

BEHAVIORAL HEALTH RESOURCES



San Diego Access & Crisis Line (ACL) 888-724-7240

Call or visit the website for immediate support and resources from an experienced counselor 24 hours a day, 7 days a week on various behavioral health topics. Language interpreter services enable the ACL to assist in 150 languages within seconds.



It's Up to Us San Diego

<https://up2sd.org/>

Visit the website for easy access to behavioral health and suicide prevention resources. The campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help.

Additional Resources

County of San Diego – Behavioral Health Services

For an overview of the broad range of health and social services and resources available to community members, visit:

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

San Diego County – Coronavirus Disease 2019

For the latest updates on COVID-19, visit:

www.coronavirus-sd.com

<p>2-1-1 San Diego 211 https://211sandiego.org/ 24/7 free phone service for access to 6,000+ community, health, social, and disaster services. Assistance available in over 200 languages.</p>	<p>American Foundation for Suicide Prevention 800-273-TALK (8255) or text TALK to 741741 https://afsp.org/ 24/7 support for people in distress or needing suicide prevention and crisis resources.</p>	<p>Childhelp National Child Abuse Hotline 800-422-4453 https://www.childhelp.org/hotline/ 24/7 hotline with resources to aid in every child abuse situation.</p>	<p>Emotional Support Helpline 866-342-6892 Link to flyer 24/7 helpline available to provide resources and connect with anyone experiencing anxiety or stress following the recent developments around COVID-19.</p>
<p>National Alliance on Mental Illness (NAMI) San Diego 800-523-5933 or 619-543-1434 https://namisandiego.org/ Resource helpline, support groups, educational meetings, newsletters, a lending library and several classes on mental illness.</p>	<p>National Domestic Violence Hotline 800-799-7233 or text LOVEIS to 22522 https://www.thehotline.org/ 24/7 support for anyone affected by abuse.</p>	<p>Peer-to-Peer Warmline 619-295-1055 or 800-930-WARM (9276) Link to flyer Speak to a Peer Support Specialist about behavioral health from 3:30pm - 11:00pm, 7 days/week.</p>	<p>Substance Abuse and Mental Health Services Administration (SAMHSA): Disaster Distress Helpline 800-985-5990 www.samhsa.gov/find-help/disaster-distress-helpline 24/7 crisis counseling and support for people experiencing emotional distress to a disaster.</p>
<p>Substance Abuse and Mental Health Services Administration (SAMHSA): National Helpline 800-662-4357 https://www.samhsa.gov/find-help/national-helpline 24/7 treatment referral and information service for people facing mental illness or substance use disorders.</p>	<p>Teen Line 310-855-HOPE (4673) or Text TEEN to 839863 https://teenlineonline.org/ Personal teen-to-teen education and support before problems become a crisis, hotline available 6pm to 10pm.</p>	<p>The Trevor Project 866-488-7386 https://www.thetrevorproject.org/ 24/7 crisis intervention and suicide prevention services for LGBTQ people under 25.</p>	<p>Courage to Call 877-698-7838 or 2-1-1, option 4 https://www.courage2call.org/ 24/7 peer line and other resources to improve mental wellness for Veterans, Active Duty, Reservists, National Guardsmen, and their families.</p>

All resources are free. Phone numbers with area code 800, 866, or 888 are toll-free.

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