

San Mateo County Mental Health/Counseling Services & Resources

San Mateo County Behavioral Health and Recovery Services – (800) 686-0101

Behavioral Health and Recovery Services provides mental health services to individuals who are eligible for Medi-Cal and/or members of the Health Plan of San Mateo through outpatient clinics.

Assisted Outpatient Treatment San Mateo County – 650-372-6125

The AOT team reaches out to people with a severe mental illness who are not connected to services and are challenged to live safely and stably in our community.

Family Assertive Support Team (FAST) – 650-368-3178

FAST Team is an in-home outreach service that offers assessment, consultation, and support services to adults (18+) experiencing a severe mental health problem and their designated family members.

Golden Gate Regional Center (GGRC) – 650-574-9232

3130 LaSelva Street #202, San Mateo, CA 94403

The Golden Gate Regional Center provides services and support to individuals with developmental disabilities.

LifeMoves – 650-685-5880

LifeMoves provides emergency, transitional, and permanent supportive housing, along with an extensive array of supportive resources to help clients secure a place to call home.

Mental Health Association of San Mateo County – 650-368-3345; www.mhasmc.org

2686 Spring Street, Redwood City, CA 94063

Provides direct services for adults with mental illnesses that include housing, food, social programs, advocacy and networking.

National Alliance on Mental Illness (NAMI) – 650-638-0800; www.namisanmateo.org

1650 Borel Pl. #130, San Mateo, CA 94402

Non-profit organization that offers resources and support for people with mental illnesses.

San Mateo Transitions (Telecare) – 650-817-9070

1692 El Camino Real, San Carlos, CA 94070

San Mateo Transitions consists of a multidisciplinary team that includes peer specialists, a psychiatrist, a nurse, a masters-level team lead, and case managers with experience working in behavioral health, co-occurring substance use, forensic issues, and housing. We are here to work collaboratively and pride ourselves in being client-centered.