



## Local & National Hotlines

---

**650-579-0350** – StarVista Crisis Line (San Mateo County)

**800-273-8255** – Suicide Hotline 

**888-628-9454** – Nacional de Prevención del Suicidio (en Español)

**877-565-8860** – Trans Lifeline\* 

**866-488-7386** – Trevor Lifeline (ages 13-24) 

**888-843-4564** – LGBTQ+ National Hotline\* 

**888-234-7243** – SAGE Hotline for LGBTQ+ Elders\* (50+) 

**800-300-1080** – Relationship Abuse & Domestic Violence 

**888-220-7575** – Parent Support Line

**800-367-2437** – HIV/AIDS Hotline\* (English & Spanish)

**415-200-2920** – HIV/AIDS Textline

**650-579-0356** – Alcohol and Drug Hotline (San Mateo County)

**800-931-2237** – Eating Disorder Helpline\*

**800-366-8388** – Self Harm Hotline\*

**800-656-4673** – Rape and Sexual Assault Hotline

**800-273-8255** – Veterans Crisis Line

**800-786-2929** – Runaway Safeline

**Text “START” to 741741** – Crisis Text Line (free & confidential)



## Local & National Hotlines

---

### **Dial 2-1-1 to receive personalized assistance and connections to local community services 24/7.**

- 211 is an easy to remember toll-free number that connects callers to local community services, such as food, shelters, counseling, employment assistance, child care, disaster relief, and more. 211 is confidential and available 24 hours a day in more than 150 languages!

### **800-686-0101\*, TDD: 800-943-2833\* – ACCESS Call Center, 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 offered by 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) 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 organizations.

### **Psychiatric Emergency Services are available 24/7 at:**

#### **San Mateo Medical Center**

222 West 39th Ave., San Mateo, CA – Phone: (650) 573-2662 or 9-1-1

#### **Mills-Peninsula Medical Center**

1501 Trousdale Drive, Burlingame, CA – Phone: (650) 696-5915 or 9-1-1

Asterisks (\*) indicate hotlines that may not be available 24 hours a day.