

NAMI SMC Resource Guide

1730 South Amphlett Blvd, #308, San Mateo, CA

phone: 650-638-0800, fax: 650-638-1475

www.namisanmateo.org

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.

PES (Psych Emergency Services) - (650) 573-2662. San Mateo Medical Center, 222 39th Ave, San Mateo (first floor, next to ER).

24 Hour Crisis Lines

Suicide and Crisis Lifeline, 988

Suicide/Crisis Hot Line, San Mateo County, (650) 579-0350. Operated by StarVista.

National Suicide Prevention Lifeline, (800) 273-8255.

Aging & Adult Services, (800) 675-8437. For reporting elder abuse in San Mateo County.

National Domestic Violence Hotline - (800) 799-7233.

National Sexual Assault Hotline - (800) 656-4673. RAIN Network.

National Teen Dating Abuse Helpline - (866) 331-9474.

The National Veterans Crisis and Suicide Prevention Line - (800) 273-8255.

Child & Adolescent Hotline & Prevention Program, San Mateo County- (650) 567-5437. Operated by StarVista.

National Child Abuse Hotline - (800) 422-4453. Live Chat services are now also available 24/7. Childhelp.org.

Relationship Abuse/Domestic Violence, San Mateo County- (800) 300-1080. Operated by CORA (Community Overcoming Relationship Abuse), 650-652-0800, 800-300-1080 CORASupport.org.

Gay, Lesbian, Bisexual, Transgender National Help Center- (888) 843-4564. GLBTHotline.org.

Rape Trauma Services Crisis Line & Support - (650) 692-7273. rapetraumaservices.org.

Parental Stress Hotline - (800) 632-8188. ParentsHelpingParents.org

California Peer Run Warm Line - (855) 845-7415. www.mentalhealthsf.org/peer-run-warmline/

CAL Hope - (833)-317-HOPE (4673) one level higher (don't mention it)

San Mateo County Peer-Run Warmline - (650) 231- 2024

Crisis Intervention

AOT Assisted Outpatient Treatment, (650) 372-6125. 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 the past 36 months 2) threats or acts of violent behavior towards themselves or others in the past 48 months. AOT@smcgov.org.

FAST (Family Assertive Support Team) Mobile Support, (650) 368-3178. Outreach support team for crisis intervention, transportation & homelessness or in danger of becoming homeless. Primarily for those not getting care. Ian Adamson, Director, Pager# (650) 371-7416, Matt Sweeney Pager# (650) 371- 0407 (do not give out pager numbers).

San Mateo County Behavioral Health & Recovery Services (BHRS) ACCESS Line, (800) 686-0101. Gateway to County behavioral health services. 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. Primarily for those with Medi-Cal.

San Mateo BHRS ACCESS Line (AL)

The gateway to services with those with Medi-Cal (note: if someone is eligible for Medi-Cal, but hasn't signed up yet, AL can direct them to organizations that will help them do that too).

From there, they can get connected to MH providers put on the list for programs (i.e. Caminar for housing), get assigned to a caseworker, etc.

In terms of MH providers, (e.g. psychiatrists, therapists, psychologists). BHRS do NOT employ them. They out-source these services at Medi-Cal rates for people referred by BHRS. They also refer to the 2 main counseling clinics in the county: One Life and StarVista. Get assigned a case manager.

For no Medi-Cal (not signed up yet) or without no private insurance.

[Serenity House](#) (run by Telecare), **650-539-0340**. 3701 Hacienda St., San Mateo. Residential pre-crisis or crisis facility, with voluntary admittance for up to 10 days. This is a stabilization & respite center. It is an alternative to hospitalization; however, a patient must call to receive pre-approval by a phone-screening from Serenity House. The primary diagnosis must be mental health. If a patient has a drug & alcohol issue, then that must be a secondary diagnosis. CIT's favorite recommendation.

County Mental Health Clinics

North County: 375 89th St, Daly City 94015, (650) 301-8650.

Central County: 1950 Alameda de las Pulgas, San Mateo (650) 573-3571.

Coastside Mental Health: 225 South Cabrillo Highway, Ste 100A, Half Moon Bay (650) 573-3941. East Palo Alto: 2415 University Ave, East Palo Alto (650) 363-4030.

South County: 802 Brewster Ave, Redwood City, CA 94063 (650) 363-4111.

