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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
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5	PES (Psych Emergency, San Mateo Medical Center, 222 39th Ave, San Mateo)	(650) 573-2662
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7	24 Hour Crisis Lines:	
8	Crisis Line - Star Vista	(650) 579-0350
9	American Foundation for Suicide Prevention AFSP.org	(800) 273-TALK
10	Aging & Adult Services (to report Elder Abuse in San Mateo County)	(800)675-8437
11	National Domestic Violence Hotline	(800)799-SAFE
12	National Sexual Assault Hotline	(800) 656-HOPE
13	National Teen Dating Abuse Helpline	(866) 331-9474
14	The National Suicide Prevention Crisis Line & Veterans Crisis Line	(800) 784-2433
15	Child & Adolescent Hotline & Prevention Program (Starvista)	(650) 567-5437
16	Childhelp National Child Abuse Hotline	(800) 4-A-Child
17	CORA (Community Overcoming Relationship Abuse) Domestic Violence	(650) 652-0800
18	24 hour Hotline	(800) 300-1080
19	Gay, Lesbian, Bisexual, Transgender National Help Center	(888) 843-4564
20	Rape Trauma Services Crisis Line & Support	(650) 692-7273
21	Parental Stress Hotline	(888) 220-7575
22	Suicide Prevention & Crisis Services (24 hr) (thru WellSpace Health). Calls from all ages, a person does not have to be suicidal to talk with one of the crisis line counselors. Text the word HOPE to 916-668-4226 or call	(800) 273-8255
23	Veterans Crisis Line (also Suicide Prevention Crisis Line) (800) 273-8255 and Press 1 or (800) 784-2433	(800) 784-2433
24		
25	Crisis Intervention	
26	FAST (Family Assertive Support Team) Mobile Support: outreach support team for crisis intervention, transportation & homelessness or in danger of becoming homeless.	(650)368-3178
27	Ian Adamson, Director	Pager # (650) 371-7416
28	Matt Sweeney	Pager # (650)371-0407
29	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
30	Serenity House , Crisis stabilization & respite center, (alternative to hospitalization & is voluntary, must call first for pre-approval),3701 Hacienda St, San Mateo	(650)204-9695

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32	BHRS, San Mateo County Behavioral Health & Recovery Services 1950 Alameda de Las Pulgas, San Mateo 94403 Admin	(650) 573-2541
33	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
34	Adult & Older Adult Services: Director, Karen Krahn Ext 218	(650) 573-2038
35	Behavioral Health Recovery Services Director: Scott Gillman	(650) 573-2748
36	Children & Youth Services Director: Toni Demarco	(650) 573-3926
37	Medical Director: Bob Cabaj, MD	(650) 573-2043
38	OCFA, (Office of Consumer & Family Affairs) Family Education & Support Coordinator, Yolanda Ramirez (English & Spanish)	(650) 573-2189
39	OCFA Director: Claudia Saggese (English & Spanish)	(650) 573-2673
40	OCFA Grievance Resolution Coordinator: Jairo Wilches	(650) 573-2890
41	OCFA Family/Client Liaison: Lee Harrison	(650) 372-6118
42	OFCA: to file a grievance (not satisfied with healthcare rec'd)	(800) 388-5189
43	OFCA: to file a grievance while in a locked facility	(800) 497-1889
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45	County Mental Health Clinics:	
46	North County : 375 89th St, Daly City 94015 (Walk-in hrs M-F 9:30-11:30 & 1:30-3:30)	(650) 301-8650
47	Central County : 1950 Alameda de las Pulgas, San Mateo (Walk-in hrs M-F 9:30-11:30 & 1:30-3:30)	(650) 573-3571
48	Coastside Mental Health : 225 South Cabrillo Highway, Ste 100A, Half Moon Bay	(650) 573-3941
49	East Palo Alto : 2415 University Ave, East Palo Alto (Walk-in hrs M-F 10:00-12:00 & 1:00-4:00)	(650) 363-4030
50	11:30 & 1:30-3:30)	(650) 363-4111
51		
52	Alcohol & Drug Addiction (& Dual Diagnosis)	
53	Alanon (offers a program of recovery for the families and friends of alcoholics)	(650) 592-7935
54	Alcoholics Anonymous	(650) 577-1310
55	Alcohol & Drug Helpline	(650) 573-3950
56	Alcohol & Drug Information (Residential & Outpatient Treatment referral)	(650) 573-3950
