

San Diego Access and Crisis Line

We are here for you!



The San Diego Access and Crisis Line (ACL) is an outstretched hand to individuals or people they know, who are overwhelmed, depressed, or searching for answers.

A phone call will connect you with a compassionate counselor who is always standing by to provide hope and encouragement.

We can help you when:

- You need to talk to a professional who cares
- You do not feel you can cope with life
- You are looking for community resources
- You are concerned someone you know might hurt themselves
- You feel you might be in danger of hurting yourself or others

San Diego Access and Crisis Line

Free, confidential support in all languages
7 days a week / 24 hours a day

We are here for you!

888-724-7240
TDD/TTY Dial 711

