

Get Support for Behavioral Health



4 Key Resources in San Diego County

San Diego Access & Crisis Line (ACL) 888-724-7240 If you need information or help finding resources, this is a good place to start. There are other services listed below that you can connect with too. You can call the ACL if you would like to receive information on programs, support for yourself, or a referral to a specialist.

Crisis Stabilization Units These are centers located in the community and also near or within different hospitals. These facilities are designed to provide stabilization services for people experiencing a crisis.

Outpatient Services These services are provided by the County of San Diego mental health clinics and other providers. They take appointments for those experiencing mental health or substance use disorder conditions and can take urgent walk-in appointments.

Crisis Response Services When you call the ACL, a trained dispatcher will answer your call and ask about the situation you are facing. Based on your responses, the dispatcher will determine if certain crisis intervention and response services should be sent out, such as the Mobile Crisis Response Team (MCRT) or emergency services.

Depending on your situation, different crisis response services may be deployed to help you:

MCRT Non-Law enforcement team



Mobile Crisis Response Team

PERT Law enforcement + clinician



Psychiatric Emergency Response Team

EMS If there is a medical emergency



Emergency Medical Services

MCRTs operate 24/7 and may respond if the following is true of your situation:

1. There are no injuries requiring a medical response.
2. There are no weapons involved or known possession of a weapon.
3. The person is not involved in serious criminal activity related to the need for a response that warrants law enforcement involvement.
4. The person is not known to be in connection with an ongoing law enforcement investigation.
5. There is no threat of violence or potential for immediate violence or use of violence toward others or self.

If law enforcement was not specifically requested AND all other criteria listed above are met, a dispatcher may recommend MCRT be sent out to respond to the crisis situation.

If you're still unsure what to do or what you need, call the **ACL 888-724-7240** to speak to a trained expert. To learn more about these services, visit sandiegocounty.gov/mcrt/ and comresearch.org/pert.php



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SAN DIEGO**