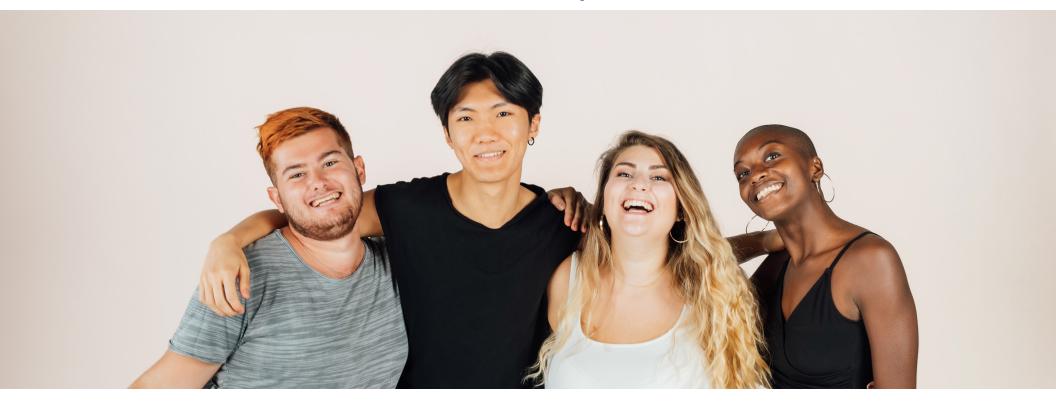
# San Diego Access and Crisis Line

### 888-724-7240 TDD/TTY Dial 711





## Free, confidential support in all languages

- 24 hours a day
- 7 days a week



### Online Chat Services are available;

- Monday through Friday
- 4pm 10pm



optumsandiego.com

#### We are here for you

The San Diego Access and Crisis Line (ACL) is an outstretched hand to individuals or people they know, who are overwhelmed, depressed, or searching for answers.

A phone call will connect you with a compassionate counselor who is always standing by to provide hope and encouragement.

#### We can help you when:

- You need to talk to a professional who cares
- You do not feel you can cope with life
- You are looking for community resources
- You are concerned someone you know might hurt themselves
- You feel you might be in danger of hurting yourself or others



If you or someone you know is in crisis, help is available nationwide. Call or text **988**, or chat at **988lifeline.org** 



