

Community Mental Health Resources

SAN DIEGO ORGANIZATIONS

[Community Health Improvement Partners - Suicide Prevention Council](#)

The San Diego County Suicide Prevention Council (SPC) is a collaborative community-wide effort focused on realizing a vision of zero suicides in San Diego County. Their mission is to prevent suicide and its devastating consequences in San Diego County.

Learn more: <https://www.sdchip.org/initiatives/suicide-prevention-council/>

[Up2SD](#)

The It's Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. The organization does not provide any direct services but is a hub of information to other local and national resources. It provides links to crisis line and online live help.

Learn more: <https://up2sd.org/learn/suicide-prevention/>

[American Foundation for Suicide Prevention \(AFSB\) – San Diego Chapter](#)

AFSB focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

Learn more: <https://afsp.org/chapter/afsp-san-diego/>

[National Alliance on Mental Illness \(NAMI\)](#)

NAMI offers a helpline, support groups, educational meetings, newsletters, a lending library and a number of classes on mental illness held at various locations throughout San Diego County. Nami offers multiple in-person services, including workshops, forums and trainings.

Learn more: <https://namisandiego.org/>

[Mental Health America of San Diego County:](#)

MHASD brings together clients, families, professionals, providers, community leaders, and the public to collaborate, cooperate, and ensure available affordable care to all citizens.

Learn more: <http://mhasd.org>

NATIONAL ORGANIZATIONS

American Foundation for Suicide Prevention: AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention

Learn more: <https://afsp.org/>

American Association of Suicidology: AAS is an inclusive community that envisions a world where people know how to prevent suicide and find hope and healing. Their mission is to promote the understanding and prevention of suicide and support those who have been affected by it.

Learn more: <https://www.suicidology.org/>

Suicide Prevention Lifeline: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Learn more: <https://suicidepreventionlifeline.org/>

Suicide Awareness Voices of Education (SAVE): SAVE is a national 501(c)(3) nonprofit organization governed by an all-volunteer Board of Directors and operating under the nonprofit laws of the State of Minnesota. SAVE works at the international, national, state and local levels to prevent suicide using a public health model in suicide prevention; concentrating its efforts on education and awareness.

Learn more: <https://save.org/who-we-are/>

JED Foundation: The Jed Foundation (JED) empowers teens and young adults with the skills and support to grow into healthy, thriving adults.

Learn more: <https://www.jedfoundation.org/>

Mental Health America: Mental Health America (MHA) – founded in 1909 – is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

Learn more: <http://www.mentalhealthamerica.net>

Yellow Ribbon Suicide Prevention Program: The Yellow Ribbon Suicide Prevention Program is dedicated to preventing suicide and attempts by making suicide prevention accessible to everyone and removing barriers to help by:

- Empowering individuals and communities through leadership, awareness, education; and
- By collaborating and partnering with support networks to reduce stigma and help save lives.

Learn more: <https://yellowribbon.org/>