

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.

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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.