

1 in 4 of us has a mental health condition



Be the ONE to help

Mental illness is a medical condition and people can and do recover

One in four people have a mental health condition but less than half are getting the help they need.

Many people do not seek help for themselves or their loved ones because they are afraid others will judge them. The longer someone waits to get help — the longer their recovery process becomes.

**You can
BE THE ONE
to stop the cycle**

Start the conversation today

The more we can talk about mental health and how to best help someone, the more likely your loved one will feel empowered to seek help and recover.

San Mateo County has affordable services to help you and the people you love get the right care, at the right place, at the right time. Contact us and be the one to help.



www.smchealth.org/Stigma
1-800-686-0101



**COUNTY OF
SAN MATEO**
HEALTH SYSTEM
BEHAVIORAL HEALTH
& RECOVERY SERVICES



BE THE ONE to make a difference

Chances are someone you know has a mental health condition that you may not know about because they are active, productive members of our community. Make sure your loved one feels comfortable getting the help and treatment they need to feel better.

Pledge to end stigma

Join the movement

www.smchealth.org/stigma

Get the facts

Sign up for free mental health trainings

Check in

Ask those you may be concerned about, "How are you doing?" and connect them with resources

Share your story

Show how recovery is possible through photos, video, and social media

#BeTheOneSMC

www.smcbhhsBlog.org/BeTheOne

Talk about mental health

Challenge negative stereotypes and encourage others to get involved to end stigma

Affordable services in San Mateo County can help you and your loved ones heal and recover.

IMPORTANT NON-EMERGENCY NUMBERS

- **San Mateo County Health System Behavioral Health & Recovery Services Access Call Center**
1-800-686-0101, TDD: 1-800-943-2833
mental health and substance use services
- **Family Assertive Support Team (Cassia House)**
650-368-3178 *free in home support for families of people over 18 years-old*
- **24/7 Child and Adolescent Hotline**
650-567-KIDS (5437) *support for parents, educators, youth*
- **Alcohol and Drug Helpline** 650-573-3950
- **Family Support Services** 650-573-2534

24 HOUR CRISIS LINES

- **Call 9-1-1**, visit www.smchealth.org/MH911 for guidelines on how to communicate with police during a mental health crisis
- **Suicide Crisis Hotline**
1-800-273-TALK (8255) toll-free or 650-579-0350
- **San Mateo Medical Center Psychiatric Emergency Services**
650-573-2662,
222 West 39th Avenue, San Mateo
- **Peninsula Hospital Psychiatric Emergency Services** 650-696-5915,
1501 Trousdale Drive, Burlingame