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
- 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:

Stop Bullying.gov
- www.stopbullying.gov
- LIFELINE at 1-800-273-TALK (8255)

Therapist Finder Tool
- www.therapists.psychologytoday.com

USA National Suicide Hotlines
- 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
- 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
## Get the Care You Need

### Services for Alcohol and Drug Issues:

**Community Resources and Self Help, Inc. (CRASH)**  
*Helping people to start a new life in recovery.*  
Location: 1081 Camino del Rio South, Suite 129  
San Diego, CA 92108  
(619) 239-9691  
visit: [www.crashinc.org](http://www.crashinc.org)

**McAlister Institute Teen Recovery Center**  
*Provides nonresidential alcohol and drug treatment and recovery services for adolescents in the central and southeast regions of the City of San Diego.*  
Location: 1400 N. Johnson Ave., Suite 101  
San Diego, CA 92020  
(619) 442-0277  
visit: [www.mcalisterinc.org](http://www.mcalisterinc.org)

**MHS Teen Recovery Center (TRC)**  
*Provides outpatient substance abuse services to adolescents between the ages of 12-17, offering counseling, education, and support.*  
Location: 340 Rancheros Drive, Suite 166  
San Marcos, CA 92069  
(760) 744-3672

### Substance Abuse Self-Help Meetings

- **Alcoholics Anonymous of SD:** (619) 265-2954  
- **Marijuana Anonymous:** 1-800-766-6779

### Services for Depression, Anxiety and Mental Health Issues

**Rady Children’s Outpatient Psychiatry**  
*Rady Children’s Psychiatry Department provides services to children, adolescents and their families, comprehensive mental health within a full-service pediatric medical facility.*  
Location: 3665 Kearny Villa Rd  
San Diego, CA 92123  
(858) 966-5832  
visit: [www.rchsd.org](http://www.rchsd.org)

**Douglas Young BPSR Center**  
*The services focus on recovery, rehabilitation, and community integration, and are individualized to meet the needs of each client.*  
Location: 10717 Camino Ruiz, Suite 207  
San Diego, CA 92126  
(858) 695-2211  
visit: [www.comresearch.org](http://www.comresearch.org)

**California Peer-Run Warm Line**  
*Free live phone and chat support. Non-emergency resource for anyone seeking emotional support. Peer-run organization.*  
Chat: [www.mentalhealthsf.org](http://www.mentalhealthsf.org)

**Sexual Treatment Education Program Services (STEPS)**  
*The STEPS program provides therapy designed to focus on self-awareness, emotions, and behaviors associated with sexual behavior problems.*  
Location: 4660 Viewridge Ave, San Diego, 92123  
(858) 565-2510  
visit: [www.mhsinc.org](http://www.mhsinc.org)

**Gifford Clinic**  
*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.*  
Location: 140 Arbor Drive  
San Diego, 92103  
(619) 543-7795  
visit: [health.ucsd.edu/specialties/psych/Pages/default.aspx](http://health.ucsd.edu/specialties/psych/Pages/default.aspx)

**Union of Pan Asian Communities (UPAC)**  
*Provide assistance and counseling in economic development and housing areas. Services offered: Adult/older adult mental health services, Child & adolescence mental health division, and Addiction treatment & recovery (ATR).*  
Location: 5438 University Avenue, Suite 101  
San Diego, CA 92105  
(619) 229-2999  
visit: [www.upacsd.com](http://www.upacsd.com)

### It’s UP to US:

*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.*

Access & Crisis Line at (888) 724-7240  
visit: [www.up2sd.org](http://www.up2sd.org)

*Updated 03/27/20*
### Jane Westin Center
**Urgent walk-in center that provides integrated, coordinated crisis services for adults 18 and older who have serious mental & health illness, and substance abuse.**

- **Phone:** (619) 235-2600
- **Visit:** [www.comresearch.org](http://www.comresearch.org)
- **Location:** 1045 9th Avenue, San Diego, CA 92101

### Center for Understanding and Treating Anxiety (CUTA)
**Provide the most up-to-date, evidence-based treatment for anxiety and related disorders.**

- **Phone:** (619) 229-3740
- **Visit:** [www.nas.psy.sdsu.edu](http://www.nas.psy.sdsu.edu)
- **Location:** 6386 Alvarado Ct., Suite 301, San Diego, CA 92120

### Alvarado Parkway Institute
**Is a Behavioral Health System with inpatient and outpatient services for psychiatric or add**

- **Phone:** (619) 333-7050
- **Visit:** [www.apibhs.com](http://www.apibhs.com)
- **Location:** 7050 Parkway Drive, La Mesa, CA 91942

### Health, Protective, and Residential Services:

#### San Diego Child Protective Services
**Call about low & no-cost children’s health & dental coverage**

- **Phone:** (858) 560-2191 or (800) 344-6000

#### San Diego Adult Protective Services
**Call about low & no-cost children’s health & dental coverage**

- **Phone:** (800)-510-2020 or (800) 339-4661

#### San Diego Kids Health Assurance Network
**Visit:** [www.sandiegocounty.gov](http://www.sandiegocounty.gov)

### Counseling Services:

#### Center for Community Counseling & Engagement
**A center providing low-cost counseling services to individuals, couples, and families in San Diego.**

- **Phone:** (619) 594-4918
- **Visit:** [www.centerforcommunitycounseling.org](http://www.centerforcommunitycounseling.org)
- **Location:** 4283 El Cajon Boulevard, Suite #215, San Diego, CA 92105

### Helpful Apps:

**BREATHE2RELAX**
**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**

- **On Google Play & the App Store**

**Relax Melodies**
**Soothing app that makes sleep easy by helping you combine soothing sounds, sleep meditations, bedtime stories and breathing techniques**

- **On Google Play & the App Store**

**PTSD Coach (Dept. of VA)**
**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**

- **On Google Play & the App Store**

**Calm Harm**
**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**

- **On Google Play & the App Store**

**The Safe Place (@Itsthesafespace)**
**A Minority Mental Health App geared towards the Black Community. Bring more awareness, education, and hope to the community**

- **On Google Play & the App Store**
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<th>What’s Up</th>
<th>On Google Play &amp; the App Store</th>
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| 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 | }