

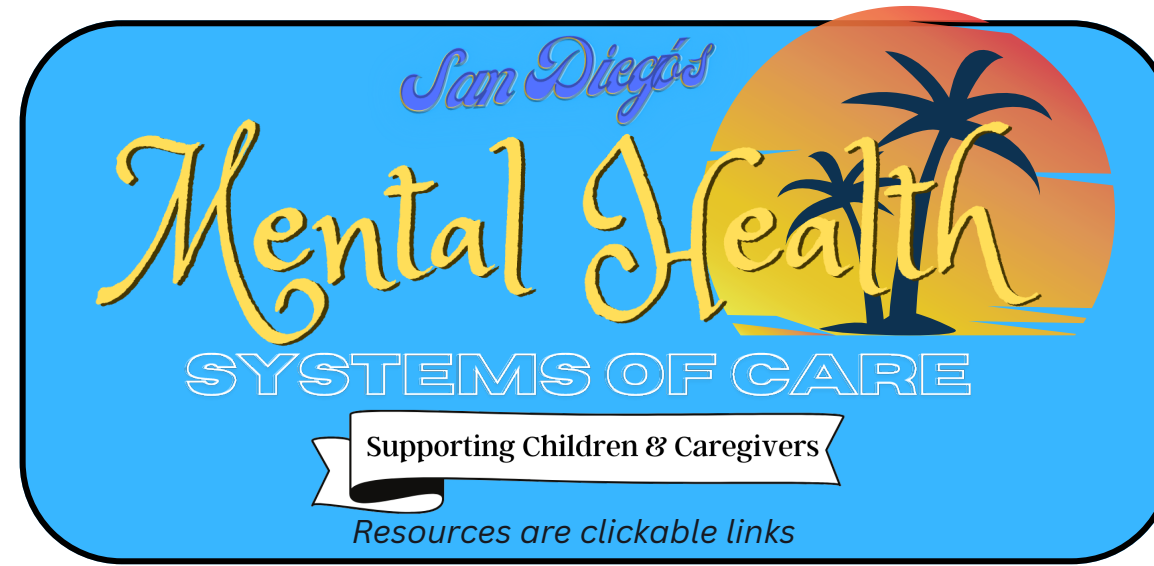
Intro

Hope

1. San Diego Public Library

2. NAMI (National Alliance on Mental Illness)

3. Parents Empowering Parents



1.2 Support Outside the School System

15. Covered California

16. Medi-Cal

Call 211 for Medi-Cal Phone Application

17. Medi-Cal with Severe Symptoms

18. Psychology Today's Therapist Finder

19. TBS (Therapeutic Behavioral Services)

20. Emotion Chart

21. How to Talk to Kids about their Mental Health

1.3 Teenagers and Youth

22. Short-Term Residential Therapeutic Programs

23. Foster Homes

24. Substance Use

25. Oz

26. TAY (Transitional Age Youth) - SD Youth Services, Catalyst, Sharp

27. TAY Experiencing Homelessness

28. Platforms for Teens

29. NAMI's CYFL (Children, Youth & Family Liaison)

2. Caregiver and Self-Care Resources

2.1 Stages of Emotional Response

30. NAMI's Stages of Emotional Response:

- 1) Dealing with Catastrophic Events
- 2) Learning to Cope
- 3) Moving into Advocacy: "CHARGE!"

