



## Mental Health Resources

### 2-1-1 San Diego

[www.211sandiego.org](http://www.211sandiego.org)

*Simply dial 2-1-1 on your phone*

*Serving San Diego County, 2-1-1 San Diego connects you with community, health and disaster services through a free, 24/7 stigma-free phone service and searchable database.*

### San Diego Access and Crisis Line

(888) 724-7240

[www.sandiegocounty.gov/hhsa/programs/bhs/](http://www.sandiegocounty.gov/hhsa/programs/bhs/)

[www.optumsandiego.com/content/sandiego/en/access---crisis-line.html](http://www.optumsandiego.com/content/sandiego/en/access---crisis-line.html)

*24/7 Helpline. Confidential and free of charge, the San Diego Access & Crisis Line (ACL) offers immediate support and resources from an experienced counselor 24 hours a day, 7 days a week on all behavioral health topics including: suicide prevention, crisis intervention, community resources, mental health referrals, alcohol and drug support services and more. Language interpreter services enable the ACL to assist in 150 languages within seconds.*

### SAMHSA's Disaster Distress Line

Call 1-800-985-5990

Text TalkWithUs to 66746 to connect with a trained crisis counselor

[www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

*SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.*

### The Peer-Run Warm Line

Call 1-855-845-7415

[www.mentalhealthsf.org/peer-run-warmline](http://www.mentalhealthsf.org/peer-run-warmline)

*A non-emergency resource for anyone in California seeking emotional support. We provide assistance via phone and webchat on a nondiscriminatory basis to anyone in need.*

### USC TeleHealth

(866) 740-6502

[www.dworakpeck.usc.edu/research/centers-affiliations/telehealth](http://www.dworakpeck.usc.edu/research/centers-affiliations/telehealth)

*Provides free virtual counseling and therapy services to clients that reside in California. Participating clients must have a computer, web cam, and high-speed internet.*

### Suicide Prevention Services

Lifeline (24/7) Call 1-877-663-5433

[www.fsa-cc.org/suicide-prevention-service](http://www.fsa-cc.org/suicide-prevention-service)

*If you are feeling suicidal, if you know someone who is, if you are worried about someone, or if you have lost someone to suicide, we want you to know that you are not alone— support is available.*



Neighborhood House Association

*"A Neighbor You Can Count On...Since 1914"*



### Teen Line

Call (310) 855-4673 or (800) 252-8336 (nationwide toll-free)

Text "TEEN" to 839863

[www.teenlineonline.org](http://www.teenlineonline.org)

*6:00pm-9:00pm PST to receive person teen-to-teen education and support. Do you need help working something out? Do you want to talk to someone who understands, like another teen? We're here to help!*