

**2-1-1 San Diego-** connects people with community, health and disaster services through a free, 24/7 stigma-free phone service and searchable online database.

<http://www.211sandiego.org/>

**California Advocates for Nursing Home Reform-** Since 1983, California Advocates for Nursing Home Reform (CANHR), a statewide nonprofit advocacy organization, has been dedicated to improving the choices, care and quality of life for California's long term care consumers.

<http://www.canhr.org/>

**Landlord/Tenant Rights-** California Department of Consumer Affairs, A guide to residential tenants' and landlords' rights and responsibilities.

<http://www.dca.ca.gov/publications/landlordbook/index.shtml>

**California Code of Regulations-** The California Code of Regulations (CCR), is the official compilation and publication of the regulations adopted, amended or repealed by state agencies pursuant to the Administrative Procedure Act (APA). Properly adopted regulations that have been filed with the Secretary of State have the force of law.

<http://government.westlaw.com/linkedslice/default.asp?Action=TOC&RS=GVT1.0&VR=2.0&SP=CCR-1000>

**Community Care Licensing-** Licenses and oversees both day care and residential facilities for children and adults in the State of California.

<http://ccl.d.ca.gov/>

**California Board of Psychology-** this brochure will explain your rights as a patient, provide guidance for choosing a psychologist and explain what a psychologist should and should NOT do. It also will tell you what to do if you think your psychologist has acted unprofessionally.

<http://www.psychboard.ca.gov/formspubs/consumer-brochure.pdf>

**Legal Aid Society-** Legal Aid is available to low income individuals & disadvantaged communities for a variety of legal problems, including consumer, family disputes, welfare and health benefits, immigration and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments.

<http://www.lassd.org/>

**San Diego Network of Care-** Network of Care is a highly interactive, single information place where consumers, community-based organizations and municipal government workers all can go to easily access a wide variety of important information.

[http://sandiego.networkofcare.org/home\\_county.cfm?thecountyname=San%20Diego](http://sandiego.networkofcare.org/home_county.cfm?thecountyname=San%20Diego)

**Housing Matters/ Supportive Housing-** Supportive housing is a community-based service model that provides housing and integrates mental health services, primary health care, alcohol and drug services, case management and social services to help homeless people living with mental illness gain stability, and live more productive lives.

<http://www.housingmatterssd.org/index.html>

**Homeless Outreach Team (HOT) -** City police officers team with a County social worker and a Psychiatric Emergency Response Team (PERT) clinician to assess the problems of homeless persons and identify how to help them from a range of solutions.

<http://www.sandiego.gov/homeless-services/programs/hot.shtml>

**County of San Diego – Health & Human Services Agency-** the Health and Human Services Agency is one of five groups or divisions of the San Diego County government. The Agency provides a broad range of health and social services, promoting wellness, self-sufficiency, and a better quality of life for all individuals and families in San Diego County.

<http://www.sdcounty.ca.gov/hhsa/>

**It's Up To Us San Diego –** 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. By raising awareness, educating the community, and providing easy access to local organizations and services, the goal is to initiate change in perception, inspire wellness and reduce the stigma surrounding mental health challenges.

<http://www.up2sd.org/home>

**NAMI San Diego –** We are part of the grass-roots, non-profit, national NAMI organization founded in 1979 by family members of people with mental illness. At the heart of NAMI San Diego's mission is the sharing of information and striving to end the stigma associated with mental illness. To this end, we offer 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.

<http://www.namisaniego.org/>

**Mental Health Systems-** Mental Health Systems, Inc. (MHS) is a not-for-profit organization founded in 1978 to provide innovative and cost-effective mental health and drug and alcohol recovery services.

<http://www.mhsinc.org/>

**The Child and Adolescent Bipolar Foundation-** The Balanced Mind Foundation guides families raising children with mood disorders to the answers, support and stability they seek. The Balanced Mind Foundation envisions a world where children living with mood disorders thrive because their families have the resources, community and support they need.

<http://www.thebalancedmind.org/>

**The Geriatric Mental Health Foundation-** The Geriatric Mental Health Foundation was established by the American Association for Geriatric Psychiatry to raise awareness of psychiatric and mental health disorders affecting the elderly, eliminate the stigma of mental illness and treatment, promote healthy aging strategies, and increase access to quality mental health care for the elderly.

<http://www.gmhfonline.org/gmhf/>

**The National Mental Health Consumers' Self-Help Clearinghouse-** The Clearinghouse works to foster consumer empowerment through our website, up-to-date news and information announcements, a directory of consumer-driven services, electronic and printed publications, training packages, and individual and onsite consultation. We help consumers organize coalitions, establish self-help groups and other consumer-driven services, advocate for mental health reform, and fight the stigma and discrimination associated with mental illnesses.

<http://www.mhselfhelp.org/>

**Recovery Innovations International-** Recovery Innovations provides recovery-based services to adults with co-occurring mental health and substance use challenges. Recovery Innovations of California offers a number of services that create opportunities to empower people and organizations to recover.

<http://www.recoveryinnovations.org/rica/SanDiegoHome.html>

**Mental Health America of San Diego County-** Mental Health America of San Diego County was founded in 1942 as the first mental health advocacy organization in San Diego County. MHA brings together client, families, professionals, providers, community leaders and the public to collaborate, cooperate and ensure available, affordable care to all citizens.

<http://www.mhasd.org/index.asp>

**Family & Youth Roundtable** - The foundation of our work is to build an interconnection between the families and youth receiving services and the public child family-serving agencies that serve our communities, such as: Children's Mental Health, Juvenile Justice, Education, and Child Welfare.

<http://www.fyrt.org/>

**The Trevor Project** - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

<http://www.thetrevorproject.org/>

**Veterans Village of San Diego**- With five locations throughout San Diego County, VVSD is the only program of its kind in the United States and is nationally recognized as the leader in serving homeless military veterans. Each year VVSD provides services to more than 2,000 military veterans throughout the County of San Diego.

<http://www.vvsd.net/index.htm>

**HelpGuide**- This website provides expert, ad-free, user-friendly educational materials and resources to help people improve their emotional well-being; and make more informed health decisions. The Helpguide staff creates and updates these materials after researching unbiased, reliable, professional sources about mental health and emotional topics, childhood and family issues, and healthy living.

<http://helpguide.org/index.htm>

**Families for Depression Awareness**- is a national nonprofit organization helping families recognize and cope with depressive disorders to get people well and prevent suicides.

<http://www.familyaware.org/>

**Jewish Family Service of San Diego**- Since 1918, we have provided comprehensive human care services to people of all ages and faiths. With more than 50 programs and services, we are *One Source for a Lifetime of Help*.

<http://www.jfssd.org/site/PageServer>