



San Mateo Medical Center

Integrated behavioral health resources offering tools for maintaining a healthy lifestyle and overcoming emotional struggles in San Mateo County.

www.smchealth.org

Remember, you can also talk to your school's mental health professional for additional information and support.



San Mateo County Health

Website offering integrated behavioral health wellness resources to help San Mateo County residents maintain a healthy lifestyle and overcome struggles.

www.smchealth.org



San Mateo County Health

Website offering resources to assist you and others during and after a mental health emergency or crisis event.

www.smchealth.org



NAMI **NATIONAL**

Website providing resource guides for youth and adults dealing with anxiety, supporting friends, and finding help through a directory.

www.nami.org



The Trevor Project Hotline **NATIONAL**

National website offering 24/7 hotline and text support to connect with counselors and access resources for assistance.

www.trevorproject.org



Student and Teacher Mental Health **STATE**

Website supporting students in crisis with resources for mental health and wellness during school closures.

www.cde.ca.gov