

CRISIS RESOURCE LIST

Student Health and Counseling Services

(760) 750 - 4915

SHCS is open Monday - Friday from 8:00 a.m. to 5:00 p.m. If in crisis and needing immediate support during these hours, call SHCS 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 SHCS is closed, or you are unable to reach someone at SHCS, 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 SHCS 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