

Counseling Resources

Survivors of Suicide Loss Program (SOSL) – www.soslsd.org 619 482-0297
Support Groups – no registration, no fee, drop-in 8 week closed group.

Recovery International (RI) – The mission of RI is to help people gain necessary skills to lead more peaceful, productive lives using the cognitive behavioral, peer-to-peer, self-help training system developed by neuropsychiatrist Abraham Low, MD. Find a meeting near you at
www.recoveryinternational.org/meetings San Diego Area (619) 383-2084

Aurora San Diego Behavioral Health Care – www.aurorasandiego.com 858 675-4228
Dealing with trauma can cause anxiety, depression, insomnia, anger, increased substance use, and other emotions we can feel like we can't control. Free assessment.

Patient Advocacy – Seclusion & Restraint – Information and Assistance 619 282-1134
1 800 479-2233 www.jfssd.org/patientadvocacy

Alzheimer's Association – www.alz.org 800 272-3900 Assess your needs and create customized action plans. Community Resource Finder – local chapters ALZConnected – connect with other caregivers or people with dementia. Caregiver Resources for all stages of the disease.

Consumer Center for Health Education & Advocacy – San Diego 877 734-3258
www.lasdsd.org

Fair Housing – Legal Aid Society of San Diego 844 449-3500 – Equal access to housing for all is a right protected by federal & state laws. Fair Housing laws allow you to obtain the housing of your choice, free from illegal discrimination.

San Diego Access and Crisis line – 888 724-7240 or Dial 711 24/7 available
Free, confidential support in all languages – Crisis intervention – Suicide prevention – Referrals for mental health and/or alcohol & drug needs – Referrals to other related resources

San Diego Police Dept – Dial 911