

allcove San Mateo's Youth Advisory Group

Each allcove center has its own local Youth Advisory Group, recognizing that different communities have different needs. These young people represent their community with diverse lived experiences, providing insights into services, staff, location, etc. Our youth advisors are passionate about affecting change and reducing stigma. They are active community advocates for youth mental health and are involved in everything to do with allcove from the design to service implementation.

allcove San Mateo's Community Consortium

The Community Consortium is a formal strategic partnership comprised of individuals who have a vested interest in supporting the health and well-being of young people in our local community. They provide advice, expertise, and services to the local allcove San Mateo center. The Community Consortium forms a collaborative platform that comes together to achieve common goals and objectives.



Visit us!



allcovesanmateo@peninsulahealthcaredistrict.org



2600 South El Camino Real
Suite 300
San Mateo, CA 94403

Hours of operation:

M, T, Th, F: 1 pm–7 pm
Saturdays: 10 am–2 pm



@allcoveyouth
@allcoveSanMateo

allcove.org/san-mateo

allcove

allcove San Mateo An Innovative Youth Drop-In Center





Our Story

allcove centers are designed with, by and for youth, with the wisdom that we all just need a moment to reset before we can move forward. They are places for youth to access a range of emotional, physical and social support services—on their own terms.

Our approach is anchored in a model that focuses on meeting the evolving and unique needs of young people and those who support them. Each center uses this integrated approach with room to reflect the specific needs of local youth and community.



FAQ

Who can come to allcove San Mateo?

allcove centers welcome young people ages 12 to 25 years old with mild to moderate needs looking for support.

What can I expect when I go to allcove San Mateo?

When you enter an allcove center, you will be greeted by one of our friendly staff members and given a tablet to check-in. You will be able to check-in for drop-in services, scheduled appointments, or just decide to tour the space.

What does it cost?

Services at allcove centers are free or low cost. Our team will always confirm if there is a cost before scheduling an appointment.

What types of mental health services does allcove San Mateo offer?

allcove offers a variety of different therapy/ counseling sessions, including but not limited to, group counseling, 1:1 counseling, family support, substance use counseling, peer-to-peer counseling and peer-to-peer group sessions.

"Being a part of the allcove San Mateo Youth Advisory Group has been a great experience. I truly believe what we are working on is going to be life-changing for many, and I hope that everything we have built and everything we stand for continues to grow and be just as great in the future." —Vincent P. (Youth Advisor)

Our Services

Mental Health

Counseling—Obtain the support, treatment and tools you need to take care of your mental health from professionals at our center.

Physical Health

Physical and Sexual Health—Access safe, confidential and judgment-free medical advice and treatment from our medical professionals.

Substance Use

Receive the information or treatment you need to navigate the complexities of alcohol and substance use through counseling and/ or peer-to-peer support groups.

Peer And Family Support

Peer Support—Connect with peers your own age who have shared experiences and can help you make sense of it all.

Family Support—If you're a family member, you can connect the young person in your life to resources and support.

Supported Education And Employment

Education Support—Get help preparing to get into college, vocational programs, school re-entry and non-traditional secondary education programs.

Career Coaching—Connect with counselors who can assist you with your job search, resume, interviews and some of the stress along the way.