

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

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

- [988LifeLine.org](https://988lifeline.org): dial **988**
- San Diego County Crisis Line: **(888) 724-7240**
- CA Youth Crisis Line: call or text **(800) 843-5200**
- San Diego Child Protective Services: **(800) 344-6000**
- San Diego Adult Protective Services: **(800) 339-4661**

**Providing support when and where you need it**



**Therapist Finder Tool:**

- <https://www.psychologytoday.com/us/therapists>
- San Diego Resources: dial **211**: [www.211sandiego.org](http://www.211sandiego.org)

Marijuana Anonymous: call or text **(800) 766-6779**; [ma12.org/FAQ](http://ma12.org/FAQ)

Trevor Lifeline: **(866) 488-7386**

Consulate General of Mexico in Los Angeles: **(877) 639-4835**

<b>San Diego Area Services for Mental Health</b>		
<b>UCSD Outpatient Psychiatry Clinic</b> <a href="https://health.ucsd.edu/care/behavioral-mental-health/">https://health.ucsd.edu/care/behavioral-mental-health/</a>	<b>(619) 543-5221</b>	Multiple locations
<b>Rady Children's Outpatient Psychiatry</b> <i>Provides services to children, adolescents, and their families; comprehensive mental health care within a full-service pediatric medical facility.</i>	<b>(858) 966-5832</b> <a href="http://www.rchsd.org">www.rchsd.org</a>	3665 Kearny Villa Rd San Diego, CA 92123
<b>Union of Pan Asian Communities (UPAC)</b> <i>Counseling and support for teens and families, including help with housing, jobs, and mental health and addiction services.</i>	<b>(619) 229-2999</b> <a href="http://www.upacs.org">www.upacs.org</a>	5438 University Avenue, Suite 101 San Diego, CA 92105
<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. Available in Spanish.</i>	<a href="https://www.up2sd.org">https://www.up2sd.org</a>	
<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>	<b>(619) 235-2600</b>	1045 9th Avenue San Diego, CA 92101

<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>	<b>(619) 594-4918</b> <a href="http://www.centerforcommunitycounseling.org">www.centerforcommunitycounseling.org</a> 4283 El Cajon Boulevard, Suite #215 San Diego, CA 92105
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<b><i>San Diego Area Services for Alcohol and Drug Issues:</i></b>	
<b>Community Resources and Self Help, Inc. (CRASH)</b> <i>Helping people to start a new life in recovery.</i> <a href="http://www.crashinc.org">www.crashinc.org</a>	<b>(619) 239-9691</b> 1081 Camino del Rio South, Suite 129 San Diego, CA 92108
<b>McAlister Institute Teen Recovery Center</b> <i>Provides nonresidential alcohol and drug treatment and recovery services for adolescents in central and southeast regions of the county</i>	<b>(619) 442-0277</b> <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a> 1400 N. Johnson Ave., Suite 101 San Diego, CA 92020
<b>MHS Teen Recovery Center (TRC)</b> <i>Provides outpatient substance abuse services to those ages 12-17, offering counseling, education, and</i>	<b>(760) 744-3672</b> 340 Rancheros Drive, Suite 166 San Marcos, CA 92069

<b><i>Helpful Apps:</i></b>	
<b>BREATHE2RELAX</b> <i>Portable stress management app with information on the effects of stress and stress management exercises</i>	<b>On Google Play &amp; App Store</b>
<b>Relax Melodies</b> <i>App that makes sleep easier by combining soothing sounds, sleep meditations, bedtime stories, and breathing techniques</i>	<b>On Google Play &amp; App Store</b>
<b>FreeCBT</b> <i>App for tracking thoughts.</i>	<b>On Google Play &amp; App Store</b>