Suicide Prevention Month in San Mateo County







Help Available Now





If you know someone who is in suicidal crisis or emotional distress, get 24/7 free confidential crisis support:

Call 650-579-0350 (or 988) – English, Spanish and interpretation for other languages

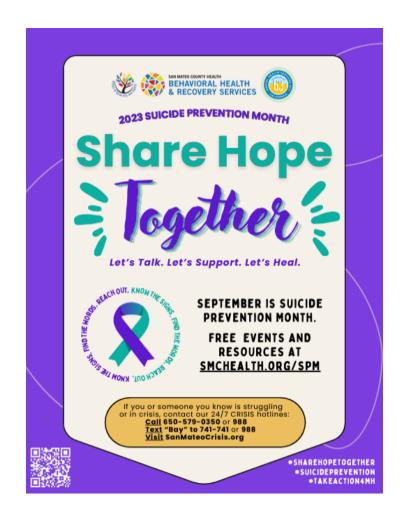
Text "BAY" to 741-741 (or 988) – English & Spanish Visit sanmateocrisis.org for teen crisis services

For emergencies that need an immediate response, call or text 9-1-1.

When contacting 911 during a mental health crisis, request a crisis intervention trained (CIT) officer. To find out how to prepare and what to expect, learn more at smchealth.org/mh911.

Suicide Prevention Month (SPM)









Lived Experience Academy Speakers

