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 pandemic 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

- Some appointments will take place remotely (telephone/video) at this time due to COVID-19 safety protocols.
- Services may be provided through a BHRS mental health regional clinic or through a network of contracted community providers.

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