

# 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](http://www.coronavirus-sd.com)

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