



Recent trauma?
Too much stress?
Feeling anxious or depressed?
Have questions about mental health?
We can help!

Family & Peer Support Helpline

619-543-1434

1-800-523-5933

Free, safe, confidential information, referrals,
and support for peers (individuals with lived
mental health experience) and their loved ones.

Affiliated with NAMI National

**We are a grassroots,
non-profit organization
that offers free education,
support services and advocacy
to improve the quality
of lives of all affected
by mental illnesses.**

NAMI San Diego offers:

- Support Groups
- Family Education
- Peer Education
- Monthly Education Meetings
- Speaker Engagements
- Outreach
- And more...



All services are FREE!

www.namisaniego.org

Monday: 10am– 6pm
Tuesday: noon – 8pm
Wednesday: 10am – 6pm
Thursday: 10am – 6pm
Friday: 10am – 6pm

After-hours calls are returned the next business day.

Funded by the County of San Diego

24-Hour Access & Crisis Line: 1-800-479-3339

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