

Access to Mental Health Resources

STAR VISTA - Counseling, Skill Development, Crisis Prevention to Youth, Adults, & Families

24-Hour Crisis Hotline –650.579-0350 or dial 988 -We are here to help!

- For people feeling depressed, suicidal, or just want to talk to someone about problems they are facing
- For people to express feelings, concerns, vent frustrations, clarify problems, get referrals
- For family and friends who are concerned about a loved one
- For anyone who needs some support who is going through personal crisis
- For a Mobile Youth Crisis Response Team
- It is safe, confidential, and free!



For Program Services –www.star-vista.org

San Mateo County Mobile Mental Health Crisis Response -650.573.0350

- Alternative to calling Law Enforcement for a Mobile Response Team for de-escalation of mental health crisis