

Local Crisis Contacts

24/7 RESOURCES

- Crisis and Suicide Prevention Hotline: Text or call 988 or (800) 273-TALK (8255)
- (888) 628-9454 (en Español)
- 988lifeline.org
- Peer-Run Warm Line (for non-emergency): **1-855-845-7415**
- Trevor Lifeline (for LGBTQ youth): **1-866-488-7386** or text START to **678-678**

CRISIS SERVICES

- Hotline/Youth SOS: (650) 579-0350
- Web chat: www.sanmateocrisis.org
- Text chat: (650) 747-6463, Mon-Thu 4:30-9:30PM
- IG: @sanmateocrisis

PSYCHIATRIC EMERGENCY SERVICES

San Mateo Medical Center

222 West 39th Ave

San Mateo, CA, 94403

(650) 573-2662

Mills-Peninsula Medical Center

1501 Trousdale Drive

Burlingame, CA 94010

(650) 696-5915

SMC CHILD ABUSE REPORTING HOTLINE

(650) 802-7922 or (800) 632-4615

CPS Fax - (650) 592-2289

BHRS THERAPIST OF THE DAY (YOUTH UNDER AGE 18)

(650) 301-8650

FAMILY URGENT RESPONSE SYSTEM (FURS)

Support for youth in foster care

(888) 939-3877

cal-furs.org

CHILD AND ADOLESCENT SEXUAL ABUSE RESOURCE CENTER (CASARC)

(415) 206-8386

Provides 24 hour/day assistance to victims of sexual abuse and their families.

SAN FRANCISCO SUICIDE PREVENTION LINE

(415) 781-0500

Telephone counseling and referral for depressed and suicidal folx. Information and referral available 24 hours a day.

TALK LINE

(415) 441-KIDS (5437)

For parents who are having trouble coping and feel at risk of abusing their children