

TOLL-FREE 24-HOURS/7 DAYS PER WEEK CRISIS HOTLINES

San Diego County Access and Crisis Line 1-888-724-7240 Crisis
& suicide counseling; mental health/substance abuse referrals

National Hopeline Network 1-800-442-HOPE or 1-800-442-4673

Spanish speaking suicide hotline: 1-800- SUICIDA
(1-800-784-2432) Suicide crisis counseling

San Diego Sexual Assault and Rape Hotline 1-888-272-1767

Domestic Violence Crisis Hotline 1-888-DVLINKS

Or 1-888-385-4657

Domestic Violence Hotline for crisis calls, resources, referrals, and shelter availability.

If you are in immediate danger 911
Police, Fire, Medical

