

SUICIDE PREVENTION

Quick Resource Guide

Police Department & Crisis Lines	Mental Health and Substance Use Resources	En Español & For Deaf and Hard of Hearing
If there is any emergency dial 988	Dial 211 for mental health resources (24/7)	Suicide Hotline (En Español): 988 or 1-888-628-9454 (24/7)
Call 988 or (619) 531-2000 San Diego Police Department (24/7) Caller may request for a PERT Unit, if a Unit is available. Law enforcement has to dispatched the PERT Unit	SAMSHA Phone Number: 1-877-726-4727	Option for Deaf and Hard of Hearing: 1-800-799-4889 (24/7)
Suicide Hotline: 988 or 1-800-273-8255 (24/7)	HERE Now Suicide Prevention Program: 760-509-3334	SAMSHA's National Hotline TTY: 1-800-487-4889 (24/7)
Youth Access and Crisis Helpline: (888)-724-7240 (24/7)	San Diego Youth Services: (619) 221-8600	
Crisis Chat Line: https://suicidepreventionlifeline.org/chat (24/7)	SAMSHA Website: https://www.samsha.gov/	

