

San Mateo Union High School District

Online Safety Resource for Parents and Students

➤ SUICIDE PREVENTION/SELF HARM



- **StarVista - Crisis Intervention and Suicide Prevention Center**

(www.star-vista.org)

The StarVista Crisis Intervention and Suicide Prevention Center (CISPC) provides a 24-hour crisis hotline staffed by trained volunteers. Individuals are encouraged to call the hotline if they are in crisis or thinking about suicide, or are concerned about someone they know. The service is free and confidential.

Crisis Hotline: 650-579-0350

1pm-9pm, 7 days a week

- ✓ **For Spanish Speakers:** CISPC is a sponsor of the Bay Area crisis hotline for Spanish Speakers. The Linea de Crises is available 1pm – 9pm, seven days a week.
1-800-303-7432 – for Spanish
- ✓ **For Youth:** CISPC also offers a youth support and suicide prevention website at www.onyourmind.net. The website provides useful information and resources, and includes a peer-staffed chat room.
Monday through Thursday, 4:30pm – 9:30pm.
The chat room provides a safe, anonymous place for youth to receive support from other youth.

For Youth: 24-Hour Youth Hotline (Teen) - (650) 579-0350

For Parent/Guardians: 24-hour Hotline - (650) 579-0358 (888) 220-7575

Drug and Alcohol Helpline - (650) 573-3950



- **San Mateo County Behavioral Health and Recovery Services (BHRS)**

(<http://smchealth.org/mh>)

The ACCESS Call Center is a gateway that can guide you through all the different and appropriate services offered by San Mateo County.

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

- **Child and Adolescent Hotline & Prevention Program (CAHPP)**

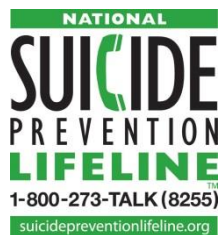
The Child & Adolescent Hotline and Prevention Program (CAHPP) is a hotline that is available 24/7 for parents of children of all ages (0-18), as well as educators, counselors, doctors, coaches, and members of the community. CAHPP's licensed clinicians respond to callers and texters with questions regarding a child who may be having difficulty reaching developmental milestones or is exhibiting concerning and/or unusual behavior; for example, a child who is easily frustrated or discouraged; inattentive; a loner or excessively shy; constantly seeking attention; or noncompliant.

The hotline number is (650) 567-KIDS (5437).

- **Family Assertive Support Team (FAST)** (<http://smchealth.org/bhrs/fast>)

The Family Assertive Support Team is an in-home outreach service that offers Assessment, consultation, and support services to adults (age 18+) in San Mateo County experiencing a severe mental health problem and their designated family members (broadly defined as individuals with close and enduring emotional ties).

Phone: (650) 368-3178



- **National Suicide Prevention Lifeline** (www.suicidepreventionlifeline.org)

The lifeline is a 24-hr, toll-free suicide prevention service available to anyone in suicidal crisis of their friends and loved one.

Phone: (800) 273-8255 (TALK)

RESOURCES:

- "Preventing Suicide: A Toolkit for High Schools"
US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration Center for Mental Health Services.
<http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>
- "After a Suicide – A Toolkit for Schools"
<http://www.sprc.org/sites/sprc.org/files/library/AfteraSuicideToolkitforSchools.pdf>
- Recommendations on Reporting on Suicide
<http://reportingonsuicide.org/>