

## ABCD Study: UC San Diego

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Thank you for participating in the ABCD study. Here is some information we give to everyone in our research studies. If you or someone you know is having a problem with alcohol, drugs, or emotional concerns, help is available.

### You Are Not Alone:

#### EMERGENCIES (such as thoughts about suicide)

- **DIAL 2-1-1:** [www.211sandiego.org](http://www.211sandiego.org)
- **San Diego County Access and Crisis Line:** (888) 724-7240
- **Critical Care Emergency Screening Unit:** (619) 421-6900  
730 Medical Center Court, Chula Vista, 91911  
24-hour emergency psychiatric services for children and adolescents

### Do You Need Help?

#### COVID-19 Information

- CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
for the most up to date information
- For health-related questions, contact your healthcare provider.
- For general questions about COVID-19, information about community resources, or if you are uninsured, go to **211sandiego.org** or call **2-1-1**
- Text **COSD COVID19** to **468-311** to get local text alert updates
- Talking to Kids About the Coronavirus:  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

#### Stop Bullying.gov

- [www.stopbullying.gov](http://www.stopbullying.gov)
- LIFELINE at **1-800-273-TALK (8255)**

#### Therapist Finder Tool

- [www.therapists.psychologytoday.com](http://www.therapists.psychologytoday.com)

#### USA National Suicide Hotlines

- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Hope Line **1-800-SUICIDE (784-2433)**
- Suicide Prevention **1-800-273-TALK (8255)**

#### Bilingual Resources

- Find a Latinx Therapist: [www.latinxtherapy.com](http://www.latinxtherapy.com)
- Crisis Text Line: text **741741**
- Suicide Prevention Hotline: **1-800-799-7233**
- Trevor Hotline (LGBTQ Support Line): **1-866-488-7386**
- Youthline: Text **TEEN2TEEN** to **839863**
- Substance Abuse & Mental Health Services Admin: **1-800-622-HELP (4357)**
- Consulate General of Mexico in Los Angeles: **877-639-4835**

Providing  
support  
when and  
where you  
need it



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<b>Get the Care You Need</b>	
<b>Services for Alcohol and Drug Issues:</b>	
<p><b>Community Resources and Self Help, Inc. (CRASH)</b>  <i>Helping people to start a new life in recovery.</i></p>	<p><b>(619) 239-9691</b>  <b>visit:</b> <a href="http://www.crashinc.org">www.crashinc.org</a>  <b>Location:</b> 1081 Camino del Rio South, Suite 129  San Diego, CA 92108</p>
<p><b>McAlister Institute Teen Recovery Center</b>  <i>Provides nonresidential alcohol and drug treatment and recovery services for adolescents in the central and southeast regions of the City of San Diego.</i></p>	<p><b>(619) 442-0277</b>  <b>visit:</b> <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a>  <b>Location:</b> 1400 N. Johnson Ave., Suite 101  San Diego, CA 92020</p>
<p><b>MHS Teen Recovery Center (TRC)</b>  <i>Provides outpatient substance abuse services to adolescents between the ages of 12-17, offering counseling, education, and support.</i></p>	<p><b>(760) 744-3672</b>  <b>Location:</b> 340 Rancheros Drive, Suite 166  San Marcos, CA 92069</p>
<p><b>Substance Abuse Self-Help Meetings</b></p>	<p><b>Alcoholics Anonymous of SD: (619) 265-2954</b>  <b>Marijuana Anonymous: 1-800-766-6779</b></p>
<b>Services for Depression, Anxiety and Mental Health Issues</b>	
<p><b>Rady Children's Outpatient Psychiatry</b>  <i>Rady Children's Psychiatry Department provides services to children, adolescents and their families, comprehensive mental health within a full-service pediatric medical facility.</i></p>	<p><b>(858) 966-5832</b>  <b>visit:</b> <a href="http://www.rchsd.org">www.rchsd.org</a>  <b>Location:</b> 3665 Kearny Villa Rd  San Diego, CA 92123</p>
<p><b>Douglas Young BPSR Center</b>  <i>The services focus on recovery, rehabilitation, and community integration, and are individualized to meet the needs of each client.</i></p>	<p><b>(858) 695-2211</b>  <b>visit:</b> <a href="http://www.comresearch.org">www.comresearch.org</a>  <b>Location:</b> 10717 Camino Ruiz, Suite 207  San Diego, CA 92126</p>
<p><b>California Peer-Run Warm Line</b>  <i>Free live phone and chat support. Non-emergency resource for anyone seeking emotional support. Peer-ran organization.</i></p>	<p><b>1-855-845-7415</b>  <b>Chat:</b> <a href="http://www.mentalhealthsf.org">www.mentalhealthsf.org</a></p>
<p><b>Sexual Treatment Education Program Services (STEPS)</b>  <i>The STEPS program provides therapy designed to focus on self-awareness, emotions, and behaviors associated with sexual behavior problems.</i></p>	<p><b>(858) 565-2510</b>  <b>visit:</b> <a href="http://www.mhsinc.org">www.mhsinc.org</a>  <b>Location:</b> 4660 Viewridge Ave,  San Diego, 92123</p>
<p><b>Gifford Clinic</b>  <i>Dedicated to the treatment of individuals who are uninsured or receive publicly funded insurance (i.e. Medi-Cal). Services offered: Psychiatric assessment, medication management, psychosocial assessment and customized treatment planning, individual and group psychotherapy.</i></p>	<p><b>(619) 543-7795</b>  <a href="http://health.ucsd.edu/specialties/psych/Pages/default.aspx">health.ucsd.edu/specialties/psych/Pages/default.aspx</a>  <b>Location:</b> 140 Arbor Drive  San Diego, 92103</p>
<p><b>Union of Pan Asian Communities (UPAC)</b>  <i>Provide assistance and counseling in economic development and housing areas. Services Offered: Adult/older adult mental health services, Child &amp; adolescence mental health division, and Addiction treatment &amp; recovery (ATR).</i></p>	<p><b>(619) 229-2999</b>  <b>visit:</b> <a href="http://www.upacsd.com">www.upacsd.com</a>  <b>Location:</b> 5438 University Avenue, Suite 101  San Diego, CA 92105</p>
<p><b>It's UP to US:</b>  <i>Campaign designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help; service also available in Spanish.</i></p>	<p><b>Access &amp; Crisis Line at (888) 724-7240</b>  <b>visit:</b> <a href="http://www.up2sd.org">www.up2sd.org</a></p>

