Campus and Community Support Services and Resource Guide

Taking Care of You

AT SAN DIEGO CITY COLLEGE
The Student Health Clinic is to help students benefit fully from the college experience by supporting personal, social, and emotional well-being. We aim to support students as they balance the demands of their academic and personal lives.

Our services are paid for through the student health fee and are therefore free for any enrolled student to use. Services provided are confidential to include short-term individual, couples and group counseling, crisis intervention, and outreach/prevention. We also provide consultation and referral services to students, staff, and faculty.

**Student Health Clinic Contact Us:** A-180 | 619.388.3450 | sdc.edu/StudentHealthClinic

The Student Health Clinic supports the success of students by attending to the physical and psychological well-being of all San Diego Community College District students. Services include basic first aid, nurse (RN) visits, limited over the counter medications, doctor or nurse practitioner appointments, weight/blood pressure/vision screenings, lab tests, physical exams, X-ray orders, limited immunizations and flu shots, preventive care, mental health counseling, and mental health services. There is usually no charge to see a registered nurse, nurse practitioner, or physician. However, your health fee does not cover prescription medications, lab-work, X-rays, or immunizations.

**San Diego City College Mental Health Counseling Center**

A-180 | 619.388.3055 | sdc.edu/MentalHealthCounseling

The goal at the San Diego City College Mental Health Counseling Center is to help students benefit fully from the college experience by supporting personal, social, and emotional well-being. We aim to support students as they balance the demands of their academic and personal lives.

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**2-1-1 San Diego Perinatal Care Network**

| 3851 Rosecrans Ave., San Diego 92110 | 800.675.2229 |

sandiegocounty.gov/content/sdc/hhsa/programs/phs/perinatal_care_network.html

Expedites Medi-Cal applications for pregnant women, and follow-ups to ensure appropriate coverage and accompanying wrap around services. Provides assistance with setting up first appointment and transportation for future appointments.

**Behavioral Health Service**

| 1045 9th Ave., San Diego 92101 | 619.235.2600 |

Community Research Foundations/CalWORKs Behavioral Health Center, Step Forward

| 2772 4th Ave., San Diego 92101 | 619.295.6067 | comresearch.org |

Provides behavioral health services, prevention, mental health education and outreach to CalWORKs recipients. Must be referred by ETA, Medi-care/cal card.

**Family Health Centers of San Diego, Community Healthcare at S.D. City College**

| 1550 Broadway, Ste #2, San Diego 92101 | 619.515.2525 | fhcsd.org |

Offers primary healthcare services and medical appointments to all ages, women’s services and HIV/STD treatment. Services include sick visits, well-child visits, physicals, immunizations, etc. No one will be turned away.

**La Maestra Community Health Center City Heights**

| 4060 Fairmont Ave. Fl. 2, San Diego CA | 619.255.9155 |
lamaestra.org

Provides general outpatient medical care to children and adults. Offers general health screening services and exams and pediatric evaluations. Call for more information.

**The Meeting Place Clubhouse**

| 2553 State St., San Diego 92101 | 619.294.9582 | themeetingplaceinc.org |

Mental health services. Call for details.

**Mountain Health and Community Services, 5th St.**

| 316 25th St., San Diego 92102 | 619.445.6200 | mtnhealth.org |

Provides general outpatient medical care for adults and families regardless of ability to pay, including cold and flu visits, labs, physical referrals. Contact for program details, and required documents.

**Neighborhood House Association Project Enable**

| 286 Euclid Ave., Suite #102, San Diego 92114 | 619.266.2111 |

neighborhoodhouse.org

Provides time-limited outpatient specialty mental health services. Call for details.

**Public Health Services, Health & Human Services County of San Diego, Immunization Clinic**

| 3177 Ocean View Blvd., San Diego 92113 | 619.595.4452 | sdiz.org |

Provides routine childhood and adolescent vaccines to protect against diphtheria, tetanus, etc. No appointment needed. All ages welcome, bring insurance card if applicable. Sliding scale for income and family size if no insurance.

**San Diego American Indian Health Center**

| 2630 1st. Ave., San Diego 92103 | 619.234.2158 | sdaiahc.org |

Offers primary healthcare and mental health services. Insurance accepted and sliding fee for those with no insurance. You are not required to be American Indian.

**San Diego Family Care Mid-City Pediatric Clinic**

| 4305 University Ave., Ste. # 150, San Diego 92105 | 619.280.2058 | sfamilycare.org |

Provides outpatient pediatric medical care. Sliding scale fees based on family size and income. No one is refused services due to inability to pay.

**San Ysidro Health and Medical Services**

| 3177 Ocean View Blvd., San Diego 92113 | 619.662.4100 | syhc.org |

Healthcare services for individuals and families. Proof of income and residency required. Bring Health Insurance Card (if applicable), if no insurance, sliding scale based on family size.

**Scripps Health Mercy Clinic**

| 4020 5th Ave., San Diego 92105 | 619.260.7022 | scripps.org |

Provides routine medical care services for children adults with a focus on those that are low income or who are uninsured. Assists with Medi-Cal applications, and other possible coverage.

