

## Wellness Therapy of San Diego



*Psychological Interventions for Growth*

9666 Businesspark Ave., Suite 206 San Diego 92131  
Phone: (619) 600-0073 Fax: (619) 600-0651

### Crisis and Emergency Hotlines

#### **National Suicide Prevention**

1-800-273-TALK (8255)

*For veterans, press 1*

#### **National Text Line**

Text HELLO to 741741

#### **UP2SD – San Diego Local**

1-888-724-7240

#### **TTY Hearing/Speech Impaired**

1-800-799-4889

#### **National Runaway Safe Line For Teens/ Youth**

1-800-RUNAWAY (1-800-786-2929)

#### **Teen Hotline**

310-855-HOPE (4673)

1-800-TLC-TEEN

#### **LGBTQ Hotline**

1-866-4-U-TREVOR

(1-800-488-7386)

#### **San Diego LGBTQ Hotline**

858-212-LIFE (5433)

#### **Postpartum Depression**

1-800-PPD-MOMS

(1-800-773-6667)

#### **Grad Student Line**

1-800-GRAD-HLP

(1-800-472-3457)

#### **National Sexual Assault Hotline**

1-800-656-HOPE (4673)

#### **San Diego Domestic Violence Hotline**

1-888-DVLINKS

(1-888-385-4657)

#### **National Domestic Violence Line**

1-800-799-SAFE (7233)

#### **San Diego Child Abuse Hotline**

1-800-344-6000

#### **Military Families - Military One Source**

1-800-342-9647

#### **Information for these and other concerns**

211

211.org