(Note - clinics may have walk-in hours, but they are subject to change due to COVID)

Alcohol & Drug Addiction (& Dual Diagnosis)

24/7 Hotline number for alcoholism and addiction 877-355-5079

Al Anon, (650) 592-7935. Offers a program of recovery for the families and friends of alcoholics.

Alcoholics Anonymous, (650) 577-1310.

Alcohol & Drug Helpline, (650) 573-3950.

First Chance Sobering Station, (650) 689-5597. A possible alternative for those arrested for driving under the influence of drugs and alcohol. Detoxification for up to 18 hours. Also provides assistance with outpatient placement. Operated by StarVista.

HealthRIGHT360, (415) 762-3700. A variety of mental health and substance abuse programs including the Women's Recovery Association (WRA).

Narcotics Anonymous, (650) 802-5950.

Palm Avenue Detox., (650) 513-6500. A short-term residential program for drug & alcohol detoxification. 25 beds. Must call ahead.

Voices of Recovery, (650) 802-6552. creates peer-led opportunities for education, wellness, advocacy and support services for people in need of long- term recovery from alcohol and other drug addictions.

Correctional Programs

Maple Street Correctional Center, (650) 599-3000. 1590 Maple St, Redwood City.

San Mateo County Main Jail (Maguire), (650) 363-4000, ext. 6070. 300 Bradford St, Redwood City.
<https://www.smcsheriff.com/corrections-division>.

Correctional Health Services, Director Carlos Morales, (650) 363-7875. Overseeing medical and dental care and mental health and substance use treatments for the incarcerated adult population in San Mateo County.
<https://www.smchealth.org/bio/carlos-morales>

Mandatory Offender Programs:

Archway, (650) 866-8433. A program that provides services for alcohol and drug treatment, anger management, and domestic violence intervention. Archway offers a variety of adult outpatient treatment services in both English and Spanish. These include Adult Domestic Non-Violence Programs, Outpatient Substance Abuse Services, First Offender Drinking and Driving Programs, Deferred Entry of Judgment (DEJ) Program. This program accepts referrals from service providers, schools, parents, and law enforcement agencies. Youth self-referrals are also encouraged. Operated by StarVista.

DUI, (650) 355-8787. Helping offenders comply with local court, state system, and DMV mandates in Pacifica, South San Francisco, Half Moon Bay, and San Bruno. Services include individual and group counseling and education, with daytime, evening, and weekend groups available through first offender and multiple offender programs. Operated by StarVista. <https://star-vista.org/programs/#adult-s-tab>.

Pathways Program. The goal of the Pathways Program is to avoid incarceration for seriously mentally ill individuals who have significant impairments and help them to live more successfully in the community. Applicants who are eligible are admitted after they enter a guilty or no contest plea, but prior to sentencing on their charges. <https://probation.smcgov.org/pathways-program>.

Private Defender Program, 650-363-4000. The County of San Mateo does not include a traditional public defender's office. Instead, the County contracts with the San Mateo County Bar Association to provide indigent criminal defense. The San Mateo County Superior Court appoints the Private Defender Program to represent all individuals financially eligible for counsel at public expense. <https://www.smcgov.org/private-defender-program>.

Root & Rebound, (510) 279-4662. Restores power and resources to the families and communities most harmed by mass incarceration. <http://www.rootandrebound.org>.

Service Connect of San Mateo County, (650) 508-6745. Provides a range of services, aimed at supporting former inmates as they re-enter the community. For those who are enrolled in Post-Release Community Supervision (PRCS). 550 Quarry Road, 2nd Floor, San Carlos.

Service League, (650) 364-4664. A non-profit agency that provides both in-custody programming and services to inmates within the San Mateo County jails as well as after-release services for those who are re-entering the community. In addition, it provides residential substance use disorder treatment for women, pregnant women and women with infants as well as transitional housing for women and men. 727 Middlefield Rd, Redwood City.

Employment

California Clubhouse, (650) 539-3345. The Clubhouse offers hope, encouragement, and opportunities to people who live with mental health challenges. 210 Industrial Rd, #102, San Carlos.

Center for Independence, (650) 645-1780. CID's mission is to provide support services, community awareness, and systems change advocacy to promote full and equal community integration and participation for people with disabilities. 2001 Winward Way, #103, San Mateo.

