

Check Your Mood Resource List



Get Connected & Learn More

Numerous organizations in San Diego County provide resources that assist individuals experiencing mental health difficulties and/or can provide more information about mental health. Below are a few of the many groups who may provide additional support.



General Resources



Education & Prevention

2-1-1 San Diego



[211SanDiego.org](https://211sandiego.org) | Call 2-1-1

Assesses individual needs and connects them with appropriate community resources, with services available 24/7 and provided in over 200 languages.

Suicide & Crisis Lifeline



988lifeline.org | Call or Text 9-8-8

Provides free and confidential support, prevention and crisis resources for individuals, and best practices for professionals. Calls from San Diego County area codes are routed to the Access and Crisis Line (ACL).

San Diego Access & Crisis Line



Call 1-888-724-7240

Offers expert counseling and resources on topics like suicide prevention, crisis intervention, community services, mental health referrals, alcohol and drug support services and more.

County of San Diego Behavioral Health Services



SanDiegoCounty.gov/hhsa/programs/bhs/

Provides access to programs/services, resources, and general information on the topics of behavioral/mental health for individuals, professionals, and caregivers.

Mental Health America of San Diego County



MHASD.org

Offers free mental health awareness programs and training, including "Mental Health First Aid" to community members, health professionals, and other interested individuals.

Community Health Improvement Partners



SDCHIP.org

Facilitates the San Diego Suicide Prevention Council and provides free trainings, such as "Question Persuade Refer" program and other programs to teach individuals simple steps to save a life.

It's Up to Us



UP2SD.org

Encourages San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources, and seek help.



Jewish Family Service San Diego

JFSSD.org

Provides food & meal provisions, youth leadership opportunities, adult and family support programs, aging life care for older adults, refugee and immigration services, and specialty clinics to better serve community including *Substance Use Disorder Clinic* and *Chaldean and Middle Eastern Social Services*.



National Alliance on Mental Illness San Diego

NAMISanDiego.org | Call 1-800-523-5933

Provides family and peer support helpline, support groups, educational meetings, newsletters, and classes on mental health to the general public.



The Trevor Project

TheTrevorProject.org | Call 212-695-8650

Provides support to LGBTQIA+, aged 13 to 24 with trained counselors, as well as an international community to befriend in *TrevorSpace*.



Crisis Stabilization Units

SanDiegoCounty.gov/content/sdc/hhsa/programs/bhs/csu.html

Safe place locations that conduct emergency mental health assessments and treatment services in a therapeutic setting to individuals experiencing a psychiatric emergency for up to 24 hours.



SAN YSIDRO
HEALTH

San Ysidro Health

SYHealth.org | Call 619-662-4100

Offers therapy, counseling, case management, crisis intervention, and specialty clinics like the Substance Use Disorder Clinic and Chaldean and Middle Eastern Social Services.



Family Health Centers of San Diego

FHCSO.org | Call 619-515-2338

Provides mental health services, including psychiatry and counseling, school and home-based services, mobile counseling centers, and more.



San Diego Postpartum Health Alliance

PostpartumHealthAlliance.org | Call 619-254-0023

Offers postpartum resources and referrals to support groups and/or healthcare professionals through trained volunteers or those with lived experience.



The San Diego LGBT Community Center

TheCenterSD.org | Call 619-692-2077

Offers a wide selection of counseling services, including individual, couple/family, and group counseling.



Visit:

www.CheckYourMoodSD.org
for more information!

