychiatric Emergency	
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
PES (Psych Emergency, San Mateo Medical Center, 222 39th Ave, San Mateo)	(650) 573-2662
24 Hour Crisis Line	
Crisis Line - Star Vista	(650) 579-0350
The National Suicide Prevention Lifeline	(800) 784-2433
Al-anon/Alateen (7-19 yrs old) Family Groups	(650) 592-7935
Alcoholics Anonymous	(650) 577-1310
Alcohol & Drug Helpline	(650) 573-3950
Child & Adolescent Hotline & Prevention Program (Starvista)	(650) 567-5437
CORA (Community Overcoming Relationship Abuse) Domestic Violence	(650) 652-0800
24 hour Hotline	(800) 300-1080
KARA (Grief Support Services)	(650) 321-5272
Narcotics Anonymous	(650) 802-5950
Parental Stress Hotline	(888) 220-7575
FAST (Family Assertive Support Team) Mobile Support: outreach support team for crisis intervention, transportation & homelessness or in danger of becoming homeless.	(650)368-3178
Ian Adamson, Director	Pager # (650) 371-7416
Matt Sweeney	Pager # (650)371-0407
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
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
BHRS, San Mateo County Behavioral Health & Recovery Services (1950 Alameda de Las Pulgas, San Mateo 94403) Administration:	(650) 573-2541
Adult & Older Adult Services: Director, Karen Krahn	(650) 573-3904
Behavioral Health Director: Stephen Kaplan, LCSW	(650) 573-3609
Children & Youth Services Director: Paul Sorbos	(650) 573-3926
Family Liason: Claudia Saggese (English & Spanish)	(650) 573-2189
Family Services & Support: Suzanne Aubry, Director	(650) 573-2673
Medical Director: Bob Cabaj, MD	(650) 573-2043
Office of Consumer & Family Affairs: Linford Gayle, Director	(650) 573-2534
Office of Consumer & Family Affairs: to file a grievance (not satisfied with healthcare rec'd)	(800) 388-5189
County Mental Health Clinics	
<i>North County:</i> 375 89th St, Daly City 94015	(650) 301-8650
<i>Central County:</i> 1950 Alameda de las Pulgas, San Mateo	(650) 573-3571
<i>Coastside Mental Health:</i> 225 South Cabrillo Highway, Ste 100A, Half Moon Bay	(650) 726-6369
<i>East Palo Alto:</i> 2415 University Ave, East Palo Alto	(650) 363-4030

Behavioral Health Resource Guide

NAMI San Mateo County

<i>South County</i> : 802 Brewster Ave, Redwood City, CA 94063	(650) 363-4111
Correctional Programs	
<i>Mcguire Correctional Facility</i> : 300 Bradford St, Redwood City	(650)363-4969
<i>San Mateo County Jail (new jail)</i> : 1590 Maple St, Redwood City	(650) 363-4310
Correctional Mental Health Service: Carlos Morales	(650) 573-2037
Jail Chaplain: Michael Murray	(650) 364-4664
<i>Pathways Program</i> : alternative path thru the criminal justice system for those with serious mental illness	(650) 573-2159
<i>Service League of San Mateo County</i> : 727 Middlefield Rd, Redwood City	(650)364-4664
Employment	
Caminar: 2600 S. El Camino Real, #200, San Mateo	(650) 372-4080
Center for Independence	
San Bruno: 1590 El Camino Real, Suite C	(650) 589-8994
San Mateo: 2001 Windward Way, #103	(650) 645-1780
Peninsula Works:	
Daly City: 71 92nd St, Daly City 94015	(650) 301-8440
San Carlos: 550 Quarry Rd, San Carlos 94070	(650) 596-1035
Redwood City: 2500 Middlefield Rd	(650) 330-6570
Vocational Rehabilitational Services, Department of Rehabilitation	
Menlo Park: 800 Menlo Avenue , Suite 122	(650) 688-6380
San Bruno: 801 Traeger Ave. , Suite 105	(650) 737-2606
San Mateo: 1065 E. Hillsdale Blvd. , Suite 403, Foster City	(650) 358-4180
Hospitals	
<i>San Mateo Medical Center - Psych Emergency (PES)</i>	(650) 573-2662
222 W. 39th Ave, San Mateo General Reception	(650) 573-2222
<i>Mills-Peninsula Hospital - Psych Emergency</i>	(650) 696-5915
100 S. San Mateo Drive, San Mateo General Reception	(650) 696-5400
<i>Kaiser Permanente Medical Group</i>	
1400 Veterans Blvd, Redwood City 94063	(650)-299-4777
2001 Junipero Serra Blvd, Suite 650, Daly City 94014	(650)-991-6200
Legal Assistance	
Bay Area Legal Aid, 539 Middlefield Rd, Redwood City	(650) 358-0745
Community Legal Service, 2117 University Ave, East Palo Alto	(650) 326-6440
Housing Emergency Legal Aid	(650) 517-8911
Legal Aid Society, 330 Twin Dolphin Dr #123, Redwood City	(800) 381-8898
<i>Pathways Program</i> : alternative path thru the criminal justice system for those with serious mental illness	(650) 573-2159
Don Weiher, Conservator Investigator w/San Mateo County (dweiher@smc.gov) (Legal Advice and Restraining Order Clinic)	(650) 363-4117
<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>	
Robert Brady (Probate, LPS Conservatorship) 702 Marshall, Redwood City	(650) 364-4700
Ellen Cookman (Trust, Probate, Estate Planning) 2400 Geng Rd, Palo Alto	(650) 328-7000
Baron Miller (Special Needs, Trust) 1390 Market St, #1204, San Francisco	(415) 527-0500