57	HealthRight360 (dual diagnosis outpatient treatment program), 2015 Pioneer Ct, SM	(650) 348-6603
58	Narcotics Anonymous	(650) 802-5950
59	Voices of Recovery (Peer led support for alcohol/drug addiction & long term programs, Ray Mills 310 Harbor Blvd, Bldg E	(650) 802-6552
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63	Correctional Programs:	
64	McGuire Correctional Facility : 300 Bradford St, Redwood City	(650)363-4969
65	San Mateo County Jail (new jail) : 1590 Maple St, Redwood City	(650) 363-4310
66	Correctional Mental Health Service: Carlos Morales	(650) 573-2037
67	Jail Chaplain: Michael Murray	(650) 364-4664
69	Pathways Program : alternative path thru the criminal justice system for those with serious mental illness, Isaac Frederick	(650) 802-3351
70	Private Defender Program , 333 Bradford St # 200, Redwood City 94063	(650) 298-4000
71	Root & Rebound , http://www.rootandrebound.org , provides direct support to people with arrest and conviction histories - as well as their family members. Reentry Legal Hotline every Friday	(510) 279-4662
72	Service Connect (housing, case mgmt, transportation, etc. for soon to be released inmates), 550 Quarry Road, 2nd Floor, San Carlos, who are enrolled in Post-Release	(650) 508-6745
73	Service League , 727 Middlefield Rd, Redwood City	(650)364-4664
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76	Employment:	
77	California Clubhouse (Educ, Employ & Social Activities), 210 Industrial Rd, #102, San Carlos	(650) 539-3345
78	Center for Independence	
79	San Bruno: 1590 El Camino Real, Suite C	(650) 589-8994
80	San Mateo: 2001 Windward Way, #103, Pete Willias @ ext 124 (helps w/SSI, MediCal)	(650) 645-1780
81	NOVA Workforce , non-profit employment and training agency	(650) 581-0058
82	1777 Borel Pl, Suite 500, San Mateo	
83	Vocational Rehabilitational Services, Department of Rehabilitation	(650) 802-6482
84	550 Quarry Road, San Carlos 94070 (Wendy Jordan, Dir)	
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86		
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88	Grief Support	
89	Center of Living with Dying (grief and loss support), Santa Clara County	(415) 377-4845
90	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
91	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) 321-5272
92	Mission Hospice , (bereavement drop-in support, counseling, also Suicide support), 1670 South Amphlett Boulevard Suite 300, San Mateo 94402	(650) 554-1000
93	Open To Hope.org (resources, podcasts, youtube, etc)	
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96	Hospitals:	
97	San Mateo Medical Center - Psych Emergency (PES)	(650) 573-2662
98	Inpatient Nursing Station (3 A/B)	(650) 573-3787
99	Inpatient Discharge Planner	(650) 573-3760
100	222 W. 39th Ave, San Mateo General Reception	(650) 573-2222
101	Mills-Peninsula Hospital - Psych Emergency	(650) 696-5915
102	100 S. San Mateo Drive, San Mateo General Reception	(650) 696-5400
103	Kaiser Permanente Medical Group	
104	1400 Veterans Blvd, Redwood City 94063	(650)-299-4777
105	2001 Junipero Serra Blvd, Suite 650, Daly City 94014	(650)-991-6200
106	Stanford Hospital - Inpatient Psychiatric Clinic, 300 Pasteur Dr, 2nd Floor, Stanford	(650)723-5001
107	H Unit (locked)	(650) 725-9958
108	G Unit (open)	(650)723-3696
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110	Legal Assistance:	
	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	(800) 551-5554
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	Catholic Charities - Refugee & Immigrant Services , 36 37th Avenue, San Mateo, Carlos Garcia, 727-8428	(650) 295-2160
112		
	Community Legal Service , 2117 University Ave, East Palo Alto (Housing, Immigration, Economic Placement)	(650) 326-6440
113		
114	Housing Emergency Legal Aid	(650) 517-8911
115	Legal Aid Society , 330 Twin Dolphin Dr #123, Redwood City	(800) 381-8898
		(650) 298-4000
116	Private Defender Program - San Mateo County Superior Court appoints the Private Defender to represent all individuals financially eligible for counsel at public expense.	
