



# STAR VISTA

## Helping All Ages and Stages Through Life's Challenges



## CRISIS INTERVENTION AND SUICIDE PREVENTION CENTER

StarVista's Crisis Center offers a 24/7 Crisis Hotline 650-579-0350, Teen Crisis Services, Clinical Services, Educational Presentations, Health Ambassador Program – Youth (HAP-Y), and volunteering program.

Our professional staff provide life-changing support and services with passion, dedication, and a deep sense of caring and concern for the welfare of every person we serve.

### Who could call the crisis line?

- Anyone who feels sad, hopeless, or suicidal.
- Family and friends who are concerned about a loved one.
- Anyone interested in mental health treatment and service referrals.
- Or anyone who just needs some support through a personal crisis.

**We're here to help 24/7: 650.579.0359**

### Telephone Support

**24-Hour Crisis Hotline,  
(including Parent  
Support and Alcohol &  
Drug Support)**

650-579-0350  
800-SUICIDE

**Teen Text Line (Mon-Thurs,  
4:30pm-9:30pm)**

650-747-6463

### Online Support

**Teen Chat**

[www.sanmateocrisis.org](http://www.sanmateocrisis.org)

**Program Website**

[www.sanmateocrisis.org](http://www.sanmateocrisis.org)

