MENTAL HEALTH & SUBSTANCE USE SERVICES

Behavioral Health and Recovery Services (BHRS) is open and providing mental health and substance use treatment services during the COVID-19 Shelter in Place order for residents in San Mateo County with Medi-Cal or who are uninsured.

How to Get Started:

1. ACCESS CALL CENTER
   Call: 1 (800) 686-0101
   TTY (for hearing impaired): 711
   Interpreter services are available.

2. A trained professional will ask questions to help find the right care for you.

3. Receive a referral for a telephone/video appointment to a mental health or substance use treatment provider.

Note

- Most appointments will take place remotely (telephone/video) at this time due to COVID-19.
- Services may be provided through a BHRS mental health regional clinic or through a network of contracted community providers.
- Clinic hours may vary; please call for an appointment. Clinics are currently unable to take walk-ins due to the Shelter in Place order.
- If you are currently a BHRS client, contact your provider or clinic directly.

Crisis & Suicide 24/7 Hotlines

Free, confidential, emotional support is available by phone, text, or chat to anyone in emotional distress or a suicidal crisis.

- National Suicide Prevention Lifeline
  1 (800) 273-TALK (8255)
  (650) 579-0350
  1 (888) 628-9454 (Spanish)
  suicidepreventionlifeline.org

- CrisisTextLine.org
  Text BAY to 741741

- Disaster Distress Helpline
  1 (800) 985-5990
  Text TALKWITHUS to 66746

- Peer-Run Warm Line
  Non-emergency resource for anyone seeking emotional support.
  1 (855) 845-7415 or chat:
  mentalhealthsf.org/peer-run-warmline

- CORA (Communities Overcoming Relationship Abuse)
  1 (800) 300-1080

- Domestic Violence Hotline
  1 (800) 799-7233 (SAFE)
  Chat: thehotline.org

If you are in a mental health crisis, call 911 or go to the nearest hospital emergency room if you can safely get there.

smchealth.org/bhrsservices