

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.



STARVISTA CRISIS HOTLINE
650-579-0350



ANONYMOUS ALERTS
[www.anonymousalerts.com/
sanmateouhsd](http://www.anonymousalerts.com/sanmateouhsd)



**National Domestic
Violence Hotline**
1-800-799-7233
www.thehotline.org/

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