NOVA Workforce, (650) 581-0058. NOVA is a nonprofit, federally funded employment and training agency that provides customer-focused workforce development services. We work closely with local businesses, educators, and job seekers to ensure that our programs provide opportunities that build the knowledge, skills, and attitudes necessary to address the workforce needs of Silicon Valley. 777 Borel Pl, Suite 500, San Mateo, www.novaworks.org.

Vocational Rehabilitation Services, (650) 802-6482. San Mateo County's Vocational Rehabilitation Services (VRS) serves County residents with disabilities and other barriers to employment, creating pathways towards self-sufficiency through vocational counseling and assessment, case management, job training and job placement. 550 Quarry Road, San Carlos, <https://hsa.smcgov.org/vocational-rehabilitation-services>.

Grief Support

Center For Living with Dying, (408) 243-0222. Operated by the Bill Wilson Center, serves children, adolescents, and adults who are dealing with grief and loss. <https://www.billwilsoncenter.org/services/all/living>

Compassionate Friends, (877) 969-0010. Offers emotional support and understanding to parents, grandparents and adult siblings grieving the death of a child. <http://www.compassionatefriends.com>.

Kara, Grief Counseling, (650) 321-5272. "Compassionately serving the grieving in our community". 457 Kingsley Ave, Palo Alto, <https://kara-grief.org>.

Mission Hospice, (650) 554-1000. A local, independent nonprofit organization serving patients and families in the San Mateo and Santa Clara County area with quality, compassionate end-of-life care and education. Offers virtual drop-in grief support groups. 1670 South Amphlett Boulevard Suite 300, San Mateo 94402.

Open to Hope®. A non-profit with the mission of helping people find hope after loss. "We invite you to read, listen and share your stories of hope and compassion." <https://www.opentohope.com>

Hospitals

County General Hospital, San Mateo Medical Center - Psych Emergency (PES) (650) 573-2662. San Mateo Medical Center's Psychiatric Emergency Services is one of two 24-hour psychiatric emergency rooms serving San Mateo County. We serve adults, older adults, and youth who voluntarily seek emergency psychiatric assistance during a crisis, or who have been detained involuntarily (5150).

Inpatient Nursing Station (3 A/B) (650) 573-3787.

Inpatient Discharge Planner (650) 573-3760.

222 W. 39th Ave, San Mateo General Reception (650) 573-2222.

Mills-Peninsula Hospitals:

Burlingame - Psych Emergency, (650) 696-5915. 1501 Trousdale Drive, Burlingame.

San Mateo - Inpatient Psych Services, (650) 696-5400. 100 S. San Mateo Drive, San Mateo

Kaiser Permanente Medical Group:

Redwood City, (650) 299-2000. 1400 Veterans Blvd, Redwood City .

Daly City, (650) 301-4445. 395 Hickey Blvd, Daly City.

Stanford Hospital, (650) 498-3333. Emergency Services. 1199 Welch Road, Palo Alto.

Inpatient Psychiatric Clinic. Other numbers: (650)723-5001, H Unit (locked) (650) 725-9958, G Unit (open) (650)723-3696.

Legal Assistance

Bay Area Legal Aid, (650) 358-0745. Advice line, (800) 551-5554, may be closed due to COVID. Restraining Order Clinics Mondays- Thursdays. 1048 El Camino Real, Suite A, Redwood City. <https://baylegal.org/get-help/find-an-office/san-mateo-county>.

Catholic Charities, (650) 295-2160. Refugee & Immigrant Services, 36 37th Avenue, San Mateo. <https://www.catholiccharitiessf.org>.

Community Legal Service, (650) 326-6440. Housing, Immigration, Economic Placement. 1861 Bay Road, East Palo Alto. <https://clsepa.org/contact>.

Legal Aid Society, (650) 558-0915. "We help low-income clients with *civil* legal issues." 330 Twin Dolphin Dr #123, Redwood City (No walk-in assistance during COVID).

Private Defender Program, (650) 298-4000. San Mateo County does not have a traditional Public Defender's Office. Since 1968, the County of San Mateo has contracted with the San Mateo County Bar Association to provide indigent criminal defense. 333 Bradford St# 200, Redwood City 94063. <https://www.smcba.org/for-the-public/criminal-defense>.

LIBRE Project. Education for individuals about their rights regarding immigration issues. <https://www.thelibreproject.org>.