**Village Family Health Center, St. Vincent De Paul**

| 1501 Imperial Ave., San Diego 92101 | 619.645.6405 |

my.neighbor.org

Provides integrated physical and behavioral healthcare. Primary care, pediatrics, psychiatry, and dental care. Insurance accepted, sliding fee scale for those with no insurance. No one turned away.
SAN DIEGO CITY COLLEGE

HUNGER ACTION DAY

COMMUNITY FOOD/NUTRITION RESOURCES

FOOD BANKS & HEALTHY MEALS

Call 211 for additional services

Visit Health & Human Services for more resources:
sandiegocounty.gov/hhsa

Additional Resources Include:
Community Health Counseling
Education Assistance
Job Placement
Substance abuse help

San Diego City College makes no guarantees as to the quality or qualifications of the service provider. See the provider for program details.

31st St. 7th Day Adventist Church | 414 31st Street, San Diego 92113 | 619.231.3652 | 31sda.org Food distribution with fresh produce and bread every Wed. from 11:30am-1:00pm. Walk-in for services, all SD County served, must be 18, no documentation required, receive a line ticket during distribution hours.

Catholic Charities of San Diego at the Salvation Army | 825 7th Avenue, San Diego 92101 | 619.231.2828 sandiegofoodbank.org No fees or documents required. Free food from 9:00-11:00am, 3rd Saturday of every month. Walk-in services, first come, first served basis.

First Presbyterian Church of San Diego | 320 San Diego Street, San Diego 92101 | 619.232.7513 | ladefellowship.org No fees, or documents required. Free food from 9:30-11:00am on the 2nd Saturday of every month. Must live in zip codes 92102, 92103.

Foundation Matthew 633 Food for a Neighbor | 1800 N. Broadway, Escondido 92025 | 619.253.9951 foundationmatthew633inc.org Every Mon, Wed, and Fri. from 10:30am until all food is gone. Closed on major holidays. Bring your own bag(s).

It’s All About the Kids | 2926 Market Street, San Diego 92101 | 858.229.3363 | www.itsallaboutthekids.org Food Pantry: sign up every Thursday. To register text “REGISTER” to 833.424.0894. Required docs are a birth certificate with accompanied parent listed, for children over 5, or a report card is acceptable.

Jewish Family Services | Chabad Downtown, 308 G Street San Diego 92101 | 858.637.3210

Jewish Family Services | Joan & Irwin Jacobs Campus 8878 Balboa Avenue | 858.637.3210

Jewish Family Services | Ohr Shalom Synagogue, 2512 3rd Avenue, San Diego 92103 | 858.637.3210 | jfssd.org

La Maestra Community Health Center | 4060 Fairmount Avenue, San Diego 92105 | 619.779.7900 | lamaestra.org Provides a weekly food distribution and pantry to low income patients in the Central Region accessing clinical services. Call for additional information.

Mid-City Christian Fellowship (Mid-City Nazarene) | 4101 University Avenue, San Diego 92105 619.516.1000 midcitynazarene.org Food Bank, appointment system. Appointment system, Tue. 3:00-5:00pm, Thr. 9:00-11:00am, Sat. 9:00-11:00am, 1st Sat. of the month, 9-11:00am.

St. David’s Food Pantry | 5050 Milton Street, San Diego 92110 | 619.276.4567 | saintdavidschurch.com/index.html

St. Mark’s Episcopal Church and Food Cupboard | 4227 Fairmount Avenue, San Diego 92105 | 619.283.6242 stmarks-cityheights.org Open every Wed. and Thur. from 12:00-2:00pm. Serves area of City Heights (92105), no fees, walk-in services, photo I.D. required, and one bag of food per household.

The Salvation Army | 825 7th Avenue, San Diego 92101 | 619.699.2216 | sandiego.salvationarmy.org Free food 9:00-11:45am, M-F, closed Wed. Emergency food must be an unusual situation where expected income did not arrive, or was withheld. Photo ID and proof of income required.

Special Delivery Food Pantry San Diego | 4021 Goldfinch Street, San Diego 92103 | 619.297.7373 specialdeliverysandiego.org Free food Mon-Thurs. from 11:30am-1:30pm, appointments only. If no appointment arrive at 12:45pm with photo I.D. Home delivery available, but you must be referred by your case worker.

Uptown Community Service Center | 3725 30th Street, San Diego 92104 | 619.693.5511 | uptownscs.org No appointment necessary, but pre-registration is required. Provides canned grocery bags, Mon, Tue & Fri at 9:00am. Bring ID, from 9:00am-3:00pm.
COMMUNITY HOUSING RESOURCES

Catholic Charities The Leah Residence | 789 9th Avenue, San Diego 92101 | 619.236.1288 | ccdsd.org/programs-1
Twenty-three affordable housing units dedicated for people who are homeless and have at least one household member with a disability. Must be referred from Coordinated Entry System (CES).

City of San Diego Fair Housing | 1200 3rd Avenue Suite 1400 MS 56D, San Diego 92101 | 619.236.6700

City of San Diego Housing and Community Development Services of San Diego County | 3889 Ruffin Road, San Diego 92123 | 858.694.4801 | sdhcd.org
Provides housing information and an affordable housing resource guide, as well as information on single room occupancy (SRO), and emergency shelter, etc.

Legal Aid | 1764 San Diego Avenue, San Diego 92101 | 844.449.3500

PATH San Diego Rapid Re-Housing | 1250 6th Avenue, San Diego 92101 | 619.810.8668 | pathsandiego.org
Provides mobile advocacy and financial assistance that supports domestic violence survivors in needs relating to safety and housing stability. Assistance with retaining or obtaining housing, or with rental assistance and security deposit.

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Additional Resources:
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