

Resources

The following are some resources that some of you may find helpful.

[CRISIS RESPONSE]

NAMI Helpline

National Suicide Prevention Lifeline – Call 800-273-TALK (8255)

If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7.

The National Suicide Prevention Lifeline connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.

Crisis Text Line – Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

National Domestic Violence Hotline – Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

National Sexual Assault Hotline – Call 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at [Online Hotline](#). Free help, 24/7.

(800) 273-8255 National Suicide Prevention Lifeline

(800) 799-4889 Deaf or hard of hearing

(800) 273-8255 Video relay service and voice/ caption

(888) 628-9454 Red de prevención de suicidio en Español

(800) 799-7233 National Domestic Violence Hotline

(866) 488-7386 Trevor Hotline for LGBTQ+ youth or text "START" to 678678

(800) 656- 4673 Rape, Abuse and Incest National Network (RAINN)

(800) 273-8255 Veterans Crisis Line

(800) 442-4673 National Hopeline Network

(800) 366-8288 Self-Harm Hotline

(800) 656-4673 National Sexual Assault Telephone Hotline

(800) 622-2255 Alcoholism & Drug Dependency Hope Line

888-724-7240 San Diego County Access and Crisis Line

[Substance Abuse Community Resources]

Substance Abuse and Mental Health Administration

<https://www.samhsa.gov/>

Alcoholic Anonymous of San Diego

www.aasandiego.org

Marijuana Anonymous of San Diego

www.marijuana-anonymous.org/meetings/in-person/21-area/73-california-san-diego

Narcotic Anonymous of San Diego

www.sandiegona.org

Crystal Meth Anonymous

<http://sdcma.crystalmeth.org>

619.342.1656

[LGBTQIA+ RESOURCES]

Here are some LGBTQIA+ Resources and LGBTQIA+ friendly businesses

LGBTQ

The LGBT Center

<http://www.thecentersd.org/>

San Diego LGBT Center

3909 Centre Street San Diego CA 92103

<https://thecentersd.org/programs/>

<https://thecentersd.org/programs/behavioral-health-services/>

<https://www.genderadvocacyproject.org/>

LGBT Friendly HealthCare Providers- San Diego

Audiology

North County Audiology

www.northcountyaudiology.com

858.674.1910

11835 Carmel Mountain Road, Suite 1313

Chiropractors

Marc Gottlieb, DC

www.lifewithincenter.com

619.291.5433

1452 University Ave San Diego, CA 92103

Joe Merlo, DC

www.goodvibrationschiro.com

619.281.1234

4060 Adams Ave, San Diego, CA, 92116

Angel Ochoa-Rea, DC

www.lgbtchiro.com

619.300.3838

3069 Lincoln Ave, San Diego, CA 92104

Joseph Ortega, DC

619.296.5655

5005 Texas St #301, San Diego, CA 92108

Shawn Robek, DC, LAc

619.295.9791

1010 University Ave, Suite C201, San Diego, CA 92103

Tim Shannahan, DC

619.543.9999

1816 Lincoln Ave, San Diego, CA 92103

[Community Clinics]

American Indian Health Center

619.234.2158

AHF San Diego Healthcare Center

619.516.8931

3904 4th Ave, Suite 140, San Diego, CA 92103

AHF Men's (STD) Wellness Center

619.516.8920

3904 4th Ave, Suite 140, San Diego, CA 92103

Beach Area Community Clinic

619.488.0644

3705 Mission Blvd, San Diego, CA 92109

Central Region Public Health Center

619.229.5400

5202 University Ave, San Diego, CA 92105

County Health Services Complex

619.692.8550

3851 Rosecrans St, San Diego, CA 92110

HIV, STD & Hepatitis Branch of Public Health Services (previously known as the County Office of AIDS
Coordination)

www.sdcounty.ca.gov

619.296.3400

East San Diego Health Center

619.229.7990

5202 University Ave, San Diego, CA 92105

Hillcrest Family Health Center

www.fhcsd.org/hillcrest

619.515.2545

Human Rights Clinic

www.doctorsoftheworld.org

619.278.2405

3990 Old Town Ave, C201, San Diego, CA 92110

info@dowusa.org

Imperial Beach Community Clinic

619.429.3733

154 Palm Ave, San Diego, CA 92118

Linda Vista Health Center

619.279.0925

6973 Linda Vista Rd San Diego, CA 92111

Logan Heights Family Health Center

619.515.2300

1809 National Ave, San Diego, CA

Naval Medical Center San Diego Balboa Navy Hospital)

www.nmcsd.med.navy.mil

619.532.6400

34800 Bob Wilson Dr, San Diego, CA 92134

North Central Public Health Center

858.490.4400

2440 Grand Ave, San Diego, CA 92109

North Park Family Health Center

www.fhcsd.org

[Fertility Specialists]

Kaiser Permanente Infertility Clinic

619.221.0350

3250 Fordham Drive, San Diego, CA 92110

Lila Schmidt, MD

619.295.4050

4060 4th Ave #610, San Diego, CA 92103

The Lesbian Health Clinic Progressive Health Services

www.progressivehealth.org

619.260.0810

2141 El Cajon Blvd, San Diego, CA 92104

West Coast Surrogacy & West Coast Egg Donation

www.westcoastsurrogacy.com

www.westcoasteggdonation.com

1080 University Avenue

Suite H 201

San Diego, CA 92103

949.861.4100

Male Fertility Specialists

www.malefertility.md

6699 Alvarado Road, #2207

San Diego, CA 92120

619.286.3520

Fertility Center of California, Sperm Bank Inc.

www.spermbankcalifornia.com

6699 Alvarado Road

Suite 2208

San Diego, CA 92120

619.265.0102

Planned Parenthood

800.230.PLAN

GLAAD: <https://www.glaad.org/transgender/resources>

PFLAG: <https://pflag.org/search?keys=transgender&type=resource>

Trans Life: <https://www.translifeline.org/>

The National Center for Transgender Equality: <https://transequality.org/>

TransLatin@ Coalition: <https://www.translatinacoalition.org/>

Gender Phluid Collective: <https://thegpcollective.wixsite.com/thegpcsd>

Trans Family Support Services: <https://www.transfamilysos.org/>

Transgender Law Center: <https://transgenderlawcenter.org/>

FLUX: <https://www.transidentity.org/transgender-basics>

Trevor Project <https://www.thetrevorproject.org/>