

# Check Your Mood Resource List



## Get Connected & Learn More

Numerous organizations in San Diego County provide resources that assist individuals experiencing mental health difficulties or searching for more information about mental health. Additionally, several educational opportunities are available countywide for those interested in learning more about mental health-related issues.

### General Resources

#### County of San Diego Behavioral Health Services

[Sandiegocounty.gov/hhsa/programs/bhs/](http://sandiegocounty.gov/hhsa/programs/bhs/)

Provides resources and information for general management of mental health. Behavioral health services also offers individuals, behavioral/mental health professionals, and caregivers.

#### San Diego Access & Crisis Line (ACL)

**1-888-724-7240**

ACL provides over the phone free, confidential counseling and community resources 7 days a week/24 hour a day to individuals struggling with mental health issues. This resource is also available to family members and/or friends who are concerned about someone or professionals seeking resources for their clients.

#### 2-1-1

**211SanDiego.org**  
or dial 2-1-1

An information & referral specialist will navigate your situation by assessing your needs and matching you to the best resources in your community.

### Education & Prevention

#### Mental Health America (MHA)

**MHANational.org**

MHA is a national community-based network dedicated to helping all Americans to improve mental health. They offer free trainings and programs. Materials are available for purchase or download.

#### MHA of San Diego County

**MHASD.org**

MHA's San Diego affiliate provides free resources and tools to raise awareness about mental health with programs and training — such as Mental Health First Aid — to community members, health professionals, and other interested individuals.

#### Community Health Improvement Partner (CHIP)

**SDCHIP.org**

CHIP facilitates the San Diego Suicide Prevention Council. They provide free training opportunities, such as "Question Persuade Refer" program to teach individuals simple steps to help save a life, and other programs.

## It's Up to Us

[UP2SD.org](http://UP2SD.org)

The ***It's Up to Us*** Campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources, and seek help. Various educational materials – newsletters, tip sheets, resource guides, and videos.

## Jewish Family Service (JFS) San Diego

[JFSSD.org](http://JFSSD.org)

JFS programs and resources include food and meal provisions, leadership opportunities for children and youth, various support programs for adults and families, aging life care for older adults, and refugee and immigration services.

## National Alliance on Mental Illness San Diego (NAMI)

[NAMISanDiego.org](http://NAMISanDiego.org)  
1-800-523-5933

Provides opportunities, programs, and services for families and individuals. A family and peer support helpline, support groups, educational meetings, newsletters, and classes on mental health are available to the general public.

## Intervention & Care

### Alvarado Parkway Institute

[APIBHS.com](http://APIBHS.com)  
619-333-7050

Skilled physicians and mental health professionals assess and triage prospective patients to address their specific needs and provide direction for care.

### Sharp Mesa Vista Hospital

[Sharp.com](http://Sharp.com)  
858-836-8434

Available 24 hours a day and accept almost all health insurance plans. Patients of all ages can access residential and outpatient care to address anxiety, depression, substance abuse, eating disorders, bipolar disorder and more.

### San Diego Postpartum Health Alliance

[PostpartumHealthAlliance.org](http://PostpartumHealthAlliance.org)  
619-254-0023

Provides postpartum resources with a trained volunteer, or a volunteer with lived experience, who will offer encouragement and provide referrals to support groups or health care professionals.

## Self-Help Recovery

### Recovery International, San Diego

[RecoveryInternational.org](http://RecoveryInternational.org)  
619-383-2084

A trained self-help, a peer-led program for anyone experiencing stress, tension, anxiety, panic, mood disorders, anger, fear, or other mental health issue.

### NAMI Connection

[NAMISanDiego.org](http://NAMISanDiego.org)  
1-800-523-5933

NAMI Connection is a free 90-minute weekly confidential support group for 18 years or older who live with mental health illness that offers respect, understanding, encouragement, and hope.

Visit  
the **CYM** website at  
[www.CheckYourMoodSD.org](http://www.CheckYourMoodSD.org)  
for more information!



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