

# San Diego Access and Crisis Line

*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

### **San Diego Access and Crisis Line**

Free, confidential support in all languages  
7 days a week / 24 hours a day

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**888-724-7240**

619-641-6992 TTY

