Whatever emotions you have in light of COVID-19

WE ARE HERE FOR YOU

Mental Health Tips

1. Focus on what you can control
2. Limit media/social media
3. Maintain physical health
4. Do things you enjoy
5. Connect with people & resources (see back)

smchealth.org/bhrsservices
Crisis (24/7)

Suicide Prevention Lifeline
800-273-8255 (TALK)

Domestic Violence Hotline
800-799-7233 (SAFE)

Crisis Text Line
Text BAY to 741741

Disaster Distress Line
800-985-5990
Text TalkWithUs to 66746

Non-Crisis (24/7)

Behavioral Health & Recovery Services
ACCESS Call Center
Mental health and substance use referrals for
San Mateo County residents with Medi-Cal or no insurance
800-686-0101
TDD: Dial 800-943-2833 or 711

California Peer Run Warmline
Emotional support and referrals
855-845-7415

smchealth.org/bhrsservices