

Mental Health Help Lines



San Diego 24 hour Access & Crisis Line

Phone: 888.724.7240

Services: The San Diego Access and Crisis Line (ACL) has been serving the people of San Diego County since 1997. It receives thousands of calls per month related to suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services. Confidential and free of charge, the line is immediately answered 7 days a week, 24 hours a day by Master's-level and Licensed Clinicians. The counselors average 16 years of clinical experience in a variety of backgrounds, including: emotionally disturbed youth, geriatric social services, nursing, in-home domestic violence intervention, case management, and drug and alcohol abuse. Language interpreter services enable the ACL to assist in 150 languages within seconds.



National Suicide Prevention Lifeline

Phone: 800.273.TALK (8255)

Services: You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7. People have called us for help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness. When call you are calling the crisis center in the Lifeline network closest to your location. After you call, you will hear a message saying you have reached the National Suicide Prevention Lifeline. You will hear hold music while your call is being routed. You will be helped by a skilled, trained crisis worker who will listen to your problems and will tell you about mental health services in your area. Your call is confidential and free.



MENTAL
HEALTH
SYSTEMS
INC.

Warm Line

Phone: 800.930.WARM (9276)

Services: The Warm Line is a friendly telephone support line, answered by trained consumers who offer support, listen to concerns, and generally understand the caller's perspective and are willing to listen. The Warm Line is a non-crisis phone service, which serves as an alternative to the Access and Crisis Line or emergency services. Parent organization: The Meeting Place, Inc.



California Youth Crisis Line

Phone: 800.843.5200

Services: The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors respond to 20,000 calls annually with crisis intervention counseling and resource referrals to service providers in the caller's local community. We have access to more than 5,500 free or low-cost resources for youth and families across California.

CRISIS TEXT LINE |

Text "HOME" to 741741

Services: A free, 24/7 text line for people in crisis. A live, trained crisis counselor receives the text and responds quickly. The crisis counselor helps you move from a hot moment to a cool calm to stay safe and healthy using effective active listening and suggested referrals – all through text message using Crisis Text Line's secure platform.