Attorneys - NAMI does NOT endorse nor recommend any attorneys. The following is a list of attorneys known to be familiar with Special Needs Trusts & Probate matters:

- > [San Mateo County Conservator's Office](#), (650) 363-4117; Danielle Lacampagne: direct (650) 599-1034
- > **Lorna Drope (408) 852-7005, 1550;** The Alameda, Suite #206, San Jose, CA 95126. Supporting special needs, trusts, and conservatorships
- > **Ellen Cookman (650) 690-2571** Trust, Probate, and Estate Planning 2100 Geng Road, Suite 210, Palo Alto <https://www.cookmanlaw.com>

Shelter & Housing

Samaritan House, (650) 347-3648. (San Mateo). 4031 Pacific Blvd, San Mateo.

El Concilio Emergency Services, (650) 330-7432. (San Mateo, East Palo Alto and Menlo Park). Messages will be returned as soon as they can. 3180 Middlefield Rd, Redwood City.

Fair Oaks Community Center, (650) 780-7500. (Redwood City). 2600 Middlefield Rd, Redwood City.

Daly City Community Service Center, (650) 991-8007. (Daly City and Colma). 350- 90th Street (near Sullivan Avenue) - First Floor, Daly City.

Pacifica Resource Center, (650) 738-7470. (Pacifica). 1809 Palmetto Ave, Pacifica.

Puente, (650) 879-1691. (Pescadero, La Honda). 620 North Street Pescadero.

Department of Housing, (650) 802-3300. Affordable Housing/Section 8. 264 Harbor Blvd, Bldg A, Belmont. <https://housing.smcgov.org>.

CAMINAR, (650) 372-4080. "We are a nonprofit, community-based agency that has been empowering and supporting individuals and families to move toward resilience, wellness, and independence for more than 50 years". Includes Hawthorne House, Eucalyptus House & Redwood House. <https://www.caminar.org>.

HIP Housing, (650) 348-6660. Home Sharing Program. 800 South Claremont Street, #210 San Mateo . <https://hiphousing.org/programs/home-sharing-program>.

Mateo Lodge Inc., (650) 368-3178. Provides services with Outreach, Support & temporary housing (Casia House, Wallys & Humboldt House). 420 Cassia, Redwood City

Maple Street Shelter, (650) 364-1150. Maple Street provides emergency and transitional housing for 141 single men and women each night. 1580A Maple St, Redwood City.
<https://www.lifemoves.org/directory/maple-street>.

Samaritan House Shelter, (650) 873-4921. Emergency Shelter. Will accept if not clean/sober. 295 N Access Rd, South San Francisco.

Spring Street Shelter, (650) 365-5772. Mental Health Assoc. (MHA) emergency shelter for the homeless, requires referral from Fair Oaks (Core Service Agency). 2686 Spring Street, Redwood City.

Project Sentinel, (800) 339-6043. Providing Housing Solutions and Community Mediation since 1976.
<https://www.housing.org/>

Life Moves, Dial 211. Local homeless outreach organization in San Mateo County. <https://www.lifemoves.org>

Social Security, Medicare, Medi-Cal, SSI and SSDI

Center for Independence: Can provide help w/filling out forms & assist w/calls.

San Bruno, (650) 589-8994. 1590 El Camino Real, Suite C.

San Mateo, (650) 645-1780. 2001 Winward Way, #103. <https://www.cidsanmateo.org>.

San Mateo County Human Services Agency, (650) 802-6470. Resource Center provides eligibility for health coverage, MediCal, CalFresh, Calworks, CAPI & general assistance & employment services, also provides mail pick up, & emergency services: food vouchers, etc. 400 Harbor Blvd, Bldg B, Belmont.

Social Security Administration, (800) 772-1213

800 South Claremont, #101, San Mateo 601 Allerton St, 2nd Floor, Redwood City 355 Gellert Blvd #201, Daly City, CA

Senior Resources

Adult Protective Services, 800-675-8437. To report elder abuse, or discuss suspicions of abuse. Also has resources including preventing fraud with seniors. <https://www.smchealth.org/elderabuse>.

Alzheimer's Association, (800) 272-3900. 24/7 Helpline. <https://www.alz.org>.

Eldercare.gov (800) 677-1116. A locator service for various resources. <https://eldercare.acl.gov/Public/Index.aspx>.

Friendship line, (800) 971-0016. Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>.

