



Behavioral Health Services Community Resources

San Diego County *Crisis Lines & Referral Information

Resources	Phone Number	Website
Access & Crisis Line S.D. County	888- 724-7240	http://www.up2sd.org
Domestic Violence(DV)/Sexual Assault Crisis Line & Referral (DV Links)	888-385-4657	
South Bay Community Services 24hr Hotline & Services (DV & Social Services)	800-640-2933	http://southbaycommunityservices.org
Heidorn Lifeline; Suicide Prevention (S. D. LGBT Center)	858-212-5433	
Counseling (S. D. LGBT Center)	619- 692-2077	
Kaiser Crisis Line	800-900-3277	
TriWest Behavioral Health Crisis Line	866-284-3743	
Veterans Assistance Crisis Line	800-273-8255	
211 Information & Referral Service	800-227-0997	http://www.211sandiego.org
NAMI S. D. Family & Peer Support	800-5235933	http://www.namisaniego.org
Warm Line (Just to Talk)	800-930-9276	
<u>Southwestern College EAP</u> (Employees Only)		
<u>With Benefits</u> Optum Behavioral Health	888-625-4809	
<u>No Benefits</u> MHN (Mental Help Net) <i>behavioral health subsidiary of Health Net, Inc.</i>	800-977-7593	

<u>Substance Abuse</u>		
Alcoholic Anonymous	619-265- 8762	
Narcotic Anonymous	619-584-1007	
ALANON (<i>recovery program for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help</i>)	619-296-2666	www.al-anon.org
South Bay Recovery (McCallister Institute)	619-691-8164	
Smart Recovery (alternative to AA)	858-546-1100 (option 2)	http://www.smartrecoverysd.org
Practical Recovery (<i>includes Smart Recovery & collaborative addiction treatment</i>)	1-800-977-6110	http://www.practicalrecovery.com
<u>Compulsive Overeating</u>		
Overeaters Anonymous San Diego	619-521-2538	http://www.oasandiego.org
National Suicide Prevention Hotline	1-800-273-TALK	suicidepreventionlifeline.org
ULifeline <i>Your online resource for college mental health</i>		ulifeline.org
The Jed Foundation <i>Promoting emotional health and preventing suicide</i>		jedfoundation.org
National Alliance on Mental Illness (NAMI)		nami.org
The Trevor Lifeline (for LGBTQ youth)	866-488-7386	thetrevorproject.org