

Emotional Support Help Line



Optum's Emotional Support Help Line is available to provide resources and connect with anyone who may be experiencing anxiety or stress following the recent developments around COVID-19. The Emotional Support Help Line is:

- ✓ Free of charge
- ✓ Available to anyone
- ✓ Open 24 hours a day, seven days a week

Please share the information below with patients, colleagues, or anyone who may be in need of additional support during this time.



If you are experiencing anxiety or stress related to COVID-19, there's help.

Call the Optum Emotional Support Help Line.

Available toll-free at [1-866-342-6892](tel:1-866-342-6892),
24 hours a day, seven days a week.

The Optum San Diego **Access and Crisis Line** is also available to provide:

- Crisis Intervention
- Suicide Prevention
- Referrals for mental health and/or alcohol and drug needs
- Referrals to other related resources

Free assistance 7 days a week / 24 hours a day

888-724-7240

619-641-6992 TTY