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<p><b>Jane Westin Center</b>  <i>Urgent walk-in center that provides integrated, coordinated crisis services for adults 18 and older who have serious mental &amp; health illness, and substance abuse.</i></p>	<p><b>(619) 235-2600</b>  <b>visit:</b> <a href="http://www.comresearch.org">www.comresearch.org</a>  <b>Location:</b> 1045 9th Avenue  San Diego, CA 92101</p>
<p><b>Center for Understanding and Treating Anxiety (CUTA)</b>  <i>Provide the most up-to-date, evidence-based treatment for anxiety and related disorders.</i></p>	<p><b>(619) 229-3740</b>  <b>visit:</b> <a href="http://www.nas.psy.sdsu.edu">www.nas.psy.sdsu.edu</a>  <b>Location:</b> 6386 Alvarado Ct., Suite 301  San Diego, CA 92120</p>
<p><b>Alvarado Parkway Institute</b>  <i>Is a Behavioral Health System with inpatient and outpatient services for psychiatric or add</i></p>	<p><b>(619) 333-7050</b>  <b>visit:</b> <a href="http://www.apibhs.com">www.apibhs.com</a>  <b>Location:</b> 7050 Parkway Drive  La Mesa, CA 91942</p>
<p><b>Health, Protective, and Residential Services:</b></p>	
<p><b>San Diego Child Protective Services</b></p>	<p><b>(858) 560-2191 or (800) 344-6000</b></p>
<p><b>San Diego Adult Protective Services</b></p>	<p><b>(800)-510-2020 or (800) 339-4661</b></p>
<p><b>San Diego Kids Health Assurance Network</b>  <i>Call about low &amp; no-cost children's health &amp; dental coverage</i></p>	<p><b>(619) 542-4039</b>  <b>visit:</b> <a href="http://www.sandiegocounty.gov">www.sandiegocounty.gov</a></p>
<p><b>Counseling Services:</b></p>	
<p><b>Center for Community Counseling &amp; Engagement</b>  <i>A center providing low-cost counseling services to individuals, couples, and families in San Diego.</i></p>	<p><b>(619) 594-4918</b>  <b>visit:</b> <a href="http://www.centerforcommunitycounseling.org">www.centerforcommunitycounseling.org</a>  <b>Location:</b> 4283 El Cajon Boulevard, Suite #215  San Diego, CA 92105</p>
<p><b>Helpful Apps:</b></p>	
<p><b>BREATHE2RELAX</b>  <i>Portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skills</i></p>	<p><b>On Google Play &amp; the App Store</b></p>
<p><b>Relax Melodies</b>  <i>Soothing app that makes sleep easy by helping you combine soothing sounds, sleep meditations, bedtime stories and breathing techniques</i></p>	<p><b>On Google Play &amp; the App Store</b></p>
<p><b>PTSD Coach (Dept. of VA)</b>  <i>PTSD Coach was designed for those who have, or may have posttraumatic stress disorder (PTSD). This app provides education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies</i></p>	<p><b>On Google Play &amp; the App Store</b></p>
<p><b>Calm Harm</b>  <i>Calm Harm provides tasks to help you resist or manage the urge to self-harm. Activities include comfort, distract, express yourself, release, random, and breathe</i></p>	<p><b>On Google Play &amp; the App Store</b></p>
<p><b>The Safe Place (@Itsthesafespace)</b>  <i>A Minority Mental Health App geared towards the Black Community. Bring more awareness, education, and hope to the community</i></p>	<p><b>On Google Play &amp; the App Store</b></p>

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### **What's Up**

*Free app utilizing some of the best Cognitive Behavioral Therapy (CBT) and Acceptance commitment Therapy (ACT) methods to help you cope with depression, anxiety, anger, stress, and more*

**On Google Play & the App Store**