



SAN MATEO POLICE DEPARTMENT

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Chief of Police

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MEDIA RELEASE / COMMUNITY ALERT

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Monday, April 13, 2020

Family Disturbances Surge During COVID-19 Shelter in Place

As we enter the County's fifth week to shelter in place, the San Mateo Police Department is responding to an increased number of family disturbances. Information about the Coronavirus continues to unfold, leaving us with a wide range of thoughts, feelings, and reactions. Over the next few days or weeks, you may experience periods of anxiety, feeling helpless, socially withdrawn, having difficulty sleeping, feeling angry, or experiencing hypervigilance. These feelings are all normal during uncertain times, but compounding them with underlying issues could result in physical abuse in romantic relationships.

Although it may seem like you're on an island, help isn't far away. We have partners across San Mateo County and beyond who are staffed and ready to help you get through this challenging time.

Physical abuse will not be tolerated in San Mateo, nor will it solve your problems. Domestic violence is a felony and carries a prison sentence of up to four years. That translates to 1-minute abusing your partner = 2,102,400 million minutes in prison. Manage your anger by going for a walk, calling the crisis hotline, or contacting a professional for treatment options. Control your anger, before it controls you.

Please remember, abuse is not normal. You have a team of police officers, social workers, and available funding to help take you away from a dangerous environment. If you or someone you know is being abused, please call 9-1-1. For victims fearful of calling or for the hearing impaired, text your message to 9-1-1. San Mateo PD's non-emergency number is (650) 522-7700.

Review the list of resources below and message me if you have questions.

ABUSE RESOURCES

CORA Crisis Line: (800) 300-1080

Support-emergency housing, and legal assistance.

<https://www.corasupport.org/covid19/>

National Domestic Violence HOTLINE: (800) 799-7233

If you're unable to speak safely, or text "LOVEIS" to 22522

<https://www.thehotline.org/>

FREE RESOURCES

County Behavioral Health Call Center (24/7) 800-686-0101 | TDD: (800) 943-2833

ADDICTION

Alcoholics Anonymous- Online meetings https://www.aa.org/pages/en_US/options-for-meeting-online

Narcotics Anonymous- Online meetings <https://virtual-na.org/meetings/>

NAMI Connection Recovery Support Group

Days: Monday & Thursday

Hours: 6:45 p.m. – 8:30 p.m.

Access: Join the meeting by using Zoom

- <https://zoom.us/j/903824415?pwd=TVFhMExvaENnRWJkK2tZYUlydWhKUT09>
- Meeting ID: 903 824 415
- Password: 983074

Technical Assistance: (650) 784-3272

MENTAL HEALTH

National Suicide Prevention Lifeline: (800) 273-8255

<https://suicidepreventionlifeline.org/>

StarVista Crisis Hotline (24/7): (650) 579-0350

<https://star-vista.org/>

California Peer Run Warm Line (24/7): (855) 845-7415

<https://www.mentalhealthsf.org/peer-run-warmline>

SHELTER

LifeMoves: (650) 340-8814 or <https://www.lifemoves.org/>

Samaritan House: (650) 347-3648 or <https://samaritanhousesanmateo.org/>

FINANCIAL ASSISTANCE

California Unemployment: https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

United Way: 866-211-9966

FOOD ASSISTANCE

Food Pantries

Samaritan House Pantry (call first)

4031 Pacific Blvd

San Mateo, CA 94403

Phone: (650) 341-4081 x3001

Hours: Monday – Friday, 9:00 a.m. – 4:00 p.m.

Family Harvest Program

949 Ocean View Avenue

San Mateo, CA 94401

Hours: Friday, 3:00 p.m. – 5:00 p.m.

JFCS Food Pantry
2001 Winward Way, Suite 200
San Mateo, CA 94404
Hours: Monday – Friday, 8:00 a.m. – 5:00 p.m.

Prepared Meals to Go

Samaritan House Dining Room
Masonic Lodge
303 Tilton Ave
San Mateo, CA 94401
Hours: Monday – Friday, 4:00 p.m. – 6:30 p.m.

Samaritan House Weekend Lunch to Go
4031 Pacific Blvd
San Mateo, CA 94403
Hours: Saturday – Sunday, 12:00 p.m.

Second Harvest Food Bank
725 Monte Diablo Ave – Tuesday from 9:30 a.m. – 11:00 a.m.
194 W 25th Avenue – Tuesday from 8:15 a.m. – 8:45 a.m.
50 East 5th Avenue – Friday from 2:00 p.m. – 3:00 p.m.
Hours: Monday – Friday from 8:00 a.m. – 5:00 p.m.

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