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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		
5	PES (Psych Emergency, San Mateo Medical Center, 222 39th Ave, San Mateo)	(650) 573-2662
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	Serenity House , Crisis stabilization & respite center, (alternative to hospitalization & is voluntary, must call first for pre-approval),3701 Hacienda St, San Mateo	(650)204-9761

	A	B
29	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
30		
31	BHRS, San Mateo County Behavioral Health & Recovery Services 1950 Alameda de Las Pulgas, San Mateo 94403 Administration:	(650) 573-2541
32	Adult & Older Adult Services: Director, Karen Krahn	(650) 573-3904
33	Behavioral Health Director: David Young, Phd	(650) 573-3609
34	Behavioral Health Services continued:	
35	Children & Youth Services Director: Paul Sorbos	(650) 573-3926
36	Family Liason: Claudia Saggese (English & Spanish)	(650) 573-2189
37	Family Services & Support: Suzanne Aubry, Director	(650) 573-2673
38	Medical Director: Bob Cabaj, MD	(650) 573-2043
39	Office of Consumer & Family Affairs: Jairo Wilches, Director	(650) 573-2534
40	Office of Consumer & Family Affairs: to file a grievance (not satisfied with healthcare rec'd)	(800) 388-5189
41	Office of Consumer & Family Affairs: to file a grievance while in a locked facility	(800) 497-1889
42	County Mental Health Clinics:	
43	<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
44	<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
45	<i>Coastside Mental Health</i> : 225 South Cabrillo Highway, Ste 100A, Half Moon Bay (Walk-	(650) 573-3941
46	<i>East Palo Alto</i> : 2415 University Ave, East Palo Alto (Walk-in hrs M-F 10:00-12:00 &	(650) 363-4030
47	<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
48	Correctional Programs:	
49	<i>Mcguire Correctional Facility</i> : 300 Bradford St, Redwood City	(650)363-4969
50	<i>San Mateo County Jail (new jail)</i> : 1590 Maple St, Redwood City	(650) 363-4310
51	Correctional Mental Health Service: Carlos Morales	(650) 573-2037
52	Jail Chaplain: Michael Murray	(650) 364-4664
54	<i>Pathways Program</i> : alternative path thru the criminal justice system for those with serious mental illness, Isaac Frederick	(650) 802-3351
55	Private Defender Program, 333 Bradford St # 200, Redwood City 94063	(650) 298-4000
56	Service League, 727 Middlefield Rd, Redwood City	(650)364-4664
57	Employment:	
58	Center for Independence	
59	San Bruno: 1590 El Camino Real, Suite C	(650) 589-8994
60	San Mateo: 2001 Windward Way, #103	(650) 645-1780
61	NOVA Workforce , non-profit employment and training agency	(650) 581-0058
62	1777 Borel Pl, Suite 500, San Mateo	

	A	B
63	Vocational Rehabilitational Services, Department of Rehabilitation	(650) 802-6482
64	550 Quarry Road, San Carlos 94070 (Wendy Jordan, Dir)	
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66		
67		
68	Grief Support	
69	Center of Living with Dying (grief and loss support), Santa Clara County	(415) 377-4845
70	Compassionate Friends (Volunteer run org - Support Group for families who have lost a child or family member through suicide, not spouse/partner) Can call/text 415-377-4845 or email: tcfburlingameca@gmail.com	(650) 652-0659
71	Kara, Grief Counseling , 457 Kingsley Ave, Palo Alto (1-1 support, support groups, peer counseling, suicide survivor support group, Spanish speaking call # 650-614-1491)	(650) 232-7426
72	Mission Hospice , (bereavement drop-in support, counseling), 1670 South Amphlett Boulevard Suite 300, San Mateo 94402	(408) 727-5775
73	Open To Hope.org (resources, podcasts, youtube, etc)	
74	Hospitals:	(650) 573-2662
75	<i>San Mateo Medical Center - Psych Emergency (PES)</i>	(650) 573-3787
76	Inpatient Nursing Station (3 A/B)	(650) 573-3760
77	Inpatient Discharge Planner	(650) 573-2222
78	222 W. 39th Ave, San Mateo General Reception	
79	Hospitals continued:	(650) 696-5915
80	<i>Mills-Peninsula Hospital - Psych Emergency</i>	(650) 696-5400
81	100 S. San Mateo Drive, San Mateo General Reception	
82	<i>Kaiser Permanente Medical Group</i>	(650)-299-4777
83	1400 Veterans Blvd, Redwood City 94063	(650)-991-6200
84	2001 Junipero Serra Blvd, Suite 650, Daly City 94014	
85	Legal Assistance:	(800) 551-5554
86	Bay Area Legal Aid, Restraining Order Clinic, Hrs 9:00 a.m. M, W, F & 1:00 pm W. 1048 El Camino Real, Suite A, Redwood City 94063	(650) 358-0745
87		(650) 326-6440
88	Community Legal Service, 2117 University Ave, East Palo Alto (Housing, Immigration, Economic Placement)	(650) 517-8911
89	Housing Emergency Legal Aid	(800) 381-8898
90	Legal Aid Society, 330 Twin Dolphin Dr #123, Redwood City	(650) 363-4117
91	Conservator Investigator w/San Mateo County Supervisor: Danielle Lacampagne	
92	<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>	
93		(650) 364-4700

