The Behavioral Health Services (BHS) Division of the County’s Health and Human Services Agency provides a broad continuum of services for mental health and substance use issues.

Services are provided to groups across the lifespan—from perinatal, children, youth and families, to adults and older adults.

BHS promotes recovery, discovery, resiliency and well-being through prevention, treatment and intervention, as well as integrated services for clients experiencing co-occurring mental illness and substance use issues.

The Division embraces Live Well San Diego, the County’s vision to promote healthy, safe and thriving communities Countywide.

For more information, see: http://www.sdcounty.ca.gov/hhsa/programs/bhs/

A Multitude of Resources is Available:

Access & Crisis Line
A 24/7 information and referral line will help you find a provider for your needs.
1-888-724-7240

You can also
Call 2-1-1 for emergency food, shelter, healthcare and more!

Network of Care Website
To locate mental health/addiction care providers and services, view the community calendar, searchable library, career opportunities, and much more at:
http://sandiego.networkofcare.org/mh/

(Available in multiple languages.)

It’s Up 2 Us Website
For Suicide Prevention and Stigma Reduction, go to: Up2sd.org.