

San Mateo Union High School District

Online Safety Resource for Parents and Students

If You are Experiencing a Mental Health Emergency

Call 9-1-1 or go to your nearest hospital emergency room if you can safely get there.

See [Guidelines for Calling 9-1-1 in a Mental Health Emergency](#)

Psychiatric Emergency Services are available at:



San Mateo Medical Center

222 West 39th Ave., San Mateo, CA, 94403

Phone: (650) 573-2662



Mills-Peninsula Medical Center

1501 Trousdale Drive, Burlingame, CA 94010

Phone: (650) 696-5915

Find Help in San Mateo County

To access mental health or alcohol and other drug services for you or in your family who may be experiencing a mental illness or a substance use disorder, call the Behavioral Health and Recovery Services ACCESS Call Center for information, an assessment and a referral based on individual needs.

ACCESS Call Center: Phone: (800) 686-0101, TDD: (800) 943-2833

Serenity House – San Mateo County Respite Center

A mental health respite center is a place where individuals living with a mental illness who are experiencing increasing distress can go before things turn into a crisis. Trained staff members provide care, supervision and guidance to assist the person to reduce stress.

A new Serenity House will be located on the corner of the County Health Campus at Hacienda Street and 37th Avenue in San Mateo. For more information, please click [here](#).



- **Youth Service Bureaus of the YMCA – San Mateo** (www.youthservicebureaus.org)
Juvenile diversion and prevention programs for families, children and adolescents experiencing problems in the family, school or community. Individual, group, couples, and/or family counseling. On-campus crisis intervention and assessment.
Phone: (650) 349-7969
Address: 1670 South Amphlett Blvd., Suite 115, San Mateo 94402



- **San Mateo County District Attorney's Office/ Victim Center Program**
(<http://da.smcgov.org/victim-services>)
Information and referral, emergency assistance, crisis intervention and counseling referrals for victims of violent crime.
Phone: (650) 599-7479
Address: 400 County Center, Third Floor, Redwood City 94063
1050 Mission Road, South San Francisco 94080



**PENINSULA CONFLICT
RESOLUTION CENTER**

- **Peninsula Conflict Resolution Center (PCRC)** (www.pcrcweb.org)
Parent/teen mediation services and conflict resolution training for educators, parents and students in pre-K through high school. Community engagement programs help prevent gang violence. Offers training in anger management, anti-bullying, and empathy and respectful language.
Phone: (650) 513-0330
Address: 1660 South Amphlett Blvd., Suite 219, San Mateo 94402