

911 Emergency Response

Call for an immediate police, fire or medical response for yourself or someone in a life-threatening emergency.

Call in an emergency.

(650) 579-0350

San Mateo County Crisis Line

Call anytime, 24/7, for help during a mental health crisis, substance use issue, or thoughts of suicide. The San Mateo County Mobile Crisis Response Team can come to you in person.

If in doubt, please reach out. We're here to help.

You can also call or text **988** for the suicide and crisis lifeline.



Scan to add the San Mateo County Crisis Line to your contacts so you can get help when you need it.

Who to call when you need help.



**SAN MATEO
COUNTY HEALTH**

SMCHHealth.org