

## Access and Crisis Line **Chat Services**



**We are here for you.**  
Chat with someone who understands.

### We can help you when:

- You need to chat with a professional who cares
- You are struggling to cope
- You are concerned about someone you know
- You feel you might be in danger of hurting yourself or others

Our free, confidential Live Chat Services are available  
**Monday – Friday, 4pm-10pm.**

Go to [www.optumhealthsandiego.com](http://www.optumhealthsandiego.com) or [www.up2sd.org](http://www.up2sd.org).

San Diego Access and Crisis Line: (888) 724-7240 / 7 days a week, 24 hrs. a day!

