

SAN DIEGO RESOURCES

- 1. San Diego Access and Crisis Line (ACL) 888 724-7240 www.optumsandiego.com**- Operated by Optum on behalf of the County of San Diego is the “one stop shop” for suicide prevention, crisis intervention and to obtain the most current behavioral health resources for San Diego residents. The ACL receives thousands of calls per month related to suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services. Confidential and free of charge, the line is immediately answered 7 days a week, 24 hours a day by Master's-level and Licensed Clinicians. The counselors average 16 years of clinical experience.
 - ❖ Available 24/7
 - ❖ Suicide prevention, Crisis intervention
 - ❖ Behavioral Health Screenings
 - ❖ Mental Health and Substance Use Referrals
 - ❖ Free, Confidential Services in *any* language for *any* age
- 2. San Diego Access and Crisis Line (ACL) CHAT**- Provides the same services via computer or smart phone via www.optumsandiego.com or www.up2sd.org
 - ❖ Available Mon- Fri 4pm-10pm
 - ❖ On-line emotional support
- 3. Courage to Call 877-698-7838 or 2-1-1, option 4 <https://www.courage2call.org/>** Courage to Call is a **free, confidential, veteran-staffed 24/7 helpline** dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status, through information, guidance, and referrals. We offer an optional deeper level of care with case management and can assign a veteran peer navigator to your case. These “Navigators” will help you navigate the resources and will advocate on your behalf.
 - ❖ Available 24/7
 - ❖ Guidance, Referrals
 - ❖ Peer Navigators
- 4. DSTRESS- <http://www.usmc-mccs.org/index.cfm/services/support/dstress-line/>**
 - ❖ 24 hour phone, chat, and Skype line that provides counseling services with a “Marine to Marine” approach
 - ❖ Successful interventions interrupting the cycle of suicide.
 - ❖ Offers ‘Marine-to-Marine’ counseling, allowing callers speak with a Marine, Fleet Marine Force Navy Corpsmen
 - ❖ Spouses and children over the age of 18 can call at any time. Children below the age of 18 can call if a parent is present and consents to the conversation
 - ❖ Works with callers in crisis to stabilize the situation, and then make the most appropriate referral for suitable treatment
- 5. American Foundation for Suicide Prevention <https://www.afsp.org/>**
 - ❖ Increase knowledge and reduce the stigma of suicide
 - ❖ Education, fundraising, promoting awareness, providing outreach to survivors
 - ❖ Develops resources for researchers

6. **Community Health Improvement Partners (CHIP) Suicide Prevention Council (SPC)**

<http://www.sdchip.org/initiatives/suicide-prevention-council/>

The San Diego County Suicide Prevention Council (SPC) is a collaborative community-wide effort focused on realizing a vision of zero suicides in San Diego County. Our mission is to prevent suicide and its devastating consequences in San Diego County.

- ❖ Enhancing collaborations to promote a suicide-free community
- ❖ Conducting needs assessments to identify gaps in suicide prevention services and supports
- ❖ Disseminating vital information on the signs of suicide and effective help-seeking
- ❖ Providing resources to those affected by suicide and suicidal behavior
- ❖ Advancing policies and practices that contribute to the prevention of suicide

7. **National Alliance on Mental Illness (NAMI)** <https://www.nami.org>

The National Alliance on Mental Illness in San Diego is the city's voice on mental illness. We are part of the grass-roots, non-profit,

- ❖ Support people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders
- ❖ Educate people about mental illness
- ❖ Offer a Helpline, support groups, educational meetings, newsletters, a lending library and a number of classes on mental illness held at various locations throughout San Diego County.

8. **Yellow Ribbon Suicide Prevention Program** <http://yellowribbon.org/get-involved/volunteer/Th>

- ❖ Public health model to prevent youth/young adult suicide (ages 10-25) through education, training, and public awareness campaigns.
- ❖ Provide safe and effective suicide prevention messaging youth/young adults will reach out to each other in a purposeful, helpful way when they or their friends are in need or struggling and will bring their own issues and those of their friends to trusted adults.

9. **Trevor Project**- telephonic crisis line <http://www.thetrevorproject.org/pages/volunteer>

- ❖ Provide crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.
- ❖ Trained counselors , available 24/7

10. **National Suicide Prevention Lifeline** <http://www.suicidepreventionlifeline.org/>

- ❖ Provide immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention hotline 800-273-TALK (8255).
- ❖ When someone calls this number from our area, San Diego, it gets routed to automatically to the San Diego Access and Crisis Line. Spanish line - 800-628-9494

11. **Suicide Prevention Resource Center** Telephone: 877-GET-SPRC <http://www.sprc.org/>

SPRC is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention.

- ❖ Technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide

- ❖ Promote collaboration among a variety of organizations that play a role in developing the field of suicide prevention.