

MENTAL HEALTH COMMUNITY RESOURCE LIST

GENERAL RESOURCES

It's Up to Us:

[Up2sd.org/resources](https://up2sd.org/resources)

Info about local, state, and federal mental health resources. Shows resources by category; has good lists of BIPOC and LGBT supports

NAMI Helpline:

619-543-1434, information@namisd.org

M-F 9am-5pm

Can call for a supportive ear and info about SD mental health resources

NAMI Clubhouses

Closest to FJV is Casa Del Centro Clubhouse

2754 Imperial Ave, SD, CA. 619-951-9007

M-F 8am-4pm. Offers groups, classes, activities, and help with resources

YOU JUST NEED SOMEONE TO TALK TO

NAMI Warmline:

619-295-1055

7 days a week, 3:30pm-11pm

CRISIS

San Diego Access and Crisis Line:

888 724-7240

Available 24 hours a day, 7 days a week

988 Suicide & Crisis Lifeline:

Dial 988 to connect

Available 24 hours a day, 7 days a week

Crisis Text Line:

Text 741-741 to connect with a crisis counselor

Available 24 hours a day, 7 days a week