MH community supports

General resources:

**NAMI Helpline:**

619-543-1434, information@namisd.org

M-F 9am-5pm

Clients can call for a supportive ear and info about local mental health resources.

Namisandiego.org

**It’s Up to Us:**

Up2sd.org/resources

Lists a mix of local, state, and federal resources. Breaks resources down by category, a good list of BIPOC and LGBT mental health and support.

**211:**

Call 24/7 to talk to a live person.

Useful for identifying community, health, and disaster resources.

**Crisis:**

**San Diego Access and Crisis Line:**

(888) 724-7240

Available 24/7

This includes Psychiatric Mobile Crisis Response Team (MCRT), suicide prevention and crisis intervention, and community behavioral health referrals.

- MCRT-Alternative to calling PERT when someone is in mental health, alcohol or drug crisis. Come to client, connect them with community resources. Will take client to hospital/ER/detox if needed. *Can not respond if client is threatening violence or for medical emergencies.*

**988 Suicide & Crisis Lifeline**

Dial 988 to connect

Available 24/7

Specific for suicidal crisis. Can provide local resources or connect with local crisis support.
MH community supports

**Crisis Text Line:**
Text 741-741 (also available via WhatsApp)
Available 24/7
Connects with a crisis counselor.

**PERT**: Client in immediate danger. Call 911 and ask for PERT-trained officer assistance.

**Client just needs someone to talk to:**

**NAMI Warmline:**
619-295-1055
7 days a week, 3:30pm-11pm

**NAMI Clubhouses:**
Closest to FJV is Casa Del Centro Clubhouse
2754 Imperial Ave, San Diego Ca. 619-951-9007
M-F 9:00am-4:00pm
Goal is to provide people living with mental illness a place to build community and connection, as well as, help connect to resources (e.g. employment and housing assistance, SSI advocacy). Clubhouse offers groups, activities, and classes. Requires client be low income, a Medi-Cal recipient, or Medi-Cal eligible.

**Older adult support:**

**County of San Diego Aging & Independence Services:**
800-510-2020
Program offers variety of programs to assist seniors with staying active, healthy, and involved in their community. Has MH clinicians who provide crisis assessments and assistance for people over 60 with mental health issues.

**The Friendship Line:**
800-971-0016
Available 24/7
24-hour warmline for older adults and adults with disabilities. Provides reassurance, crisis intervention, info, and referrals.