

Crisis Hotlines and Textlines *(Free and Confidential)*

Name and Phone Number:	Description:
Access and Crisis Line (888-724-7240)	Experienced counselors ready to support with mental health, and substance use topics. (Hours: 24/7)
Crisis Text Line (Text 741741)	Live, trained crisis counselors receive texts and respond to texters requesting counseling or crisis support (Hours: 24/7)
NAMI Warm Line (619-295-1055)	A non-crisis line that provides support from peer support specialists with lived experience with mental health/ recovery (Hours: 3:30pm-11pm PST, everyday)
National Domestic Violence Hotline (800-799-7233 or text 88788)	Provides support to those experiencing or at risk for relationship abuse. DV advocates are available (Hours: 24/7)
National Sexual Assault Hotline (RAINN) (800-646-4673)	Provides access to support, self-care tools, and information. (Hours: 24/7)
SD Mobile Crisis Response Team (888-724-7240)	Free in-person mobile crisis support for people off campus experiencing a nonviolent mental health crisis (Hours: 24/7)
Suicide Prevention Hotline (Call 988) 24 hours a day/ 7 days a week	Trained call takers are available to provide emotional support to callers and help to access support when needed. (Hours: 24/7)
Trans Lifeline (877-565-8860) 24 hours a day/ 7 days a week	Trans Lifeline provides trans peer support for the community that's divested from police. (Hours: 24/7)
Trevor Project (866-488-7386 or text 676-678) 24 hours a day/ 7 days a week	Crisis counselors trained to answer calls, chats or texts from LGBTQ young people that are struggling with coming out, LGBTQ identity, depression and suicide. (Hours: 24/7)
Veterans Crisis Line (Call 988, press 1 or text 838255)	The Military Crisis Line is a resource for all current and past service members. (Hours: 24/7)

In-Person Crisis Support in San Diego

<u>Palomar Crisis Stabilization Unit</u> 2185 Citracado Parkway, Escondido, CA, 92029 (760) 739-3012	<u>Bayview Crisis Stabilization Unit</u> 330 Moss St, Chula Vista, CA, 92083 (619) 426-6310
<u>Exodus Crisis Stabalization Unit</u> 524 W. Vista Way, CA, 91911 (760) 305-4900	<u>Jane Westin Wellness & Recovery Center</u> 1045 9th Ave, San Diego, CA 92101 (619) 235-2600

Safely go to any local emergency room and request support for your mental health symptoms.

Crisis Stabilization Units support people for up to 24 hours by providing a safe space to be monitored, evaluated, and refill or start medications, if needed.