

Crisis Intervention Contact List

Agency	Description	Phone	Address
PERT - Psychiatric Emergency Response Team	Provides emergency assessment and referral for individuals in behavioral health crisis. Pairs licensed mental health clinicians with uniformed law enforcement officers/deputies.	Call 911 and ask for PERT	Will come to the home
Rady Children's Hospital Mental Health Urgent Care	Will triage over the phone and then determine if child needs to be brought in for evaluation. Walk-in clinic, available from 4 p.m. to 8 p.m., Monday through Friday for assessment to address risks and referral, and linkage to community resources.	858-966-5484	4305 University Avenue, Suite 150 San Diego, CA 92105
Sharp Mesa Vista Hospital (Psychiatric)	Offers partial hospitalization, inpatient programs, and outpatient programs for serious behavioral and emotional problems.	858-836-8434	7850 Vista Hill Ave. San Diego, CA 92123
Aurora Behavioral Health	Provides inpatient care and partial hospitalization for children ages 5-17. Chemical dependency intensive outpatient programs for adolescents ages 13-17.	858-487-3200	11878 Avenue of Industry, San Diego, CA 92128
Emergency Screening Unit (ESU)	For children and adolescents under age 18 who are experiencing a mental health emergency or crisis.	619-876-4502 <i>Call in advance if possible</i>	4309 Third Avenue, San Diego, CA 92103
Access & Crisis Hotline (All languages available)	Crisis intervention, suicide prevention, referrals for mental health and/or alcohol and drug needs.	888-724-7240 Can also Live Chat (Mon – Fri 4pm to 10pm) https://omnidigital.uhc.com/SDChat/	
Crisis Text Line	Serving anyone in any type of crisis open 24/7	Text HOME to 741741	

For non-emergency or non-crisis situations:

- CA Peer Run Warm Line: 1-855-845-7415 is a non-emergency resource for anyone in California seeking emotional support. They provide assistance via phone or online chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, panic, depression, finance, and alcohol and drug use. If wanting to use the online chat option, you must register on their site – mentalhealthsf.org
- Teenmentalhealth.org: website with a lot of information regarding mental health and resources
- Mental Health Apps:
 - What's Up? – free app that uses Cognitive Behavior Therapy techniques to help with anxiety, depression, anger stress, etc.
 - Mind Shift – free app, designed for teens with anxiety
 - Breathe – free app that generates guided meditations according to your reported mood/symptoms