



San Diego Mental Health Clinics

Rady Children's Behavioral Health Urgent Care: (858) 966-5484

Rady Outpatient Psychiatry Clinics: (858) 966-5832

Family Health - Youth Counseling Center: (619) 515-2382

UC San Diego Health Pediatric Psychiatry: (619) 543-5221

San Ysidro Health: (619) 662-4100

San Diego Family Care: (858) 810-8787

San Diego Youth Services: (619) 241-0608

← **Click the
underlined text
for links**

Call Centers

San Diego Access & Crisis Line

1-888-724-7240

- Confidential and free of charge local crisis call center operating 24/7

211 San Diego

- Connects people with community, health and supportive services 24/7

988

- National Suicide & Crisis Lifeline

Apps

Soluna

- Free and confidential well-being app with virtual coaches for teens



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