KNOW YOUR RESOURCES

- **NATIONAL SUICIDE PREVENTION LIFELINE**
  1-800-273-TALK
  www.suicidepreventionlifeline.org

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

- **SMUHSD ANONYMOUS ALERTS**
  www.anonymousalerts.com/sanmateouhsd

- **STAR VISTA CRISIS HOTLINE**
  650-579-0350

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