

CRISIS RESOURCE LIST

Counseling Services (760) 750 - 4915

Counseling Services is open Monday, Thursday, and Friday from 8:00 a.m. to 5:00 p.m., and Tuesday and Wednesday from 8:00 a.m. to 6 p.m. If in crisis and needing immediate support during these hours, call Counseling Services and ask to speak with your counselor. If your counselor is unavailable and the situation is urgent, we will arrange to have you speak with another counselor.

University Police 4567

If you are on-campus and need immediate assistance when Counseling Services is closed, or you are unable to reach someone at Counseling Services, contact University Police at 4567. This is an emergency number only. Please do not use it for non-emergency business.

Community Resources

Please use one of the following community resources if needing immediate support when Counseling Services is closed and you are off campus (of course, you can use these resources at any time). This list is by no means comprehensive. Many other services are available. For information about other resources, ask your counselor.

- Police Emergency Number 911
- San Diego County Crisis Line (24-hour hotline and referral service) (888) 724-7240
- Center for Community Solutions (24-hour hotline and referral service) (888) 272-1767
- Women's Resource Center 24-Hour Crisis Line (760) 757-3500
- Children's Services Bureau & Child Abuse Hotline (800) 344-6000
- Family Justice Center ("one stop shop" for victims of family violence) (866) 933-HOPE
- Libre 24-Hour Domestic Violence Hotline (and Women's Shelter) (760) 633-1111
- Domestic Violence Information Line (619) 234-3164
- Victims of Violent Crimes (San Diego District Attorney; accepts collect calls) (619) 531-4041
- Aging & Independent Services (800) 510-2020
- Lesbian, Gay, Bisexual, Transgender Community Center (619) 692-2077
- Alcoholics Anonymous (619) 265-8762 (760) 758-2514
- Narcotics Anonymous (800) 479-0062