

Name of Organization	Services	Address	Phone #	Website
ACCESS TEAM San Mateo County Mental Health	Mental Health and/or substance use services for someone who may be experiencing a mental illness and/or substance use.	222 W. 39th Avenue, San Mateo, CA 94403	(800) 686-0101	https://www.smchealth.org/contact-info-pod/access-call-center
Anger Management and Domestic Abuse Therapy Center	Offers a number of court-ordered and self-referred counseling programs including domestic violence counseling, anger management and conflict resolution, and parenting and child abuse education	430 Peninsula Avenue, Suite 7, San Mateo, CA 94401	(650) 375-0449	https://www.smc-connect.org/locations/anger-management-and-domestic-abuse-therapy-center
Caminar	Nonprofit, community-based agency that has been empowering and supporting individuals and families to move toward resilience, wellness, and independence. Treats individuals to those with complex mental health, substance use, and co-occurring needs.	2600 S. El Camino Real, Suite 200, San Mateo, CA 94403	(650) 578-8691	https://www.caminar.org/
Mental Health Association of Alameda County	Serves people with mental health challenges and their families.	954 - 60th Street, Suite 10, Oakland, CA 94608	(510) 835-5010	http://www.mhaac.org/
Mental Health Association of San Mateo County (also serves HIV/AIDS)	Serves people with mental health challenges and their families.	954 - 60th Street, Suite 10, Oakland, CA 94608	(650) 368-3345	http://www.mhaac.org/
Mental Research Institute	Studies and develops therapy to help those with mental health struggles.	671 Oak Grove Avenue Suite H, Menlo Park, CA 94025	(650) 321-3055	https://mri.org/
Mills-Peninsula Health Services (Behavioral Health Services)	Compassionate care to enhance the well-being of people in nearby communities.	1501 Trousdale Drive, Burlingame, CA 94010	(650) 696-4666	https://www.sutterhealth.org/mills
National Alliance on Mental Illness (San Mateo)	Increases coping skills and empowers participants to help them deal with their mental health struggles.	1650 Borel Place, Ste. 130, San Mateo, CA 94402	(650) 638-0800	https://namisanmateo.org/
Puente de la Costa Sur	Specialized mental health services	620 North Street, Pescadero, CA 94060	(650) 879-1691	https://mypuente.org/
Stigma Free San Mateo County	Mental health treatments for people of all ages to help them feel empowered and lead happy, healthy, and productive lives.	N/A	smchealth.org/bhrs/stigmaode@smcgov.org	https://www.smchealth.org/bhrs/stigma

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United Way Helpline (Community Referrals for San Mateo County)	Comprehensive phone and text counseling services	N/A	(800) 273-6222	N/A
Youth Services Center	Mental health counseling and medical care for the youth	222 Paul Scannell Drive, San Mateo, CA 94402	(650) 312-5350	https://probation.smcgov.org/youth-services-center-faqs
Community Helpline (Non-emergency)	Free, confidential referral and information helpline and website that connects people of all ages to essential health and human services they need.	N/A	211	https://www.unitedway.org/our-impact/http://finder.cox.net/main?ParticipantID=96e6870pkbv4scrood8k84drs6gw5duf&FailedURI=http%3A%2F%2Fwww.cccyo.org%2F&FailureMode=1&Implementation=&AddInType=4&Version=pywr1.0&ClientLocation=us
Catholic Charities CYO	Offers individual, teen, group, family and marital counseling and education to all persons, regardless of religion	36 - 37th Ave., San Mateo 94403	650-295-2160 x210	http://finder.cox.net/main?ParticipantID=96e6870pkbv4scrood8k84drs6gw5duf&FailedURI=http%3A%2F%2Fwww.cccyo.org%2F&FailureMode=1&Implementation=&AddInType=4&Version=pywr1.0&ClientLocation=us
Christian Counseling Centers, Inc	Offers individual and group psychotherapy for children, adolescents and adults, as well as couples and family therapy, regardless of religion.	1510 Fashion Island Blvd., #110, San Mateo 94404	650-570-7273	
Family Service Agency	Counseling, support groups on anger management, parenting, child abuse, domestic abuse and other groups as needed. Supervise	24 - 2nd Ave., San Mateo 94401	650-403-4300	www.familyserviceagency.org
Jewish Family and Children Services	Provides adult, child, marriage and family counseling.	2001 Winward Way at Mariner's Island Blvd., #200 San Mateo 94404	650-931-1800	www.jfcs.org
Mental Health Access Team	Provides information, assessment, consultation and referral.		800-686-0101	https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx
Psychiatric Emergency Services	Emergency services	N/A	650-573-2662	
Youth Case Management Services	Youth Mental Health Services	N/A	650-573-3504	
Outpatient Mental Health	Intensive psychotherapy program that treats people who are experiencing acute psychological distress.	25 San Fernando Way, Daly City, CA 94015	650-991-6470	
More Resources:	http://www.co.sanmateo.ca.us/Attachments/hsa/Files/Publications%20and%20Press/lowcostthealthSMCO2012.pdf			