

Local Resources for Counseling, Mental Health Support, and Social Services

Youth Service Bureau, YMCA

435 Edgemar Avenue
Pacifica, CA 94044
(650) 355-3900

<https://www.ymcasf.org/programs/youth-service-bureaus-urban-services>

Provides counseling for youth and families, crisis intervention, prevention programs for at-risk youth, parent education and support, truancy prevention, and community resources linkage services on a sliding fee scale and free to Medi-Cal and Victims of Crime (VOC) recipients.

Behavioral Health and Recovery Services (BHRS)

North County Mental Health Clinic
375 89th Street
Daly City, CA 94015
(650) 301-8650

<http://www.smchealth.org/mentalhealth>

Provides mental health services to individuals who are eligible for Medi-Cal and/or members of the Health Plan of San Mateo.

Star Vista

480 Manor Plaza
Pacifica, CA 94044
(650) 355-8787

<http://www.star-vista.org/>

Provides individual, family, and couples counseling on a sliding fee scale.

Daly City Youth Health Center

2780 Junipero Serra Blvd.
Daly City, CA 94015
(650) 985-7000

<http://www.dalycityyouth.org>

Provides primary health care, counseling services, vocational internships, and comprehensive sexual health education to low income and at-risk youth ages 12-24.

Pacifica Resource Center

1809 Palmetto Avenue
Pacifica, CA 94044
(650) 738-7470

<https://www.pacresourcecenter.org>

Provides a safety net of food, housing assistance, and other critical services, including coaching, advocacy, information, and referrals.

*****For additional referrals and resources, please call 211 or visit www.211bayarea.org*****

Local and National Crisis Hotlines and Support Services

LOCAL RESOURCES

Star-Vista Crisis Intervention and Suicide Prevention Center

650-579-0350

We provide a free, confidential, nonjudgmental, 24-hour crisis line to callers in San Mateo County. Dedicated caring volunteers are available to help you through peer phone counseling & getting you in touch with resources that may help.

Star-Vista Parent Support Line

650-579-0358

Being a parent is a very difficult job and sometimes we all just need a little support. Our Parent Support Line is a 24-hour free service where parents can explore feelings and concerns, vent frustrations, clarify problems, get referrals or just talk. Our volunteers are here, ready to listen and give you resources that might help.

Star-Vista Teen Website and Chat Room

www.onyourmind.net

OnYourMind.net provides a safe and anonymous place for teens to get information and support from other teens. You can talk about anything that's on your mind, including relationships, school, depression, stress, suicide, friends, parents, cutting, identity, and health. You can also submit a question to be answered on our Q&A page, or connect to resources for additional information and support.

Community Overcoming Relationship Abuse (CORA) Domestic Violence Hotline

1-800-300-1080

Trained crisis counselors provide callers with trauma-informed crisis counseling, safety planning, access to our safe house, legal services, mental health programs and referrals to other community resources 24 hours a day, 7 days a week.

NATIONAL RESOURCES

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

National Hopeline Network

1-800-SUICIDE (1-800-784-2433)

With a single, easy to remember, toll-free telephone number, people across the nation can access crisis center services 24 hours a day, 7 days a week. The Hopeline links callers to a certified crisis center nearest the caller's location.

Crisis Text Line

Text START to 741741

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.

*****If you or someone you know is experiencing a mental health emergency
or is in a life threatening situation, please call 911*****