	A	B
94	Robert Brady (Probate, LPS Conservatorship) 702 Marshall, Redwood City	(650) 690-2571
95	Ellen Cookman (Trust, Probate, Estate Planning) 2400 Geng Rd, Palo Alto	(650)365-6193
96	Alex Easterbrook, (Criminal), 333 Bradford St, #190, Redwood City	(415) 522-0500
97	Baron Miller (Special Needs, Trust) 1390 Market St, #1204, San Francisco	(650) 591-7352
98	Catherine Raye-Wong (Special Needs) 909 Laurel Ave, San Carlos	
99		
100	Shelter & Housing:	(650) 802-3300
101	Affordable Housing/Section 8: SM housing.org, 264 Harbor Blvd, Bldg A, Belmont	(650) 372-4080
102	<i>Caminar</i> (Hawthorne House, Eucalyptus House & Redwood House)	(650) 348-6660
103	<i>HIP Housing</i> : Home Sharing Program	(650) 363-8125
104	<i>Mateo Lodge, Inc</i> : 420 Cassia, Redwood City (provides services with Outreach, Support & temporary housing (Casia House, Wallys & Humbolt House)	(650) 364-1150
105	<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	(650) 873-4921
106	<i>Safe Harbor Shelter</i> : 295 N Access Rd, South San Francisco,(Samaritan House shelter -	(650) 365-5772
107	<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) 321-6291
108	Project Sentinel: Housing dispute resolution, i.e. rent increase, deposits, notices, neighbor, evictions, discrimination, etc 1615 Hudson St, Suite A, Rwc	(650) 341-4081
109	Samaritan House: 4031 Pacific Blvd, San Mateo, CA 94403	
110	Social Security, Medicare, Medi-Cal, SSI and SSDI:	(800) 223-8383
111	<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	(650) 802-6486
112	<i>Vocational Rehabilitation</i> Benefits Counselor Supv: Pooja Keswani, 550 Quarry Rd, San Carlos	
113	Social Security:	(800) 772-1213
114	800 South Claremont, #10, San Mateo Hours 9 am - 4 pm and	(800) 772-1213
115	601 Allerton St, 2nd Floor, Redwood City Hours 9 am - 3 pm, except Wed 9 am-12pm	(800) 772-1213
116	355 Gellert Blvd #201, Daly City, CA 94015	
117		

	A	B
118	Senior Resources:	(650) 573-3689
119	Friendship Line (24/7 warmline) - for Senior and Disabled 55+ (thru Older Adult Mental Health Services)	(800) 675-8437
120	Aging & Adult Services (TIES Teamwork Ensuring Elder Support): Support services on	650-991-5558
121	Healthy Aging Response Team (HART),Transportation,Shelter,Food,In-home	(650) 627-9350
122	Health Insurance Counseling and Advocacy Program (HICAP) Medicare benefits,	(800) 971-0016
123	Institute on Aging 1660 South Amphlett Blvd. Suite 330 San Mateo, Supprt svcs	
124	Older Adult System of Integrated Svcs (OASIS): provides psychiatric medication	(650) 403-4300
125	Peninsula Family Service , 24 Second Ave, San Mateo	(650) 780-7547
126	Senior Peer Counseling (volunteers provide weekly visits to older adults to help	
127	70 Strong - activities & services for older adults	(877) 424-3838
128	Veterans:	(802) 296-6300
129	Help for Homeless Veterans	(510) 844-7500
130	National Center for PTSD (Post Traumatic Stress Disorder)	(888) 823-7458
131	Swords to Plowshares: Support Svcs for homeless and low income Veterans (case	(800) 784-2433
132	VA National Family Call Center	
133	Veterans Crisis Line (also Suicide Prevention Crisis Line) (800) 273-8255 and Press 1	
134		
135	Youth	(650)688-3625
136	Children's Health Council (Clinical & therapy/support groups for teens) help@chconline.org 650 Clark Way Palo Alto, CA 94304	(650) 321-5272
137	Gatepath (Family resource center for all special needs)	(866) 816-8639
138	Parents Helping Parents (resource for special needs children) 1400 Parkmoor Ave # 100, San Jose	(650)714-4417
139	SafeSpace , Youth Community Center, Counseling Svcs, 708 Oak Grove Ave, Menlo Park	(650) 630-4211
140	San Mateo County Pride Center , 2021 S. El Camino Real, San Mateo	(650) 591-9623
141	Star Vista (Counseling/Crisis Intervention): Main Office 610 Elm St #212, San Carlos	
142		(650) 573-3950
143		(510) 451-6729
144	Other Resources:	(650) 458-0026
145	Alcohol & Drug Information (Residential & Outpatient Treatment referral)	(650) 539-3345
146	Asian Community for Mental Health (for Mandarin speaking clients)	(650) 372-4080
147	BEAM (Bipolar Disorder Early Assessment & Management) 1104 S El Camino Real, San Mateo (Beam = x2654)	(408) 243-0222

	A	B
148	California Clubhouse (Educ, Employ & Social Activities), 210 Industrial Rd, #102, San Carlos	(650) 348-6603
149	Caminar (Must be referred thru BHRS), 2600 S. El Camino Real, #200, San Mateo	(650) 341-1889
150	Heart & Soul (Educ & Social Activities) 210 Industrial Rd, # 205, San Carlos	(650) 458-0026
151	HealthRight360 (dual diagnosis outpatient treatment program), 2015 Pioneer Ct, SM	
152	Patient's Rights San Mateo County	(650) 341-1889
153	PREP (Prevention & Recovery in Early Psychosis) 1104 S El Camino Real, San Mateo	(650) 591-0133
154	http://www.rehabs.com/local/san-mateo-ca/ (for drug & alcohol)	(650) 591-9623