

# Resources

## Healthcare

- Scripps Health Resources: [www.scripps.org](http://www.scripps.org) , 1-800-SCRIPPS (1-800-727-4777) – free physician referral help line
- Health Center Partners of Southern California: [www.hcpsocal.org](http://www.hcpsocal.org); referral to community health centers for low-income and uninsured

## Medications - Patient Assistance Programs

- Johnson & Johnson Patient Assistance: [www.jjpaf.org](http://www.jjpaf.org) , 1-800-652-6227
- Lilly Diabetes Supplies: [www.insulinaffordability.com](http://www.insulinaffordability.com)
- Merck: [www.merckaccessprogram.com/hcc/](http://www.merckaccessprogram.com/hcc/)
- Novo Nordisk: [www.novocare.com](http://www.novocare.com)

## Emotional Support

- Behavioral Diabetes Institute: [www.behavioraldiabetes.org](http://www.behavioraldiabetes.org) , 858-336-8693
- San Diego County Mental Health Services:  
[www.sandiegocounty.gov/hhsa/programs/bhs/](http://www.sandiegocounty.gov/hhsa/programs/bhs/)
- San Diego Access and Crisis Line: 888-724-7240

## Community Resources

- <https://211sandiego.org> – hotline and database for community and disaster resources
- Meal on Wheels: [meals-on-wheels.org](http://meals-on-wheels.org) – for seniors in need
- Lions Optometric Vision Clinic: <https://www.sdcos.org/community-outreach/lions-optometric-vision-clinic> – vision care for low-income
- California Smokers' Helpline: [californiasmokershelpline.org](http://californiasmokershelpline.org) , English: 1-800-NO BUTTS (1-800-662-8887), Spanish: 1-800-45-NO FUME (1-800-456-6386)
- Benefits Check Up: [benefitscheckup.org](http://benefitscheckup.org) – resources on government benefits for seniors

## Diabetes Education and Advocacy

- American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)
- Diabetes Forecast: [www.diabetesforecast.org](http://www.diabetesforecast.org)
- JDRF: [www.jdrf.org](http://www.jdrf.org)
- National Diabetes Education Program: [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)
- National Informational Clearinghouse: [www.ndep.nih.gov](http://www.ndep.nih.gov) , 1-800-860-8747
- Taking Control of Your Diabetes: [www.tcoyd.com](http://www.tcoyd.com) , 1-800-998-2693

## Website Forums

- A Sweet Life: [www.asweetlife.org](http://www.asweetlife.org)
- diaTribe: [www.diatribes.org](http://www.diatribes.org)
- EsTuDiabetes (Spanish): [www.estudiabetes.org](http://www.estudiabetes.org)