



Got Resources? Need Information?

Emergency 911

If Psychiatric Emergency notify Police ask for
PERT support
CVPD 1(619) 691-5151
SDPD 1(619) 531-2000

Access and Crisis Line 1(888)724-7240

If you or someone you care about is in crisis
and needs immediate help. 24hrs/day Mental
health support, suicide, substance abuse, etc...

National Suicide Prevention

1(800)273-8255

Crisis TEXT Line
text **HOME to 741741**

get connected with a crisis counselor

NAMI San Diego Helpline

1(800) 523-5933

or **(619) 543-1434**

Hours of operation
M-F 10am-5pm

Confidential, resources, support
for individuals with mental illness
and their loved ones.

Domestic Violence

Hotline & Resources

1(888)DV-Links • 1(888)385-4657

AA Alcoholics Anonymous

(619) 265-8762

9am -5pm

NA Narcotics Anonymous

1(800)479-0062

English **619-584-1007**

Spanish **619-546-0774**

sandiegona.org

Rachel's Vineyard 1(877) Hope 4 Me

Rachel's Hope 1(858)581-3022

After Abortion Healing

Alzheimer's San Diego

1(858)492-4400

alzsd.org

All programs, services, and info free