

We are here for you

The San Diego Access and Crisis Line (ACL) is an outstretched hand to individuals of all ages or people they know, who are overwhelmed, depressed or searching for answers.

A phone call will connect you with a compassionate professional who is always standing by to provide hope and encouragement.

We can help when:

- You need to talk to a professional who cares
- You do not feel you can cope with life
- You are looking for community resources
- You are concerned someone you know might hurt themselves
- You feel you might be in danger of hurting yourself or others

optumsandiego.com

Optum

San Diego Access and Crisis Line

Free assistance 7 days a week, 24 hours a day
Available in all languages

888-724-7240
TDD/TTY Dial 711

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988 SUICIDE & CRISIS LIFELINE

If you or someone you know is in crisis, help is available nationwide. Call or text **988**, or chat at **988lifeline.org**

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COUNTY OF SAN DIEGO BEHAVIORAL HEALTH SERVICES

Funding for services is provided by the County of San Diego Behavioral Health Services

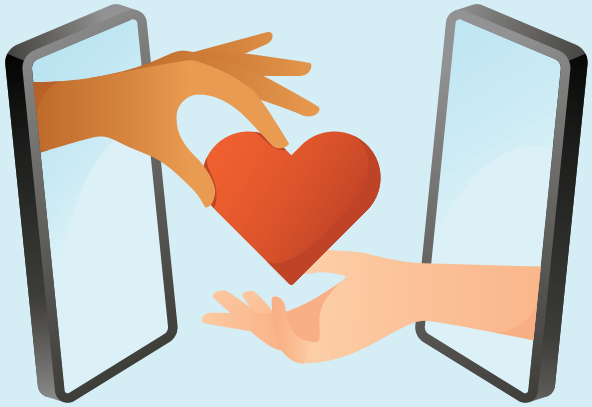
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Free, confidential support in all languages

- 24 hours a day
- 7 days a week

About us

The San Diego Access and Crisis Line (ACL) is operated by Optum and has offered San Diego County residents free, confidential, brief support and community resources since 1997.

Our staff are trained mental health professionals who provide compassionate and knowledgeable support to those we serve.

About our services

- Free, confidential support for all ages
- Crisis intervention
- Suicide prevention, intervention, and postvention
- Referrals for mental health, alcohol and/or drug needs
- Referrals to other related resources
- Mobile Crisis Response screening

Who we can help

- Individuals of all ages who are struggling with mental health or substance use related concerns
- Family members or friends who are concerned about someone
- People who are thinking about harming themselves or others
- Professionals seeking resources for their clients

Wellness plan

"If I need help, what can I do?"
Reach Out!

Access and Crisis Line: **888-724-7240**

Family/friend: _____

Therapist: _____

Doctor: _____

Clergy: _____

Other support: _____

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