Community Service Referrals and Crisis Intervention

Access and Crisis Line  1-800-479-3339  24hours a day/7days a week
Crisis counseling and counseling referrals

Info Line (211)  858-300-1211
Referrals for social services (counseling, housing assistance, child care, alcoholism, support groups, volunteering, substance abuse, employment services, domestic abuse, etc.)

EPU (Emergency)  619-692-8222  3853 Rosecrans Street, San Diego, CA  92110
EPU (under 18)  619-421-6900  730 Medical Center Court Chula Vista, CA 91911

UCSD Emergency Room  619-543-6400  200 West Arbor Dr., San Diego, CA 92103

Central
Catholic Charities  619-231-2828  349 Cedar St., San Diego, CA 92101 (Downtown)
Psychological counseling, food bank, social services. Bi-lingual services available.
Sliding fee scale based on income reported.

Alpha Behavioral Health  619-285-9999  4069 30th Street, San Diego, CA 92104 (North Park)
Psychological counseling, anger management, D.V., living with chronic illness.
Medi-Cal, Medicare, California American Indian Recovery (CAIR) and other insurance plans, social service counseling is also offered on a sliding fee scale; over 90% of self-pay clients pay on the lowest end of the scale ($18 or less), and no client is turned away due to inability to pay.

Mid-City Community Clinic  619-563-0250  4290 Polk Ave., San Diego, CA 92105 (City Heights)
Psychological and psychiatric services in English, Spanish, Vietnamese, Hmong, Laotian, Italian, French, German and Portuguese. Our clinical staff consists of an adult psychiatrist, licensed clinical psychologists, licensed clinical social workers and translators.
Accepts most health insurance plans including Medi-Cal. Unable to accept county medical services (CMS). Offer sliding fee scale based on income and family size. Some may have eligibility for free services.

North
Linda Vista Health Care Ctr.  858-279-0925  6973 Linda Vista Rd., San Diego, CA 92111
Psychological and psychiatric services in English, Spanish, Vietnamese, Hmong, Laotian, Italian, French, German and Portuguese. Our clinical staff consists of an adult psychiatrist, licensed clinical psychologists, licensed clinical social workers and translators.
Accepts most health insurance plans including Medi-Cal. Unable to accept county medical services (CMS). Offer sliding fee scale based on income and family size. Some may have eligibility for free services.

Jewish Family Services  1-877-537-1818  8804 Balboa Ave., San Diego, CA 92123
Douglas Young Clinic 858-695-2211 10717 Camino Ruiz, Ste 117, San Diego, CA 92126
Crisis counseling, general counseling, medication management, service coordination, life skills
development, integrated services for mental health and substance use problems, enhanced services for
transitional age youth (18 – 24).
Medi-Cal. For individuals with no insurance, fees are based on a sliding scale determined by one’s income. No one is denied services
based on inability to pay.

Harmonium 858-566-5740 10717 Camino Ruiz, Ste 104, San Diego, CA 92126
Individual, Group and Family Counseling, Psychological Testing and Assessment, High-Risk Juvenile
Diversion, Drug and Alcohol Treatment, Anger Management, Parent Education & Support Services,
Parenting Classes, Family Visitation, Life Skills, Youth Leadership & Education, Trauma Treatment.
Sliding fee scale. Some insurance accepted.

South
Nueva Vista Family Svcs. (619) 585-7686 1161 Bay Blvd., Suite B, Chula Vista, CA 91911
Individual, group, and family counseling, psychiatric evaluations, medication monitoring. Bi-lingual
services available.
Medi-Cal. For individuals with no insurance, fees are based on a sliding scale determined by one’s income. Serves National City,
Chula Vista, Eastlake, Bonita, and Paradise Hills communities.

South Bay Guidance 619-427-4661 835 3rd Avenue, Suite C, Chula Vista, CA 91911
Crisis counseling, general counseling, medication management, service coordination, life skills
development, integrated services for mental health and substance use problems, enhanced services for
transitional age youth (18 – 24). Bi-lingual services available.
Medi-Cal. For individuals with no insurance, fees are based on a sliding scale determined by one’s income. No one is denied services
based on inability to pay.

Maria Sardiñas Center 619-428-1000 3025 Beyer Blvd., Ste. E-102, San Diego, CA 92154
Crisis counseling, general counseling, medication management, service coordination, life skills
development, integrated services for mental health and substance use problems, enhanced services for
transitional age youth (18 – 24). Bi-lingual services available.
Medi-Cal. For individuals with no insurance, fees are based on a sliding scale determined by one’s income. No one is denied services
based on inability to pay.

Motiva Associates 619-691-1880 815 3rd Avenue, Suite 319 Chula Vista, CA 91911
Individual, couples, family and group modalities. Victims of crime may receive free counseling.
Medi-Cal, TERM referrals, sliding scale fee-per-service.

East
Professional Community Svcs. Center 619-449-8703 8788 Jamacha Rd., Spring Valley, CA 91977
General individual and family counseling. Group counseling for domestic violence, anger
management/violent offender treatment, parenting/child abuse. Many groups offered at downtown
location.
Low fee.

Heartland Center 619-440-5133 1060 Estes Street, El Cajon, CA 92020
Serious mental illness, co-occurring mental health and substance disorders. Enhanced services for youth (18 – 24).
Medi-Cal. For individuals with no insurance, fees are based on a sliding scale determined by one’s income. No one is denied services
based on inability to pay.