Healthy Aging Response Team (HART), (650) 991-5558. A group of peer volunteers connecting seniors 50 and over and disabled persons to services in the community. 725 Price Street, Daly City. <https://www.dcpartnership.org/programs/healthy-aging-response-team>.

HICAP (Health Insurance Counseling and Advocacy Program), (800) 434-0222 or (650) 627-9350. Counseling regarding Medicare benefits. <https://www.hicapsanmateocounty.org/>

Institute on Aging, (650) 424-1411. Care managers at Institute on Aging develop and coordinate personalized care plans for each aging adult with which they work. www.ioagain.org.

Older Adult System of Integrated Services (OASIS), (650) 573-3689. The U.S. Department of Health and Human Services recognizes that older adults pose a greater risk of suffering from certain mental disorders due to a variety of reasons such as isolation, stigma, lack of transportation and access to services. Mental health disorders are often overlooked when it comes to healthcare services in general. San Mateo County and the Mental Health Services Act (MHSA) recognize this need and have responded with several programs serving the older adult population. They have prioritized this as a need for the next three years of the MHSA program. <https://www.smchealth.org/article/older-adult-system-integrated-services>

Peninsula Family Service. "Strengthens our community by providing children, families, and older adults the support and tools to realize their full potential and lead healthy, stable lives." 24 Second Ave, San Mateo. <https://www.peninsulafamilyservice.org>.

Sequoia Strong, (650) 421-2155. A personal directory to activities and services for ALL ages in southern San Mateo County. All activities and services are personally recommended by the Sequoia Healthcare District for District residents, and most resources are free or low-cost. <https://sequoiastrong.org>.

Starlight Caregivers 650-600-8108. www.starlightcaregivers.com

A full-service agency providing non-medical in-home care and care management for the elderly and disabled so they can remain safely in their homes.

Veterans

Department of Veterans Affairs:

General, (800) 698-2411. [https:// www.va.gov](https://www.va.gov).

Health Benefits, (877) 327-0222. [https:// www.va.gov/ health-care](https://www.va.gov/health-care).

National Center for PTSD, (800) 273-8255. <https://www.ptsd.va.gov>.

Veterans Services Office, County of San Mateo, (650) 802-6598. <https://hsa.smcgov.org/veterans>.

Swords to Plowshares, (415) 727-8387. Help for veterans with housing, legal, health & wellness and jobs. 1060 Howard Street San Francisco, CA 94103. <https://www.swords-to-plowshares.org>.

Youth & Young Adult

AA, Peninsula Young People in Alcoholics Anonymous, (650) 257-0717. Carrying the AA message to alcoholics who still suffer, regardless of age. Young people can attend a forum to become involved in AA service work.

Al-anon/Alateen (7-19 yrs old) (650) 592-7935. A fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. Alateen is for young people whose lives have been affected by alcoholism by a family member or close friend.

Allcove Center (650) 226-7030 As quoted on the website, "A Walk-in mental health office that serves teens and young adults 12-25 years old. Includes mental health counseling, peer support and substance abuse help." www.allcove.org.

AbilityPath (650) 259-8500. "We have one of the most comprehensive service portfolios spanning all ages from early intervention for infants to community access and job training for adults and seniors. All programs are designed to prepare children and adults to actively participate in their schools, communities, workplaces, and at home." [https:// abilitypath.org](https://abilitypath.org).

BEAM (Bipolar Early Assessment), (650) 458-0026. Bipolar treatment program ages 14 -35 (Felton.org), 1108 S. El Camino Real, San Mateo. <http://feltonearlypsychosis.org/beam>.

Children's Health Council, (650) 688-3625. "Best-in-class learning and mental health services for children, teens and young adults for almost 70 years." 650 Clark Way Palo Alto, CA. help@chconline.org

Eating Disorder Program Stanford, (650) 498-4468. Will take patient/Family & Legal Guardian referrals, also takes Medical (ages 9-24).

Larkin Street Youth Services (800) 669-6196. As quoted on the website, "A non-profit empowering youth to move beyond homelessness."

Edgewood Center, (844)-344-3411. "Founded in San Francisco in 1851 as a refuge for orphans of the Gold Rush, Edgewood is the oldest children's nonprofit in the western U.S. Today, Edgewood operates residential, community-based, and school-based programs throughout San Francisco, San Mateo, and Alameda counties, among others." <https://edgewood.org>.