Behavioral Health Resource Guide

NAMI San Mateo County

Catherine Raye-Wong (Special Needs) 909 Laurel Ave, San Carlos	(650) 591-7352
Shelter & Housing	
Affordable Housing/Section 8: SM housing.org, 264 Harbor Blvd, Bldg A, Belmont	(650) 802-3300
<i>Caminar</i> (Hawthorne House, Eucalyptus House & Redwood House)	(650) 372-4080
<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
<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)	(650) 364-1150
<i>Safe Harbor Shelter</i> : 295 N Access Rd, South San Francisco,(Samaritan House shelter - referral required)	(650) 873-4921
<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
Samaritan House: 4031 Pacific Blvd, San Mateo, CA 94403	(650) 341-4081
Social Security, Medicare, Medi-Cal, SSI and SSDI	
Medi-Cal: 400 Harbor Blvd, Bldg B, Belmont	(800) 223-8383
Social Security:	(800) 772-1213
800 South Claremont, #10, San Mateo Hours 9 am - 4 pm and	
601 Allerton St, 2nd Floor, Redwood City Hours 9 am - 3 pm, except Wed 9 am - 12pm	(800) 772-1213
355 Gellert Blvd #201, Daly City, CA 94015	(800) 772-1213
Vocational Rehabilitation/Benefits Counselor: 550 Quarry Rd, San Carlos	(650) 802-6486
Wendy Jordon, Vocational Rehab Counselor	(650) 802 6482
Senior Resources	
Aging & Adult Services	(650) 573-3900
Institute on Aging 1660 South Amphlett Blvd. Suite 330 San Mateo,	(650) 424-1411
Other Resources	
Alcohol & Drug Information	(650) 573-3950
Asian Community for Mental Heal (for Mandarin speaking clients)	(510) 451-6729
California Clubhouse (Educ, Employ & Social Activities), 210 Industrial Rd, #102, San Carlos	(650) 539-3345
Caminar (Housing, Employ & Education), 2600 S. El Camino Real, #200, San Mateo	(650) 372-4080
Center of Living with Dying, Santa Clara County	(408) 243-0222
Compassionate Friends (Support Group for families who have lost a child through suicide)	(650) 302-6832
Grief Counseling, Kara, Palo Alto (Individual & Community)	(650) 321-5272
(low income assistance for aging & disabled)	
Heart & Soul (Wellness Center, Support, Social), 210 Industrial Rd, #205, San Carlos	(650) 232-7426
Patient's Rights San Mateo County	(650) 341-1889
http://www.rehabs.com/local/san-mateo-ca/ (for drug & alcohol)	(866) 816-8639
San Mateo County Patient's Rights Advocates	(650) 341-1889
Star Vista (Counseling/Crisis Intervention): Main Office 610 Elm St #212, San Carlos	(650) 591-9623