

Committed to Diversity and Equity in San Mateo County

Regardless of the uncertainty in Washington, the San Mateo County Health System remains committed to its mission: **To help all residents – from all backgrounds – live long and healthy lives.** At Behavioral Health and Recovery Services (BHRS), we continue to provide the best care to those in need with compassion and cultural humility.



Know your rights

Contact the [Legal Aid of San Mateo County](#) at (650) 558-0915 to speak with Legal Aid lawyer regarding immigration options: www.legalaidsmc.org.

Find post-election immigration guidance from the Immigration Legal Resource Center at www.ilrc.org.

Your San Mateo County healthcare services are still here

BHRS receives funding primarily from state and local sources. We will continue to provide high-quality services for all clients.

There are many healthcare clinics and mental health and substance use services supported by San Mateo County where you can receive free or low-cost care. Free mental health training for parents, schools, students, and community members to learn more about mental health.

Call (800) 686-0101 for information, referrals, assessments and trainings for local mental health and substance use services or visit: www.smchealth.org/bhrs

Call (650) 579-0350 for 24/7 confidential mental health support.

For information on mental health and substance use services, visit: www.smchealth.org/bhrsservices

For clinic locations, please visit: www.smchealth.org/smmc-find-location

Sign up for health insurance

Health insurance through the state's Medi-Cal and San Mateo County health coverage programs are still available, such as ACE (Access and Care for Everyone). **Legal immigration status is not required to access free or low-cost health insurance coverage in San Mateo County.** We are committed to the privacy and security of your personal information. Covered California, the state's affordable health insurance marketplace, is unaffected by changes in Federal healthcare as it is a self-sustainable, state-run exchange.

Call (650) 616-2002 for free, confidential, in-person health insurance help.

For BHRS clients or residents interested in learning more about insurance related to mental health, contact (650) 573-3502. For more information, visit www.smchealth.org/insurance.

Stand up for what you think is right

If you experience harassment or threats based on your ethnic background or beliefs, remind others of the need to stick together as one community and support each other – now, more than ever.

For information on how to file a complaint with the California Department of Fair Employment and Housing, visit www.dfeh.ca.gov or call (916) 478-7251.

BHRS staff are here to support you, so please continue to treat others with respect and dignity.