Parents Helping Parents, (408) 727-5775. "Parents Helping Parents does an incredibly good job of providing an open ear to families in need of support. They offer excellent referrals to community and state/federal resources, they offer highly informative training, provide wonderful support groups, and much more!". 1400 Parkmoor Ave# 100, San Jose. <https://www.php.com>.

RISE 650-688-3675 As quoted on the website, "A Comprehensive DBT Intensive Outpatient Programs for teens (ages 13-18). It is a 12-week program designed for 13 – 18 year olds enrolled in 8th grades, who have suicidal thoughts/behavior, have recently attempted suicide, and/or repetitively engage in self-harm behaviors." <https://www.chconline.org/rise/>

Safespace, (650) 714-4417 & (650) 304-3906. "Our Youth Board works with schools, communities, and peers to promote mental wellness, and help create services and solutions that work for all young people." 708 Oak Grove Ave, Menlo Park (Community Engagement Center), and 1162 El Camino Real, Menlo Park (clinical services, individual and outpatient therapy). <https://safespace.org>.

San Mateo County Pride Center, (650) 591-0133. Opportunities to connect with the LGBTQ+ community. Case management, mental health services, crisis intervention and peer groups. Operated by StarVista. 1021S. El Camino Real, San Mateo. <https://sanmateopride.org>.

Chat Teen Text Line for Teens, (650) 747-6463. Operated by StarVista

The Trevor Project, (866) 488-7386. Trained counselors provide support 24/7. "If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor lifeline." <https://thetrevorproject.org>.

The Vibe, (650) 286-3254. Recreation center for teens (middle school thru age 19). Opportunities to volunteer through the counselor in training program and the youth advisory committee; summer camp; and more. 670 Shell Blvd, Foster City. <https://www.fostercity.org>.

WellSpace Health Suicide Prevention & Crisis Services, (800) 273-8255. All ages can call, 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 for chat. <https://www.wellspacehealth.org/services/behavioral-health-prevention/suicide-prevention>.

Your House South, (650) 367-9687. An up to thirty-day temporary housing and counseling service for youth , age 10-17, who are experiencing family problems or have run away from home. The co-ed residential program is licensed for up to six youths and provides a neutral place for parents and youth to come together to work out problems. Operated by StarVista. 394 Sequoia Ave, Redwood City. star-vista.org/programs/your-house-south/.

Other Resources

Ayudando Latinos A Soñar or ALAS, 650-560-8947 636 As quoted on the website, “Trained clinicians provide in-person support for individuals, couples, families, and groups. They speak both English and Spanish. Counseling is confidential and free.” <https://www.alasdreams.com/programs-mentalhealth> alas@alasdreams.com Purissima Street, Half Moon Bay, CA 94019

Alternatives to Suicide Peer Support Group Hosted by Hearth & Soul, Inc. (650) 232-7426 1633 Old Bayshore Hwy, #258, Burlingame CA 1st Thursday 3:30-5:00pm Virtual and 3rd Thursday 3:30-5:00pm (In-Person) No registration required. For questions, email info@heartandsoulinc.org

Arbor Free Clinic (650) 724-1332 As quoted on the website, “An acute care clinic providing free medical care every Sunday from 8–10 am for adults who lack health insurance.” 114 Fifth Avenue, Redwood City. <https://med.stanford.edu/arbor.html>

Asian Community for Mental Health (510) 567-8100. ACMHS is a non-profit community-based organization serving Asian Pacific Islanders communities in the East Bay. The agency was founded in 1974 to provide culturally competent services to the developmentally disabled, family support, youth leadership, employment services, and behavioral health care services. Our mission is to empower most vulnerable members of our community to lead healthy, productive and contributing lives. <http://swww.acbhcs.org/sian-community-mental-health-services>.

Asian Language Family Support Groups (650) 261-3704 (Maureen) or (650) 573-3571 (Alice) Last Thursdays 6 - 7:30 PM. Cantonese/Mandarin. 1950 Alameda de las Pulgas, San Mateo. BHRS Main Entrance.

Bay Area Hearing Voices Network (1-855-845-7415) As quoted on the website, “... seeks to expand public awareness, provide community support, and refuge for those who hear voices, see visions, and experience other forms of extraordinary perception.” <http://www.bayareahearingvoices.org/>

California Clubhouse, 650-539-3345. A social and vocational rehabilitation program in San Mateo County for individuals living with a mental illness. 210 Industrial Road Ste 102 San Carlos, CA 94070. <https://catiforniaclubhouse.org>.

