



AFTER-HOURS CRISIS LINE

Are you a youth? Do you need Support?

San Diego Youth Services offers evening, weekend, overnight and holiday support to youth in crisis.

If you, or a youth you know, is having thoughts of suicide or experiencing a mental health or substance use crisis, please call us at (619) 517-6577. An experienced and knowledgeable crisis counselor will answer your call.

Get help

BE CONNECTED TO A TRAINED COUNSELOR

Connect

CALL (619) 517-6577 FOR HELP

Find hope

FIND THE HELP AND HOPE YOU NEED

**You're not
alone!**

**UNDERSTANDING & COMPASSIONATE
COUSELORS ARE STANDING-BY**