2.2 Caregiver Resources

31. NAMI's Family to Family Classes

32. Parenting Classes

33. Laura's Law

34. IHOT (In Home Outreach Team)

2.3 Self-care

35. Self-Care (NAMI Resource)

- Exercise daily
- Eat well
- Get enough sleep
- Avoid alcohol and drugs
- Practice relaxation exercises
- Recharge
- Avoid guilt
- Notice the positive
- Gather strength from others

1. Children's Mental Health System

1.1 Emergencies

4. San Diego Access and Crisis Line (888) 724-7240; Suicide and Crisis Lifeline 988

5. MCRT (Mobile Crisis Response Team)

6. PERT (Psychiatric Emergency Response Team) -
Call your local Law Enforcement Agency and ask for a PERT Officer

7. Hospitals - Aurora, Alvarado, UCSD, Sharp, Radies

8. National Crisis Text Line: Text HOME to 741741

9. Emergency Room

10. Emergency Screening Unit - 4309 Third Avenue, 92103, (619) 876-4502



11. Regional Center

12. In Home Supportive Services

13. SSI (Social Security Income)

14. AlfrEDU App

Section 504 Plan and IEP - Call School District

Intro

1. San Diego Public Library
2. NAMI San Diego and Imperial Counties - (619) 543-1434

Emergencies

3. Hospital
4. PERT (Psychiatric Emergency Response Team) - Call 911 or your local Law Enforcement Agency and ask for a "PERT Officer"
5. MCRT (Mobile Crisis Response Team) - Call 988
6. San Diego Access and Crisis Line - (888) 724-7240

Insurance

7. Insurance, and Medi-Cal Mental Health Ombudsman: 1-800-896-4042, MMCOmbudsmanOffice@dhcs.ca.gov
8. Covered California
9. MediCal - You can call 211 for an over-the-phone application

Section 1: The Wellness Pyramid



Biological Resources

10. CalFresh - Call 211 to apply or visit this website
11. Shelters - Call 211 for available beds, or visit this website
12. C2C Clubhouse - 101 16th St., San Diego, CA 92101
13. Military Populations - Courage to Call, Legal Assistance
14. Threshold Languages - (Español/ Tiếng Việt/ Tagalog/ 中国人/ عربي)
15. Incarcerated Populations
16. Psychiatrists
17. Exercise; Nature Trails in San Diego



Psychological Resources

18. Therapy
19. Psychology Today's Therapist Finder; SanDiegoTherapists.com, GoodTherapy.org
20. NAMI Classes (E.g. Peer-to-Peer)



Social Resources

21. Support Groups (NAMI, Depression Bipolar Support Alliance) & NAMI's Peer Support Warmline - (619) 295-1055
22. Clubhouses
23. SSI Advocates are found at many of the Clubhouses in this list
24. Work



Spiritual Resources

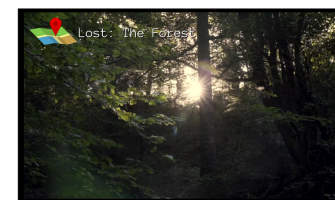
25. Mental Health and Spirituality (Meaning and Purpose) - Grace Alliance, Refuge Recovery, Faith-Based Mental Health Academy, Inspired Mind Mental Health

Section 2: Where Are You?



Isolated

21. Support Groups (NAMI, Depression Bipolar Support Alliance) & NAMI's Peer Support Warmline - (619) 295-1055
25. Mental Health and Spirituality (Meaning and Purpose) - Grace Alliance, Refuge Recovery, Faith-Based Mental Health Academy, Inspired Mind Mental Health
24. Work



Lost

18. Therapy
26. Case Management Programs: Central, North, South, East



Drowning in Crisis

27. 911, 988 Suicide and Crisis Lifeline, MCRT
28. Next Steps
29. Mental Health Urgent Care Walk-In Centers
30. Crisis Stabilization Units - Vista, Escondido, Chula Vista
31. Crisis Homes (select START from the Program Category drop-down menu)



Seeking Stability

32. ACT (Assertive Community Treatment)
33. Board and Cares & Independent Living Facilities
34. In Home Supportive Services
35. Outpatient Treatment
36. IOP (Intensive Outpatient Treatment)

Addiction Support

37. Detox
38. Substance Abuse Treatment
39. Addiction Support Groups - AA, NA, Celebrate Recovery, Refuge Recovery

Other Possibilities

40. Natural Mental Health Treatments - Harvard Article, NIH Article
41. NAMI's oscER App