Chinese Language Family Support Group

English/Cantonese/Mandarin ASW (650) 454-4711 Meets 2nd Friday, 6:30 - 8 PM. For more information & registration. Contact Tammy Vuong QVuong@smcgov.org

Community Overcoming Relationship Abuse (CORA) 800-300-1080 650-652-0800. 2211 Palm Ave, San Mateo, CA94403 www.corasupport.org

Counseling Services, San Mateo MediCal/cash pay/sliding scale:

One Life Counseling, (650) 394-5155. "We are a non-profit organization of skilled therapists and change agents who aim to inspire, educate, and provide accessible counseling for anyone who needs it."

<https://www.onelifecounselingcenter.com/>

StarVista Counseling Clinic, (650) 355-8787. "The Counseling Center offers support to children, youth, adults, couples and families. If you, or a family member, are looking for new ways to cope with life's challenges, our professional staff is here to help." <https://star-vista.org/programs/counseling-center>.

Support Group Hosted by Hearth & Soul, Inc. (650) 232-7426 1633 Old Bayshore Hwy, #258, Burlingame CA 1st Thursday 3:30-5:00pm Virtual and 3rd Thursday 3:30-5:00pm (In-Person)
No registration required. For questions, email info@heartandsoulinc.org

Heart & Soul, (650) 232-7426. Peer support services including education and social activities. 1618 Sullivan Ave. Ste 462, Daly City. <https://www.heartandsoulinc.org/>.

Heart & Soul Hearing Voices Support Group Every 2nd Thursday 3:30-5:00 pm Virtual; Every 4th Thursday 3:30-5:00 pm. In-person. 1633 Old Bayshore Highway, Suite 258 Burlingame, CA 94010

Mental Health Hotline (866) 903-3787 As quoted on the website, "The organization offers a free 24/7 mental health helpline. Our goal is to destigmatize mental health needs and connect callers with relevant local options for continued care." <https://mentalhealthhotline.org/>

NAMI National Resource Directory: <https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/2021-Resource-Directory.pdf>

Ombudsman Services of San Mateo County, (650) 780-5707. Committed to working with residents, families, facilities, and stakeholders to create a community dedicated to protecting the rights of all residents living in long term care in San Mateo County. We create immediate change for residents through our hands-on advocacy efforts addressing issues that range from quality-of-care issues to egregious abuse. <https://ossmc.org>.

Patient's Rights Advocates of San Mateo County, (650) 374-7792 or (800) 497-1889

{re) MIND ®, (650) 458-0026. "With early diagnosis and a comprehensive roster of evidence-based practices, (re)MIND® follows a model considered a breakthrough in the treatment of psychosis. The Felton (re)MIND® program treats youth and young adults, ages of 15-24, who are experiencing the recent onset of psychosis." 1108 S. El Camino Real San Mateo. <https://lifelton.org/early-psychois/remind>

Stanford Mental Health for Asians Research and Treatment (SMHART) Clinic (650) 498-9111 As quoted on the website, "... is a person-centered program that works with individuals and their families to provide interdisciplinary, culturally-informed applications of evidence-based mental health care to Asians aged 18 years and over."

Cielo House Eating Disorder Treatment Center (650) 881-6004 (in house & IOP); 750 El Camino Real, Burlingame CA 94010

The Healthy Teen Project (415) 797-1414 (only IOP for teens) 1400 Tennessee St., Unit 3 San Francisco CA 94107

La Selva Group (650) 617-8350 As quoted on the website, “Free behavioral health services for uninsured or underinsured adults that live in Redwood City, Menlo Park, and East Palo Alto. The clinical staff are bilingual in Spanish.” <https://thelaselvagroup.org/>

Free Tax Help Bay Area <https://uwba.org/what-we-do/free-tax-help/>

College of San Mateo Schedule appointment

The Mobile Mental Health Crisis Response Service (650) 573-0350 As quoted on the website, “Once calls are screened, the hotline will dispatch clinicians trained in crisis assessment, de-escalation and intervention. They will arrive in nondescript vehicles — no lights and sirens — around-the-clock, any day of the year with the goal of stabilizing situations and, if necessary, taking individuals or arranging transportation to the appropriate level of care.”