

Helpline Numbers



ACCESS & CRISIS LINE

(888) 724-7240 / 24 hrs a day, 7 days a week

Provides mental health **CRISIS** intervention, information and referrals to mental health services in San Diego County.



NAT'L SUICIDE PREVENTION LIFELINE

(800) 273-8255

24 hrs a day, 7 days a week

Provides mental health **SUICIDE** intervention.

Jewish Family Service Patient Advocacy Program

Patient Advocates work with individuals living in either a 24-hr psychiatric hospital or a board & care facility to ensure all of their rights are being respected.

(619) 282-1134 or (800) 479-2233

Monday - Friday: 8am-5pm



NAMI SD FAMILY & PEER SUPPORT HELPLINE

(800) 523-5933 / M-F 9am-5pm

Provides **RESOURCES** for mental health issues in SD County.

Please allow time for a volunteer to return your call.



VETERAN'S CRISIS LINE

**(800) 273-8255 (Press 1)
or text 838255**

24 hrs a day, 7 days a week

Provides free, confidential support to Veterans, Service Members and loved ones

The Consumer Center for Health, Education & Advocacy

If you need help getting mental health services or if you have a complaint or grievance, call or write:

1764 San Diego Ave, 2nd Floor
San Diego, 92110

Toll Free: 1-877-734-3258

Monday - Friday: 9am-5pm