

These phone lines are for anyone who is looking for someone to discuss their daily struggles. The call lines are usually staffed with peers who have lived experience of mental health struggles and other challenges. Anyone can call these lines (for free) to talk about their day, learn more about resources in their area, and/or receive peer support if they are experiencing a crisis themselves, or if they are caring for a family member or loved one in need:

- 650-579-0350** – StarVista Crisis Line (San Mateo County) 
- 1-800-273-8255** – National Suicide Prevention Hotline 
- 1-888-628-9454** – Nacional de Prevención del Suicidio (en Español)
- 877-565-8860** – Trans Lifeline* 
- 1-866-488-7386** – Trevor Lifeline for LGBTQ youth (ages 13-24) 
- 888-843-4564** – LGBTQ+ National Hotline* 
- 888-234-7243** – LGBT National Senior Hotline (Ages 50+) 
- 800-300-1080** – Relationship & Domestic Violence (CORA) 
- 650-692-7273** – Rape and Trauma Services (San Mateo County) 
- 888-220-7575** – Parent Support Line
- 800-367-2437** – HIV/AIDS Referral Line* (English & Spanish)
- 415-200-2920** – HIV/AIDS Textline
- 650-573-3950** – Alcohol and Drug Helpline (San Mateo County)
- 800-931-2237** – Eating Disorder Helpline (Referrals and Information)*
- 800-366-8288** – Self Harm Hotline (S.A.F.E. Alternatives)*
- 800-273-8255** – Veterans Crisis Line
- 800-786-2929** – Runaway Safeline
- Text “START” to 741741** – Crisis Text Line (free & confidential)
- 1-855-845-7415** – Peer-Run Warmline (SF Bay Area)



Local & National Hotlines

Dial 2-1-1 to receive personalized assistance and connections to local community resources (shelters, transportation, basic needs, & more) *Free and available 24/7 in over 150 languages!*

In need of food? Call 1-800-984-3663* for referrals to local food banks, hot meal sites, Food Stamps assistance and more.

800-686-0101* , TDD: 800-943-2833* – ACCESS Call Center for San Mateo County Behavioral Health and Recovery Services:

The ACCESS Call Center is the gateway that can guide you through all the different and appropriate services in San Mateo County. Initial appointments are evaluations from which treatment plans and next steps are determined.

800-662-4357 – Substance Abuse & Mental Health Services Administration (SAMHSA) Treatment Referral Routing Service:

SAMHSA's National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Psychiatric Emergency Services are available 24/7 at:

San Mateo Medical Center

222 West 39th Ave., San Mateo, CA, 94403

Phone: (650) 573-2662 – Call 911 for immediate help

Mills-Peninsula Medical Center

1501 Trousdale Drive, Burlingame, CA 94010

Phone: (650) 696-5915 – Call 911 for immediate help