

Hotlines

HOTLINES

Hotlines are answered by a live person 24-hours a day.

Emergency Only

911 Voice & TTY for hearing impaired
Fire and Rescue, Police, Sheriff, Highway Patrol, Ambulance, Coast Guard, Search and Rescue. Spanish speaking. Translation service available.

America's Pregnancy Helpline

800-67-BABY-6 (800-672-2296)

888-4-OPTIONS (888-467-8466)

888-80-WOMAN (888-809-6626)

For pregnant women in need of emotional or material support. Spanish speaking.

Bethany Christian Services - Lifeline

800-BETHANY (800-238-4269)

Nationwide pregnancy counseling hotline.

California Poison Control System

800-876-4766

800-972-3323 TTY for hearing impaired

Treatment advice and referral assistance. Spanish speaking. Translation service available.

California Relay Service

711 National Line (voice & TTY)

800-735-2929 TTY for hearing impaired

800-735-2922 Voice

800-854-7784 Speech to Speech

866-833-4703 Spanish speaking (voice & TTY)

Enables a person, who is deaf, hard of hearing, or speech disabled, using a Telecommunication Device (TTY) to communicate by phone with a person who does not use a TTY. The service also allows a voice (non-TTY) user to call a TTY user. Speech to speech relay provides services for people who have difficulty being understood on the telephone. Regular phone charges apply for all calls, no additional fee for relay services. No fee for local calls. Long distance charges may apply.

Center for Community Solutions

888-272-1767

Support for those who have experienced assault, rape or domestic violence.

Child Abuse Hotline

800-344-6000

858-560-2191 San Diego

Spanish speaking.

Girl's & Boy's Town National Hotline

800-448-3000

Short-term crisis line. Provides referrals for youth and families. Spanish speaking.

National Life Center

800-848-LOVE (800-848-5683)

For pregnant women in need of emotional or material support.

National Runaway Switchboard

800-621-4000

Offers crisis intervention, including information and referrals, message service for youth and their legal guardians, conference calls to family or agencies providing help, and free bus rides home. Spanish speaking. Translation service available.

Non-Emergency Police

760-931-2197	Carlsbad
619-691-5151	Chula Vista
619-522-7350	Coronado
760-966-3500	Del Mar
619-579-3311	El Cajon
760-966-3500	Encinitas
760-839-4722	Escondido
619-498-2400	Imperial Beach
619-667-1400	La Mesa
619-337-2000	Lemon Grove
619-336-4411	National City
760-435-4900	Oceanside
858-513-2800	Poway
619-531-2001	San Diego
858-484-3154	San Diego
858-565-5200	San Diego County Sheriff's Office
760-736-2140	San Marcos
619-956-4000	Santee
760-966-3500	Solana Beach
760-940-4551	Vista

Project Cuddle

888- 6-CUDDLE	(888-628-3353)	
88-VIVE-BEBE	(888-483-2323)	Spanish speaking
714-432-9681	Main Office	

Crisis rescue program that offers services to pregnant women who are considering abandoning their newborn babies or have drug exposed babies.

San Diego Access & Crisis Line

800-479-3339

619-641-6992 TTY for hearing impaired

Information and referrals for women experiencing domestic violence, mental health crises, and suicide prevention. Spanish speaking. Translation service available.

South Bay Community Services

800-640-2933

Assistance for teen runaways. Spanish speaking.

Sure Help Line Center

760-352-RAPE (760-352-7273)

Provides assistance for rape survivors. Spanish speaking.

760-352-SURE (760-352-7873)

Crisis intervention. Spanish speaking.

UCSD - Burn Center

619-543-6502

Translation service available.

Youth Development International (YDI) - Youth Crisis Hotline

800-HIT-HOME (800-448-4663)

Assistance for runaways and youth in crisis.

YWCA - Domestic Violence Information & Referral Hotline
619-234-3164

Spanish speaking.

HELPLINES

The following helplines are for non-emergency situations. A live person may be available to talk with or it may be necessary to leave a message and wait for a return call.

AIDS/HIV Night Line

800-628-9240

Spanish speaking.

Al-anon & Alateen

619-296-2666

800-690-2666 North County

Support for family members of alcoholics. Spanish speaking.

Alcoholics Anonymous (AA)

619-265-8762 San Diego

760-758-2514 North County

619-280-7224 Spanish speaking

California AIDS Hotline

800-367-AIDS (800-367-2437)

888-225-AIDS (888-225-2437) TTY for hearing impaired

Spanish speaking.

California Smokers' Helpline

800-NO-BUTTS (800-662-8887)

800-884-CHEW (800-884-2439) Chewing tobacco

800-838-8917 Cantonese & Mandarin

800-556-5564 Korean

800-45-NO-FUME (800-456-6386) Spanish

800-778-8440 Vietnamese

800-933-4833 TTY for hearing impaired

Free assistance for individuals who want to quit smoking or chewing tobacco by offering self-help materials, referrals, and one-on-one counseling. Specialized assistance for pregnant women and teens.

Cocaine Anonymous (CA)

866-242-2248 24-hour

Gamblers Anonymous

619-239-2911

Governor's Office Safety Information & Referral Line

800-550-5234

Information on current health and safety concerns. Languages: Cantonese, Spanish, Vietnamese.

Health & Human Services - Totline

858-541-5250

Behavior concerns for children 0-5 years old.

INFO LINE

619-230-0997 Greater San Diego Area

760-943-0997 North County Coastal

760-740-0997 North County Inland

800-227-0997 From outlying areas only

Information and referrals for depression, disabled services, drug and alcohol abuse, eviction, food, food stamps, medical care, parent-child conflict, shelter, spouses experiencing domestic violence, stress, veterans' benefits, and other health and human service needs. Spanish speaking. Translation service available.

Mental Health Systems - Building Bridges Together

619-477-0242 or **888-843-5800**

Extensive referrals including medical care, mental health, shelters, insurance programs, Individualized Education Programs (IEPs), and advocates. Spanish speaking.

Narcotics Anonymous

619-584-1007 or **800-479-0062**

619-491-1984 Spanish speaking

Nurturing Network

800-TNN-4MOM (800-866-4666)

For pregnant college students or career women in need of emotional or practical support.

Overeaters Anonymous

619-521-2538

Postpartum Health Alliance

619-685-7458

Offers information, support, and referrals for counseling and support groups to those suffering from postpartum depression.

Trish Stanley & Associates Referral Network - Eating Disorders

Resource & Referral Service

858-455-5557

5190 Governor Drive #104, San Diego, 92122

Provides information and referrals. Also provides individual, group, and family counseling. No fee for information and referrals. Private insurance accepted. Sliding scale. Payment plan.

Welcome Home Ministries

760-439-1136

104 South Barnes Street, Oceanside, 92054

Works with incarcerated women to assist them with re-entry into society. Process begins while women are incarcerated and continues after their release to assist with family reunification, employment assistance, health assessment, medical treatment, dental care, peer support, and counseling.

Y-ME San Diego

760-839-1491 or **877-929-9283**

Provides breast cancer support and information, and referrals to resources and support groups. Spanish speaking.