KNOW YOUR RESOURCES

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255

CRISIS TEXT LINE
Text HOME to 741741 from anywhere in the U.S., anytime, about any type of crisis.

STAR VISTA CRISIS HOTLINE
650-579-0350

ANONYMOUS ALERTS
www.anonymousalerts.com/sanmateouhsd

NATIONAL DOMESTIC VIOLENCE HOTLINE
National Domestic Violence Hotline
1-800-799-7233
www.thehotline.org/

In Case of an Emergency, Dial 911, or visit your nearest emergency room.