

Mental Health Resources

Crisis Text Line

Text HOME to 741-741

National Alliance on Mental Illness (NAMI) San Diego

www.namisandiego.org

Helpline: 1-800-523-5933

National Institute of Mental Health

www.nimh.nih.gov

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Spanish/Español: 1-888-628-9454

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Suicide Prevention Resource Center

www.sprc.org