Outside community and spiritual support (continued):

- St. Thomas More Church
  1300 Junipero Serra Blvd., San Francisco, CA 94132 || (415) 452-9634
  Arabic service every Sunday at 11:00am

- Western Hills Church
  3399 CSM Drive, San Mateo, CA 94402 || (650) 574-4881
  Arabic service every Saturday from 7:30pm – 10:00pm

- St. James Orthodox Church
  195 North Main Street, Milpitas, CA 95035 || (408) 934-1794

Helpful websites:

BHRS:
http://smchealth.org/bhrs

San Mateo County Resources:
http://www.smc-connect.org

Parent Project:
http://smchealth.org/parentproject

Free Community Education:
http://smchealth.org/bhrs/ODE/CommunityEd

Hotline Contact Information:

- Suicide / Crisis Hotline
  1-800-273-8255
  650-579-0350

- San Mateo Medical Center Psychiatric Emergency Services
  650-573-2662

- Mills-Peninsula Medical Center Psychiatric Emergency Services
  650-696-5915

- Family Assertive Support Team
  650-368-3178

- 24/7 Child and Teen Hotline
  650-567-5437

- NAMI SMC—National Alliance on Mental Illness
  650-638-0800

If you are a consumer or family member and would like to get involved or for more information about the Office of Diversity and Equity, please contact:

Jei Africa, Director, Office of Diversity and Equity, at (650) 573-2714
San Mateo County residents are eligible to receive mental health services through the Behavioral Health & Recovery Services program.

Residents of San Mateo County can call the ACCESS team at (800) 686-0101 in order to schedule an appointment with their nearest clinic.

The different types of resources you are able to receive are:
- Individual Therapy
- Family Therapy
- Group Therapy
- Parent Educational Groups
- Parent support groups (depending on the clinic)
- Alcohol and Other Drug treatment

### Behavioral Health & Recovery Services Clinics

- **North County Clinic**
  375 89th Street, Daly City, CA 94015 || (650) 301-8650

- **Coastside Mental Health Clinic**
  225 S. Cabrillo Hwy, Suite 200A, Half Moon Bay, CA 94019 || (650) 726-6369

- **Central County Clinic**
  1950 Alameda de Las Pulgas, San Mateo, CA 94403 || (650) 573-3571

- **South County Clinic**
  802 Brewster Avenue, Redwood City, CA 94063 || (650) 363-4111

- **East Palo Alto Community Counseling Center**
  2415 University Avenue, Suite 301, East Palo Alto, CA 94303 || (650) 363-4030

### School-Based Services:

- **Contact county district office:**
  Jefferson Union High School District
  699 Serramonte Blvd #100, Daly City, CA || (650) 550-7900

- Write them a letter to request IEP (Individualized Education Plan) for your child.

### Outside community and spiritual support:

#### Community Support:

- **Yaseen Foundation**
  621 Masonic Way, Belmont, CA, 94002 || (650) 517-3690

- **Arab Cultural and Community Center**
  522 Valencia St, San Francisco, CA 94110 || (415) 861-7444

- **Arab Resource and Organizing Center**
  2 Plaza Street, San Francisco, CA 94116 || (415) 664-2200

- **Ramallah Club of San Francisco**
  1951 Ocean Ave, San Francisco, CA 94127 || (415) 239-5562

#### Religious & Spiritual support:

- **Masjid al-Huqq**
  228 N Ellsworth Ave, San Mateo, CA 94401 || 650.579.0429

- **Fiji Jamaat – Ul Islam of America**
  373 Alta Vista Drive, South San Francisco, CA 94080 || (650) 871-7183

- **Daly City Musalla**
  82 Hill Street, Daly City, CA 94014 || (650) 827-5782