

METH & FAMILIES

QUARTERLY NEWSLETTER

Local Services Spotlight

211 San Diego & Access and Crisis Line

211 San Diego

A free, confidential number to call to access 6,000 services, resources, and programs including:

Basic Needs: Housing Information, Food Assistance, Shelter and Homeless Services, Utility Assistance, Financial Assistance

Health & Wellness: Mental Health Services, Physical Activity & Nutrition, Early Childhood Development

Enrollment Services: CalFresh, Covered CA

Other Services include: Older Adult Resources, LGBTQ Resources, Post Incarceration

Dial 2-1-1 or find more information online at 211sandiego.org



Access & Crisis Line

The Access and Crisis Line (ACL) is there to assist individuals or people they know who are overwhelmed, depressed, or searching for answers. A phone call will connect you with a compassionate counselor who is always standing by to provide hope and encouragement.

This service offers free, confidential support in all languages • Crisis Intervention • Suicide Prevention • Referrals for mental health and/or alcohol and drug needs • Referrals to other related resources

(888) 724-7240 or TDD/TTY Dial 711
Available 7 days a week/24 hrs a day

Overview of the Meth & Families Committee

The Meth Strike Force recognizes the need for trauma-informed intervention that includes the whole family. Many people develop substance use disorders after living through trauma and adverse childhood experiences (ACEs). Some risk factors include having a parent with a substance use disorder, losing a parent, having an incarcerated parent, experiencing physical or sexual abuse and many others. When a child can be part of a parent's recovery, the child can develop a sense of resilience and strength in their family.

In San Diego County, we see the intergenerational nature of meth addiction and strive to support families recovering together.



Other Local Resources

<https://www.no2meth.org/> or 1-877-NO-2-METH

San Diego County Behavioral Health Services
(619) 563-2700

National Resources

SMART Recovery: <https://www.smartrecovery.org/>

Alcoholics Anonymous:
https://www.aa.org/pages/en_US

Narcotics Anonymous: <https://www.na.org/>

Al-Anon: <https://al-anon.org/>

Suicide Prevention Lifeline: 1-800-273-8255

SAMHSA's National Helpline: 1-800-662-4357