

Suicide Prevention Month

San Mateo County



For updates and details on free and virtual events:
smchealth.org/suicide-prevention-month

Zena Andreani | She/Her/Hers
zena.andreani@star-vista.org | 650-339-5803

Sylvia Tang | She/Her/Hers
stang@smcgov.org | 650-578-7165



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

*If you or someone you know is in suicidal crisis or emotional distress, please reach out for 24/7 confidential crisis support by calling **650-579-0350** (Star Vista's Crisis Hotline), calling **1-800-273-8255** (National Suicide Prevention Lifeline) or texting "**BAY**" to **741741** (Crisis Text Line).*