	LIBRE Project , SMC by educating individuals about their rights re immigration issues Also Northern Calif. Rapid Response & Immigrant Defense Network Hotline: (203) 666-4472	(650) 363-4117
117		
118	<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>	
119	Robert Brady (Probate, LPS Conservatorship) 702 Marshall, Redwood City	(650) 364-4700
120	Ellen Cookman (Trust, Probate, Estate Planning) 2400 Geng Rd, Palo Alto	(650) 690-2571
121	Easterbrook, Alex (Monday's works at Private Defender Program)	
122	Susan Foley (Special Needs) from Michael Killodan F2F	650-345-2300
123	Baron Miller (Special Needs, Trust) 1390 Market St, #1204, San Francisco	(650)365-6193
124	Cynthia Starkey, 1670 S. Amphlett Blvd, #214, Office 10, San Mateo	888-972-3454
125	Catherine Raye-Wong (Special Needs) 909 Laurel Ave, San Carlos	(650) 591-7352

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126	San Mateo County Conservator's Office - Danielle Lacampagne Main # Direct -(650) 599-1034	(650) 363-4117
127		
128	Shelter & Housing:	
129	Affordable Housing/Section 8: SM housing.org, 264 Harbor Blvd, Bldg A, Belmont	(650) 802-3300
130	Caminar (Hawthorne House, Eucalyptus House & Redwood House)	(650) 372-4080
131	HIP Housing : Home Sharing Program	(650) 348-6660
132	Mateo Lodge, Inc : 420 Cassia, Redwood City (provides services with Outreach, Support & temporary housing (Casia House, Wallys & Humbolt House)	(650) 363-8125
133	Maple Street , 1580 Maple St, Redwood City (Mental Health Assoc. Emergency Shelter	(650) 364-1150
134	Safe Harbor Shelter : 295 N Access Rd, South San Francisco,(Samaritan House shelter - referral required)	(650) 873-4921
135	Spring Street Shelter : 2686 Spring Street, Redwood City (Mental Health Assoc. Emergency Shelter for the homeless , need referral from Fair Oaks to go to)	(650) 365-5772
136	Project Sentinel: Housing dispute resolution, i.e. rent increase, deposits, notices,	(650) 321-6291
137	Samaritan House: 4031 Pacific Blvd, San Mateo, CA 94403	(650) 341-4081
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139	Social Security, Medicare, Medi-Cal, SSI and SSDI:	
140	Center for Independence (Can provide help w/filling out forms & assist w/calls)	
141	San Bruno: 1590 El Camino Real, Suite C	(650) 589-8994
142	San Mateo: 2001 Windward Way, #103	(650) 645-1780
143	San Mateo County Human Svcs Agency : Resource Center Provides social svc eligibility for health coverage, MediCal, CalFresh, Calworks, CAPI & general assistance & employment svcs, also provide mail pick up, & emergency services: food vouchers, etc. Stop in to make appt: 400 Harbor Blvd, Bldg B, Belmont	(650) 802-7507
144	Social Security:	
145	800 South Claremont, #10, San Mateo Hours 9 am - 4 pm and	(800) 772-1213
146	601 Allerton St, 2nd Floor, Redwood City Hours 9 am - 3 pm, except Wed 9 am-12pm	(800) 772-1213
147	355 Gellert Blvd #201, Daly City, CA 94015	(800) 772-1213
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149	Senior Resources:	
150	issues of concern to older & dependent adults, adults w/disabilities and their families.	(800) 675-8437
151	Alzheimer's Association 24/7 Helpline alz.org	(800) 272-3900
152	Eldercare.gov (to find free legal resources)	(800) 677-1116
153	Friendship Line (24/7 warmline) - for Senior and Disabled 55+ (thru Older Adult Mental	(800)971-0016
154	Healthy Aging Response Team (HART),Transportation,Shelter,Food,In-home Support,Health & Wellness, 101 Lake Merced Blvd, Daly City	(650) 991-5558

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155	HICAP Health Insurance Counseling and Advocacy Program Medicare benefits, provide	(650) 627-9350
156		(650)424-1441
157	evaluation/monotoring, case mgmt & counseling svcs for 60 + who have mental health	(650) 573-3689
158	Peninsula Family Service , 24 Second Ave, San Mateo - Senior Peer Counseling extension #4389	(650) 403-4300
159	70 Strong - activities & services for older adults	(650) 780-7547
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163	Veterans:	
