

Leader Resource Packet

April 2023

For life threatening emergencies, call **911** immediately!

988 Suicide & Crisis Lifeline: The 988 Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor. <https://988lifeline.org>

988 Textline: When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed. <https://988lifeline.org>

Crisis Text Line: If you prefer texting to talking on the phone, text MHA to 741-741 to be connected with a crisis counselor who will help you get through your emotions. <https://www.crisistextline.org>

Warmlines: Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need someone to talk to. Visit [here](https://warmlines.org/warmdir.html#directory) for more information on warmlines. <https://warmlines.org/warmdir.html#directory>

MHA Screening: Online screening is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Screenings are free, confidential, and scientifically validated. [Mhascreening.org](https://mhascreening.org).

National Alliance for Mental Illness (NAMI): (619) 543-1434. Contact the Helpline for any general information about support groups, to register for classes, find resources or to speak to a friendly person who understands.

Mobile Crisis Response Teams (MCRT): (888)724-7240 <https://www.sandiegocounty.gov/mcrt/>

Psychiatric Emergency Response Team (PERT): Call 911 and request PERT.

211: If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

Emergency Housing or Food Needs

For current availability of services and homeless shelters, contact:

- 2-1-1 San Diego Resource Center.
- Dial 2-1-1 or call (858) 300-1211.
- or contact ResourceCenter@211sandiego.org.

SDPD Homeless Outreach Team (HOT) serves the city of San Diego: 211 or visit <https://211sandiego.org>

<https://www.sandiego.gov/homelessness-strategies-and-solutions/services/outreach>

SDSO Homeless Assistance Resource Team (HART) serves the unincorporated areas of San Diego: email Team.Hart@sdsheriff.org

<https://www.sdsheriff.gov/community/homeless-outreach>

Shelters

San Diego Rescue Mission: 619-687-3720 | sdrminfo@sdrescue.org | <https://211sandiego.org>