

compassionate counselor who is always standing by to provide hope and

We can help you when:

- You are concerned someone you know

San Diego **Access and Crisis Line**

Free assistance 7 days a week / 24 hours a day

We are here for you! 888-724-7240 619-641-6992 TTY





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Funding for services is provided by the County of San Diego Health & Human Services Agency.

For a list of our community partners please visit: www.optumhealthsandiego.com

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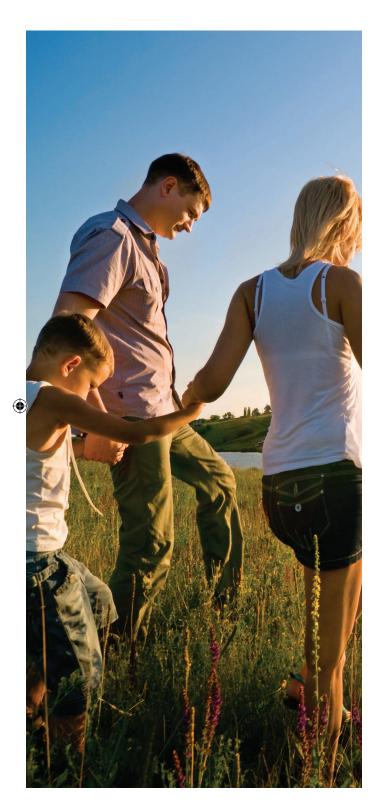
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Reach out!

Wellness Plan

About us

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

Our staff are Master's level and/or licensed mental health professionals who provide *compassionate* and *knowledgeable* support to our callers.

About Our Services

- Free, confidential support in all languages
- Crisis Intervention
- Suicide Prevention
- Referrals for mental health and/or alcohol and drug needs
- Referrals to other related resources

Who Can Call

- Anyone who is struggling with issues such as depression, anxiety, loss or anger
- Family members or friends who are concerned about someone
- People who are thinking about harming themselves or others
- Professionals seeking resources for their clients

"If I need help, what can I do?"

Access and Crisis Line: 888-724-7240

619-641-6992 TTY

Friend:

Therapist:

Doctor:

Clergy:_____

Other Support:

Call 911 if this is a life-threatening emergency

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