

Check Your Mood Resource List

Get Connected & Learn More

Numerous organizations and resources in San Diego County assist individuals who are experiencing mental health difficulties or searching for more information about mental health. Additionally, several educational opportunities are available countywide for those interested in learning more about mental health-related issues. Due to the COVID-19 pandemic, many organizations listed are providing virtual services and resources during this time.

Visit www.LiveWellSD.org/CheckYourMood for more information!

GENERAL

Access & Crisis Line: 1-888-724-7240

ACL provides over the phone free, confidential counseling and community resources 7 days a week/24 hour a day to individuals struggling with mental health issues such as depression, anxiety, loss, anger and more. This resource is also available to family members and/or friends who are concerned about someone or professionals seeking resources for their clients.

2-1-1: Call 211 or visit 211SanDiego.org

An Information & Referral Specialist will navigate you through your situation by assessing your needs and matching you to the best resources in your community.

County of San Diego Behavioral Health Services

Visit <https://www.sandiegocounty.gov/hhsa/programs/bhs/>

Provides resources and information for general management of mental health and offers suggestions for coping with COVID-19. BHS also offers information and resources for individuals, behavioral/mental health professionals and caregivers.

EDUCATION & PREVENTION

Community Health Improvement Partners — SDCHIP.org

CHIP is a collaborative organization that facilitates the San Diego County Suicide Prevention Council (SPC). They provide free training opportunities, such as “Question Persuade Refer” (QPR) program to teach individuals simple steps to help save a life, and other programs addressing mental health.

Mental Health America (MHA), National — MentalHealthAmerica.net

Mental Health America is a national community-based network dedicated to helping all Americans have better mental health. Materials are available for purchase or download.

Mental Health America of San Diego County — MHASD.org

MHA’s San Diego affiliate provides free resources and tools to raise awareness about mental health with programs and trainings — such as Mental Health First Aid — to community members, health professionals and other interested individuals.

It's Up to Us — UP2SD.org

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. A variety of educational materials — including newsletters, tip sheets, resource guides, and videos — are available online.

Jewish Family Service (JFS) San Diego — JFSSD.org **Confidential Helpline: 858-637-3210**

Jewish Family Service programs and resources include food and meal provisions, leadership opportunities for children and youth, various support programs for adults and families, aging life care for older adults and refugee and immigration services.

National Alliance on Mental Illness San Diego — NAMISanDiego.org **Helpline: 1-800-523-5933**

NAMI San Diego provides opportunities, programs, and services for families and individuals affected by serious mental illness. A family and peer support helpline, support groups, educational meetings, newsletters and classes on mental health are available to the general public.

INTERVENTION & CARE

Alvarado Parkway Institute (API) — APIBHS.com **24-hour Referral & Crisis Line: 1-800-766-4274**

Skilled physicians and mental health professionals assess and triage prospective patients to address their specific needs and provide direction for care.

Sharp Mesa Vista Hospital — Sharp.com **Information: 858-836-8434**

Provides 149 beds and a staff of psychiatrists and medical professionals. Patients of all ages can access residential and outpatient care to address anxiety, depression, substance abuse, eating disorders, bipolar disorder and more.

San Diego Postpartum Health Alliance — PostpartumHealthAlliance.org **Information: 619-254-0023**

Provides postpartum resources that include downloadable materials as well as a “warmline” with a trained volunteer, or a volunteer with lived experience, who will offer encouragement and provide referrals to support groups or health care professionals.

SELF-HELP RECOVERY

Recovery International (RI), San Diego — RecoveryInternational.org

A trained self-help, peer-led program for anyone experiencing stress, tension, anxiety, panic, mood disorders, anger, fear, or other mental health issues. Visit RecoveryInternational.org/meetings/find-a-meeting for meeting locations in San Diego.



For more information on partners, mental health resources, and how to get involved, please visit:
www.LiveWellSD.org/CheckYourMood



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