

Mental Health Resource List

San Diego Access and Crisis Line

- Phone: 1-888-724-7240
- Provides 7-day, 24-hour access to County Mental Health Services and County Alcohol and Drug Services.

2-1-1 San Diego

- Phone: 2-1-1
- Provides an Information & Referral Specialist who will assess your needs and matching you to the best resource in your community.
- www.211sandiego.org

Alvarado Parkway Institute (API)

- Phone: 1-800-766-4274
- A team of skilled physicians and mental health professionals carefully assess and triage prospective patients to address their specific needs.
- www.apibhs.com

Domestic Violence Hotline & Resources

- Domestic Violence Hotline: 888-385-4657
- 24/7 countywide domestic violence hotline provides confidential support, safety planning and referrals. Call 2-1-1 for referrals to local domestic violence shelters.
- www.sddvc.org.

Family Supportline

- Phone: 877-470-5463
- Hours of Operation: M-F 12 – 6pm
- Support line for adults seeking peer support and referrals concerning substance abuse, mental health or other concerns regarding a child or teen they care about. Provides resources, support and education on increasing recovery and resilience. Free and confidential. Bilingual. Call center hours are 12:00pm to 6:00pm, Monday through Friday. After-hours calls are returned the next business day.

International Bipolar Foundation

- Phone: 858-764-2496
- International Bipolar Foundation is a non-profit organization, whose mission is to eliminate bipolar disorder through the advancement of research; to promote and enhance care and support services; and to erase the associated stigma through public education.

It's Up to Us

- The **It's Up to Us** campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help.
- www.up2sd.org

Mental Health America

- Phone: 619-543-0412
- Dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illnesses through advocacy, education, research and service. The website offers information about local resources, events and trainings, as well as information and treatment options. A "Self Help Directory" of over 600 self-help groups can be ordered through the website.
- www.nmha.org

NAMI North Coastal Helpline

- Phone: 760-722-3754
- Hours of Operation: M-F, 10am – 4pm
- Messages left on voicemail will be returned by trained volunteers that provide information, referrals, and support to all who have questions about or are affected by serious mental illness.

NAMI North Coastal

- Phone: 760-722-3754
- Supports communities in the North Coastal region of San Diego County. Provides information, advocacy, and support for people affected by serious mental illnesses. Offers educational meetings and support groups. NAMI CARE are peer-based support groups occur each week; other support groups are open to all. Meetings are held on the third Thursday of the month, 8:30-10pm at St. Michael's By the Sea Church at 2775 Carlsbad Blvd, Carlsbad, CA.

NAMI San Diego Helpline

- Phone: 619-543-1434
- Hours of Operation: M-F, 10am – 6pm
- County-wide, confidential, family and peer-staffed support phone line for individuals with mental illness and their loved ones. Provides non-crisis phone support and referrals and increases knowledge of mental illness, resources and related issues.
- www.nami.org/

San Diego Network of Care for Behavioral Health

- A comprehensive resource for individuals, families and agencies concerned with behavioral health.
- sandiego.networkofcare.org/mh/home/index.cfm

San Diego Postpartum Health Alliance

- Phone: 619-254-0023
- The San Diego Postpartum Health Alliance offers moms in crisis and their concerned friends or relatives support, information and referrals. The website also features a blog and information about upcoming events.
- www.postpartumhealthalliance.org

The San Diego Regional Center

- Phone: 858-576-2996
- The San Diego Regional Center provides a variety of services to persons with developmental disabilities, their families, and the community, including assessments, individual and family service plans, and case management services. These services are in addition to those provided within the health, education, and social services systems.

Yellow Ribbon

- Phone: 800-273-8255
- Yellow Ribbon is a community-based program that empowers and educates professionals, adults and youth on suicide prevention.
- www.yellowribbon.org

Youth Talkline

- Phone: 877-450-5463
- Hours of Operation: M-F 12 – 6pm
- This confidential telephone support line is for children and teens seeking peer support and referrals concerning substance abuse, mental health or other concerns for themselves or someone they care about. Callers are connected to peer-line specialists who have real-life experience with mental health challenges and who work with callers to get help through community resources, programs and partners within each region of San Diego. The peer-line specialist's goal is to provide resources, support and education on increasing recovery and resilience. The service is free and confidential. Callers can speak with English or Spanish-speaking peer-line specialists. Call center hours are 12:00pm to 6:00pm, Monday through Friday. After-hours calls are returned the next business day.