Low-Cost Individual Counseling

YWCA 619-239-0355 x 252 1012 C Street, SD CA, 92101
Individual, couples and family counseling. Sliding fee scale based on income reported (starts at 20$). Free group therapy for DV victims. Call for appointment, may have waitlist.

Catholic Charities 619-231-2828 349 Cedar St., SD, CA 92101
Psychological counseling (I-t), food bank, social services. Bi-lingual services available. Sliding fee scale based on income reported (starts at 15$). Eligibility restrictions (no court ordered or ongoing DV). Usually 2 week waitlist.

Intrapsychic 619-234-7970 3636 Camino Del Rio North, Ste 230 SD, CA 92108
General individual and family counseling. Group counseling for domestic violence (including Levels I and II), anger management/violent offender treatment, parenting/child abuse. All groups are offered at location above. Sessions cost between 45-60 per session.

Jewish Family Services 1-877-537-1818 8804 Balboa Ave., SD, CA 92123
Individual, couples, and family counseling (s-t/l-t). Group counseling. Psychological testing. Support groups throughout SD County: Separation and divorce, stress reduction, survivors of family violence. Most insurance accepted. Sliding fee scale (starting at $35) if not insured.

SDSU Center for Community Counseling 619-594-4918 4283 El Cajon Blvd #215, SD, CA 92115
Individual, couples, and family counseling by SDSU graduate students. Sliding fee scale income-based starting at $10/session.

The LGBT Center 619-692-2077 x208 3930 Centre St, SD, CA 92103
Free individual, couple, family and group counseling, the Relationship Violence Treatment and Intervention Program, and information, referral and crisis counseling. For LGBT community members.

Operation Samahan 619-474-2284 2743 Highland Ave, SD, CA 91950
Individual Counseling and Low-Cost Medical Clinic with Primary Care Provider (can prescribe medication for depression and anxiety in certain cases) and OBGYN ($45 intake, $35/session).

First Avenue 619-685-0041 2333 1st Avenue, Ste 204, SD CA, 92101
Individual, couple and family counseling. Sliding fee scale based on income reported. Anger Management and Domestic Violence groups for both men and women. Groups are $10 to enroll and $25 each session.

Logan Heights Counseling Center 619-515-2355 2204 National Avenue, San Diego CA 92113
Individual, Couples & Group Counseling, Adult and Child Psychiatry.

$50 intake + $40/session. Medi-Cal and Medicare.

La Maestra Counseling Center 619-564-8765 4060 Fairmount Avenue, San Diego CA 92105
Individual therapy for children & adults. Only for those with Medi-Cal or LIP. $90 intake + $60 per session.
TAY Programs

San Diego Youth Services
619-221-8610 x254
3255 Wing Street, SD CA, 92110
http://www.sdyouthservices.org/takewing
Take Wing is a transitional living community specifically designed to break the cycle of homelessness for youth between the ages of 16 and 24 (youth under the age of 18 must be legally emancipated).

North County TAY Program
760-758-1092
550 W. Vista Way Ste 407, Vista CA, 92083
The TAY program is a case management wraparound program designed to provide mental health and rehabilitation services specifically for young adults ages 18-24, diagnosed with serious mental illness.

Alpha Behavioral Referral Service
619-285-9999
referrals to low-cost MHS
Formerly Alpha Behavioral Health Services. No longer provides therapy/counseling – just referrals and education.