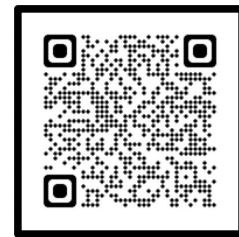


Check Your Mood Resource List



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.



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.

2-1-1 San Diego



211SanDiego.org | **Call 2-1-1**

Assesses the needs of individuals and connects them with appropriate community resources 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).



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



<https://www.sdchip.org/initiatives/suicide-prevention-council/>

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.

General Resources

Education & Prevention



Jewish Family Service San Diego

JFSSD.org | Call 858-637-3210

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*.



The San Diego LGBT Community Center

TheCenterSD.org | Call 619-692-2077

Provides a range of programs and services to the diverse San Diego LGBTQ+ community including counseling, domestic violence support, case management, housing support and more.



BrightLife

HelloBrightLine.com | Call (888)-224-7332

Personalized support for California families. Kids 0-12 get free, expert coaching for sleep issues, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content.



Soluna

<https://solunaapp.com/>

Confidential support for 13-25 year olds in California, at no cost. Downloadable app offers 1:1 with professional coaches, interactive tools to destress, videos, and more.



Live Beyond

<https://livebeyondca.org/>

Information about Adverse Childhood Experiences (ACEs) and toxic stress by providing tools, resources, and actionable steps to heal and manage stress.



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.

