



# How is allcove San Mateo different?

**allcove™ centers** are designed to adapt to whatever a young person's individual comfort zone might be. Because emotions are fluid and exist on a spectrum, **allcove centers** offer young people the choice between open and private spaces, in-person orientations, and opportunities for therapy as well as supportive conversations.

**allcove centers** welcome young people ages 12-25 with mild to moderate needs looking for support. We offer the following services: mental health, physical health, supported education and employment, substance use, peer and family support. 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. Everything about **allcove**—its name, its services, and even the look and feel of its centers—was designed with, by and for youth. We believe that they are the ultimate experts in their own lives, and so we try to co-create every touchpoint of the experience with them.

## Our Vision

Where every youth belongs, chooses the support they need and thrives.

## Our Mission

Developing an innovative network of integrated youth mental health centers designed with, by and for youth that reduce stigma, embrace mental wellness, increase community connection and provide access to culturally responsive services.



Lily S. and Jorge A.  
Youth Advisors

## FAQ

### 1 Who can come to allcove?

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

### 2 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 and given a tablet to check in. You will be able to check in to drop-in services, an appointment you have that day, or decide to tour the space.

### 3 What does it cost?

Services at **allcove centers** are free or low cost. We will always confirm this before the appointment is made.

### 4 Where will allcove San Mateo be located?

**allcove San Mateo** is located at 2600 S El Camino Real Suite 300, San Mateo, CA 94403

### 5 When will allcove San Mateo open?

**allcove San Mateo** will open early winter 2024. Follow us on social media for updates on allcove's development @allcovesanmateo

### 6 How do I contact allcove San Mateo?

You can contact us at (650) 226-7030  
[allcovesanmateo@peninsulahealthcaredistrict.org](mailto:allcovesanmateo@peninsulahealthcaredistrict.org)

### 7 What types of counseling does allcove 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.