

(650) 579-0350

Get the **mental health support** you need.
Call the San Mateo County Crisis Line



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

The San Mateo County Crisis Line

Call anytime, 24/7, for help during a mental health crisis, substance use issue, or thoughts of suicide. Trained mental health crisis counselors are here to help guide you or someone you care about. Or 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.

SMCHHealth.org



**SAN MATEO
COUNTY HEALTH**