

KNOW YOUR RESOURCES



SUICIDE & CRISIS LIFELINE

Dial 988



CRISIS TEXT LINE

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



24/7 STARVISTA CRISIS HOTLINE: 650-579-0350

STARVISTA TEEN CRISIS CHAT: www.sanmateocrisis.org

(Chat available Monday - Thursday, 4:30 - 9:30 p.m. PST)



ANONYMOUS ALERTS

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.