

Mental Health Resources – San Mateo County

StarVista – Counseling, Healthy Homes program (home based mental health services), and the Women’s Enrichment Center (intensive day treatment program)

610 Elm Street

Suite 212

San Carlos, CA 94070

Website: <https://star-vista.org/programs/#family-and-community-services-tab>

Phone: (650) 591-9623

Email: hello@star-vista.org

One Life Counseling - Individual and group therapy, including issues w/ family conflict, depression, etc.

1033 Laurel Street

San Carlos, CA 94070

Website: <https://www.onelifecounselingcenter.com/>

Phone: (650) 394-5155

Fax: (650) 332-2946

Email: info@onelifecounselingservices.com

Hours:

Monday – Sunday, 9 am – 9 pm

Adolescent Counseling Services - Individual, family, and group counseling

1779 Woodside Road

Suite 200

Redwood City, CA 94061

Website: <https://www.acs-teens.org/what-we-do/>

General Information: (650) 424-0852

Intake line: (650) 424-0852

Email: info@acs-teens.org

Coastside Clinic – Mental health and behavioral health rehabilitation services

225 South Cabrillo Highway

Suite 100A

Half Moon Bay, CA 94019

Website: <https://www.smchealth.org/location/coastside-clinic>

Phone (new patients): (650) 372-3200

To Make an Appointment: (650) 573-3941

Medical Clinic Hours:

Monday – Wednesday, 8 am – 5 pm

Thursday: 8 am – 8pm

Friday: 8 am – 5 pm

Saturday: 8 am – 4 pm

Family Service Agency - Intensive in-home therapy, counseling, supervised visitation and exchanges

24 Second Avenue

San Mateo, CA 94401

Website: <https://star-vista.org/programs/#family-and-community-services-tab>

Phone: (650) 403-4300

Email: info@peninsulafamilyservice.org

Sequoia Counseling Services – Treatment for depression, anxiety, panic, and trauma

165 Arch St

Redwood City, CA 94062

Website: <https://www.sequoiacounseling.com/contact>

Phone: (650) 363-0383

Fax: (650) 363-0436

Email: info@sequoiacounseling.com

Office Hours:

Monday: 9 am- 1 pm

Wednesday: 12 – 3 pm

Thursday – Friday: 8 am – 2 pm

El Centro de Libertad –Specialty programs including anger management groups and parenting classes

500 Allerton St 2nd Fl

Redwood City, CA 94063

Website: <https://www.elcentrodelibertad.org/>

Phone: (650) 599-9955

Hours:

Monday – Thursday: 8 am – 7 pm

Friday: 8 am – 4 pm

Keep Families Connected – Family therapy and co-parent counseling

220 California Ave #106

Palo Alto, CA 94306

Website: <http://www.keepfamiliesconnected.com/>

Phone: (650) 504-5107 | (650) 619-7213

Health Right 360 – Mental health services, including assessment and individual and group therapy

Various locations in San Mateo

Website: <https://www.healthright360.org/content/mental-health>

Phone: (800) 200-7181

National Hotlines

National Suicide Prevention Lifeline: 1 (800) 273-8255

To text: 988

To chat: <https://988lifeline.org/chat/>

The National Crisis Text Line

Text 'HOME' to 741741

Alcoholics Anonymous: 1 (866) 412-3167

Website: <https://www.aa.org/>

Narcotics Anonymous: 1 (818) 773-9999

Website: <https://www.na.org/>

National Council on Alcoholism and Drug Dependence (NCADD): 1 (800) 622-2255

Partnership for Drug-Free Kids: 1 (855)-DRUGFREE

Text: 55753

Website: <https://drugfree.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA): 1 (800) 662-4357

Trevor HelpLine/Suicide Prevention for LGBTQ+ Teens: 1 (866) 488-7386

Crisis Text Line: text HOME to 741741

Gay & Lesbian National Hotline: 1 (888) 843-4564

National Runaway Safeline: 1 (800) RUNAWAY

Website (chat available): <https://www.1800runaway.org/>

Teenline: (310) 855-4673