



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

The ACL is an outstretched hand to individuals or people they know who are overwhelmed, depressed, or searching for answers.

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

We can help you when:

- You need to talk to a professional who cares
- You feel you cannot 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

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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





About us

Wellness Plan

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?"

Reach out!

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Friend: _____

Therapist: _____

Doctor: _____

Clergy: _____

Other Support: _____

Call 911 if this is a life-threatening emergency

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