

Whatever emotions you have in light of COVID-19

WE ARE HERE FOR YOU

Mental Health Tips

1. Focus on what you can control
2. Limit media/social media
3. Maintain physical health
4. Do things you enjoy
5. Connect with people & resources (see back)

smchealth.org/bhrsservices



SAN MATEO
COUNTY HEALTH

Crisis (24/7)

Suicide Prevention Lifeline

800-273-8255 (TALK)

Domestic Violence Hotline

800-799-7233 (SAFE)

Crisis Text Line

Text BAY to 741741

Disaster Distress Line

800-985-5990

Text TalkWithUs to 66746

Non-Crisis (24/7)

Behavioral Health & Recovery Services

ACCESS Call Center

Mental health and substance use referrals for
San Mateo County residents with Medi-Cal or no insurance

800-686-0101

TDD: Dial 800-943-2833 or 711

California Peer Run Warmline

Emotional support and referrals

855-845-7415

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