Rev. 07/08
Community Clinics with countywide locations
Family Health Centers 619-515-2300

Adult counseling and mental health clinic locations: Beach Area, City Heights, Grossmont, Spring Valley, Hillcrest, Logan Heights, North Park
Child counseling and mental health clinic locations: City Heights, Grossmont, Spring Valley, Logan Heights

Individual, Couples & Group Counseling; Adult and Child Psychiatry; Clinic, School and Home Based Services; Court Certified Domestic Violence Treatment Program. Bi-lingual services available.

Family Health Centers of San Diego accepts a broad range of payment and insurance plans. Many of our patients qualify for free or low-cost services based upon their income and family size.

Community Specific Counseling and Services
The Union of Pan Asian Communities(UPAC) 619-232-6454 1031 25th Street, San Diego, CA 92102
Counseling and community services for the Asian/Pacific Islander communities. Enhanced community services for Asian youth aged 18 – 24.
Medi-Cal Sliding fee scale.

The Center, Hillcrest 619-692-2077 (Main Center) 619-497-2920 (Youth Center) 619-260-6380 (Counseling Svcs.) 3909 Centre Street, San Diego, CA 92103
The San Diego Lesbian, Gay, Bisexual, Transgender Community Center, offers wide range of services including counseling, substance abuse counseling, relationship counseling. Enhanced community services for LGBTQ+ youth aged 18 – 24. Bi-lingual counseling services targeted at the LGBT community offered.

V.A. Hospital (La Jolla) 858-552-8585 La Jolla and Mission Valley locations depending on services
Physical and mental health services for Armed Forces Veterans.

Veterans Village of San Diego 619-497-0142 4141 Pacific Hwy, San Diego, CA 92110
Assistance to any needy and homeless veterans of all wars and eras and their families by providing housing, food, clothing, substance abuse recovery and mental health counseling, job training and job search assistance.

County and Contracted Mental Health Centers/Medication Management
These facilities provide: Mental Health Evaluations, medication management, short- term case management, crisis intervention, service coordination and linkage, integrated services for mental health & substance use problems, limited short-term counseling.

By zip code (where client lives):
Central Region 619-692-8750 1250 Morena Blvd., San Diego, CA 92110
Jane Westin Center 619-235-2600 1568 Sixth Ave., San Diego, CA 92101
9 – 11am M – W, F walk-ins
Areta Crowell 619-233-3432 xt. 306 1963 Fourth Avenue, San Diego, CA 92101
Southeast 619-595-4400 3177 Oceanview Blvd., San Diego, CA 92113
East County 619-401-5500 1000 Broadway #210El Cajon, CA 92021
North Coastal 760-967-4475 1701 Mission Ave., Oceanside, CA 92054
North Inland 760-747-3424 125 West Mission Ave., Ste 103, Escondido, CA

Gifford Clinic (UCSD, Hillcrest) 619-497-6649 140 Arbor Dr., San Diego, Ca 92103
Inpatient and outpatient adult and youth services; also co-occurring disorders. Also has special programs: Eating Disorders Program, Neuropsychology Assessment, Obsessive Compulsive Disorders, Borderline Personality Disorder Service

Rev. 07/08
**Prescription Assistance (Low-Cost prescriptions)**

Partnership for Prescription Assistance  
1-888-477-2669  
https://www.pparx.org/Intro.php

Wal-Mart $4 Prescription Program  
http://i.walmart.com/i/if/hmp/fusion/four_dollar_drug_list.pdf

**Additional Support Services**

NAMI, San Diego  
1-800-523-5933

Provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses. NAMI including schizophrenia, bipolar disorder, major depression, anxiety/panic disorders, OCD, and BPD.

Alcoholics Anonymous  
619-265-8762

Crystal Meth Anonymous  
http://www.sandiegocma.org

Recovery Innovations (MH Recovery Peer Support Groups)  
619-542-1660

Legal Help  
http://www.LawHelpCalifornia.org

**Special Needs**

SDSU Speech and Language Services  
Voice: 619-594-7747  
TTY: 619-594-1472

6330 Alvarado Court, Suite 100, San Diego, CA 92120

Special services in the following areas: early intervention, autism, neurogenic communication disorders, adult language groups, accent communication training, voice disorders, fluency disorders, augmentative communication, swallowing disorders, auditory (re)habilitation. Bi-lingual services. Additional referrals. Sliding fee scale.

San Diego Deaf Mental Health Services  
Voice 858-410-1067  
VP 619-733 7346

707 Broadway, Second Floor, San Diego, CA 92101

Comprehensive, culturally affirmative mental health services and social work to all deaf and hard of hearing individuals and their family members.

Insurance or free.

The Regional Center  
858-576-2996  
4355 Ruffin Road, Suite 200, San Diego, CA 92123

Social services for people with severe developmental disabilities (including autism) and their families.

Free services for qualifying individuals and their families.

Seeds Educational Services  
619-299-3161  
2707 Congress Street 1-R, San Diego, California 92110

Personal safety curriculum for people with severe cognitive disabilities. Educational curriculum teaches relationship understanding, boundaries, and assertiveness skills. Personal counseling for sexual assault victims with cognitive disabilities.

Seeds is vended with the San Diego Regional Center. Also accept private pay, have a sliding scale, and accept fee for services.

Access to Independence  
619-293-3500 or 293-7757 TTY/TDD  
1295 University Ave, #10, SD, CA 92103

Info and referrals for people with disabilities, Independent Living Skills, Housing options, peer counseling, personal assistance, client assistance program, assistive technology. No charge.

**Homeless**

Downtown IMPACT  
619- 398-2181 (for clt. intake and to obtain services)

Serves individuals who are homeless and have a serious mental illness by utilizing a bio-psycho-social model of rehabilitation and recovery. No one turned away based on inability to pay.