

For Immediate Assistance, Please Refer to these San Diego County Resources:

Please Note: If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.

National Suicide Hotline

- Call **1-800-273-8255** (1-800-273-TALK)

Get Mental Health Services, Find Housing, & Apply For Food Assistance

- Call **2-1-1** for referrals to mental health, alcohol and drug, and crisis services in San Diego County. Or visit their website at www.211SanDiego.org.
- Call the **San Diego Access & Crisis Line** at (888) 724-7240 for free support to those in crisis (available 24 hours a day/7 day a week) or visit their website at www.up2SD.org.

Get a Support Network

- Visit www.up2SD.org for a listing of local resources.
- Go to www.AASanDiego.org for an online list of local 12 Step meetings. (**Alcoholics Anonymous**)
- Go to www.SanDiegoNA.org for an online list of local 12 Step meetings. (**Narcotics Anonymous**)
- Go to the **National Alliance on Mental Illness** (NAMI) website at www.NAMISanDiego.org for a listing of local clubhouses, advocacy programs, and community resources, or call them at 1-800-523-5933 or 619-543-1434.

For Those with Private Insurance:

- Get an appointment with your Primary Care Physician, Therapist, or Psychiatrist.
- Find a Therapist or Psychiatrist immediately for assessment and referrals.
- Get a referral to local Outpatient groups from your Doctor (available at most San Diego Hospitals and Clinics).

Support for Family & Friends

- Go to www.AAnonSanDiego.org for an online list of local meetings aimed at supporting the family members and friends of individuals with drug or alcohol issues.
- **Seek support through work benefits:**
 - o Check with your employer to see if you have an Employee Assistance Program (EAP) that can help you with: free (or low cost) therapy sessions, financial guidance, identifying additional resources, etc.