164	Department of Veterans Affairs - for health benefits	(877) 222-8387
165	Department of Veterans Affairs - for general benefits	(800) 827-1000
166	Help for Homeless Veterans	(877) 424-3838
167	National Center for PTSD (Post Traumatic Stress Disorder)	(802) 296-6300
168	Swords to Plowshares: Support Svcs for homeless and low income Veterans (case	(510) 844-7500
169	VA National Family Call Center	(888) 823-7458
170	Veterans Crisis Line (also Suicide Prevention Crisis Line) 800-273-8255, Press 1	(800) 273-8255
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173	Youth	
174	Al-anon/Alateen (7-19 yrs old) Family Groups	(650) 592-7935
175	BEAM (Bipolar Early Assessment) Bipolar treatment program ages 14-35 (Felton.org), 1108 S. El Camino Real, San Mateo	(650) 458-0026
176	Children's Health Council (Clinical & therapy/support groups for teens) help@chconline.org 650 Clark Way Palo Alto, CA 94304	(650) 688-3625
177	Crisis Text Line - text: 741741, 24/7 Crisis Support (text only)	text 741741
178	Eating Disorder Program Stanford. Will take patient/Family & Legal Guardian referrals, also take mediCal. (ages 9-24)	(650) 498-4468
179	Lugewood Center , supports youth & their families w/mental health issues, with behavioral health services. (must be referred for services by school or county) 957	(415) 681-3211
180	Drop-in Center South , 604 Price Ave, Redwood City (ages 18-25 only)	(650) 517-8211
181	Drop in Center North , 931 W. San Bruno, Ste. 2, San Bruno (ages 18-25 only)	(650) 832-6797
182	Gatepath (Family resource center for all special needs)	(650) 259-8500
183	Parents Helping Parents (resource for special needs children) 1400 Parkmoor Ave # 100, San Jose	(408) 727-5775
184	Safespace , (for ages 12 thru 26) 708 Oak Grove Ave, Menlo Park, Community Engagement Center, and 1162 and 1166 El Camino Real, (offers non-clinical services), also San Mateo location	(650) 714-4417
185	San Mateo County Pride Center , 2021 S. El Camino Real, San Mateo	(650) 591-9623
186	Star Vista (Counseling/Crisis Intervention): Main Office 610 Elm St #212, San Carlos	(650) 591-9623

	A	B
187	Suicide Prevention & Crisis Services (24 hr) (thru WellSpace Health). Calls from all ages, a person does not have to be suicidal to talk with one of the crisis line counselors. Text the word HOPE to 916-668-4226 or call	(800) 273-8255
188	The Trevor Project - Crisis & suicide prevention for LGBTQ youth	(866) 488-7386
189	The Vibe , for teens (middle school thru age 19) , opportunities to volunteer through the	(650) 286-3254
190	Your House South , thru Starvista, 24 hour crisis line, a safe haven for runaway and homeless youth, 394 Sequoia Ave, Redwood City	(650) 367-9687
191	Other Resources:	
192	Asian Community for Mental Health (for Mandarin speaking clients)	(510) 451-6729
193	BEAM (Bipolar Disorder Early Assessment & Management) 1104 S El Camino Real, San Mateo (Beam = x2654)	(650) 458-0026
194	California Clubhouse (Educ, Employ & Social Activities), 210 Industrial Rd, #102, San Carlos	(650) 539-3345
195	Caminar (Must be referred thru BHRS), 2600 S. El Camino Real, #200, San Mateo	(650) 372-4080
196	Heart & Soul (Educ & Social Activities) 210 Industrial Rd, # 205, San Carlos	(650) 232-7426
197	Ombudsman Services of San Mateo County , community dedicated to protecting the rights of residents living in long term care in San Mateo County including advocacy efforts addressing issues that range from quality of care issues to egregious abuse.M-F, 8:30 am – 4:00 pm	(650) 780-5707
198	Patient's Rights San Mateo County	(866) 816-8639
199	ReMind (Prevention & Recovery in Early Psychosis) 1104 S El Camino Real, San Mateo (for Schizophrenia diagnosis only) (formerly called PREP)	(650) 458-0026
200	San Mateo County Patient's Rights Advocates	(650) 341-1889
201	Star Vista (Counseling/Crisis Intervention): Main Office 610 Elm St #212, San Carlos	(650) 591-9623
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