

MENTAL HEALTH AND OTHER RESOURCES

HNRP-CMCR, Updated 8/16/23, For questions contact hnrprecrutment@ucsd.edu

San Diego Access & Crisis Line (24-hour Suicide Intervention Hotline):
988

GENERAL INFORMATION

- **211 San Diego** **211**
 - Source for information and connections to community, health, and disaster resources
 - <https://211sandiego.org/>
- **Early Detection and HIV Testing** **(619) 692-2077**
- **HIV and other STD Prevention**
 - The Center: <https://thecentersd.org/bethegeneration/>
- **HIV/AIDS Housing Information and Referral Services (HOPWA)** **(858) 300-1211**
 - **Description:** Provides housing information and referrals to individuals with HIV/AIDS; client centered housing plan will be created. The plan may also help address other unmet needs and provide referrals to healthcare, nutrition, case management and other community resources. Also assists with signing up for the HOPWA Section 8 wait list.
 - **Eligibility:** Individuals or families who disclose they have a diagnosis of HIV or AIDS, and need assistance with housing (e.g. signing up for the HOPWA Section 8 wait list, homeless prevention, or currently homeless and in need of permanent supportive housing).

SAN DIEGO COUNTY OPERATED OUTPATIENT CLINICS

UCSD Owen Clinic

Medical Offices South 3rd Floor
4168 Front Street, San Diego, 92103

(619) 543-3995

Services:

- Psychiatric Evaluation and treatment
- Neuropsychological assessment
- Short-term individual, family, and/or group therapy
- Drug and alcohol treatment
- Case Management Services

Southeast Mental Health Center

3177 Ocean View Blvd
 San Diego, CA 92113
619.595.4400
 Mon-Fri 8-5pm

North Central Mental Health Center

1250 Morena Blvd, 1st Floor
 San Diego, CA 92110
619.692.8750
 M, T, Fri 8-5pm
 Wed & Th 8-7pm

East County Mental Health Center

1000 Broadway, Ste 210
 El Cajon, CA 92021
619.401.5500
 M-Th 8-6pm
 Fri 8-5pm

Services:

Treatment, rehabilitation, and recovery services for people who are experiencing persistent and severe mental illness or a behavioral health crisis:

- Screening and assessment
- Medication management
- Crisis intervention
- Group and individual short term therapy
- Some programs offer case management and homeless outreach

San Diego Psychiatric Hospital

3853 Rosecrans Street
 San Diego, CA 92110
619-692-8200

Services:

Walk-in emergency mental health services are available for adults and older adults who are experiencing a mental health emergency or crisis at the Emergency Psychiatric Unit

CENTERS AND PRIVATE PRACTICE**First Avenue Counseling Centre**

2333 First Avenue, Suite # 204, San Diego, CA 92101
(619) 685-0041

- Individual & Group Psychotherapy
- Couples & Family Therapy
- LGBT Counseling Services
- Inter-partner Violence Classes
- Anger Management Classes
- English & Spanish
- Sliding Scale Services

**The Center
Behavioral Health Services (BHS)**

3909 Centre Street, San Diego, CA 92103
619-692-2077 x 208

Hours of Operation:
Monday-Thursday -- 9am-9pm
Friday -- 9am-5pm

<http://www.thecentersd.org>

- Individual, Couples/Family, Group Therapy
- LGBT Counseling Services
- HIV Counseling
- Substance Abuse Treatment
- Men's Sexual Health Group
- Relationship Violence and Intervention Program (RVTIP)
- Transgender Counseling

To speak with an on-duty counselor or to sign up for counseling services, you can call 619-692-2077 x208, or email at onduty@thecentersd.org.

UCSD Psychiatric Associates

140 Arbor Drive, San Diego, CA 92103
(619) 543-7946

- Psychological Assessment
- Psychiatric Evaluations
- Crisis Intervention
- Pharmacotherapy
- Individuals & Group Psychotherapy
- Couples & Family Therapy
- Sliding Scale Services

Catholic Charities

349 Cedar Street, San Diego, CA 92101
619 231-2828

- Recovery from loss or trauma
- Life adjustment
- Parenting issues
- Marital conflict

Jewish Family Services

8804 Balboa Ave., San Diego, CA 92123
(877) 537-1818

- Individuals, youth, couples, families, and groups
- Short-term therapy
- Long-term therapy
- Support groups (e.g., Mood Disorder)

Julie Kuck, Ph.D.

4147 Adams Ave., San Diego, CA 92116
(619) 281-1932

- Individual Psychotherapy
- Neuropsychology
- Stress & Anxiety
- Depression

Corinna Young Casey, Ph.D.

2262 Carmel Valley Road, Suite E
Del Mar, CA 92014

(858) 367-0914

- Individual Psychotherapy
- Cognitive Behavioral Therapy (CBT)
- Mindfulness-Based Cognitive Therapy
- Acceptance Commitment Therapy (ACT)
- Chronic Illness (e.g., Cancer, HIV, M.S.)
- Chronic Pain
- Biofeedback
- Stress & Anxiety
- Depression
- Trauma & PTSD
- Inter-partner Violence & Inter-partner Abuse
- Loss & Grief
- Sliding Scale Services

***Dialectical Behavioral Therapy Center
of San Diego***

Milton Z. Brown, Ph.D.

10065 Old Grove Road, Suite # 102
San Diego, CA 92131

(619) 870-1432

- Individual Psychotherapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Biofeedback
- Borderline Personality Disorder
- Bipolar Disorder
- Stress & Anxiety
- Depression
- Addiction
- Suicidal Ideation & Self-Harm Behaviors
- Anger Management
- Sexual Abuse & Trauma
- Emotion Regulation

SUBSTANCE USE TREATMENT

http://www.sdcounty.ca.gov/hhsa/programs/bhs/alcohol_drug_services

Non-Residential

- Catholic Charities, Inc.
Rachel's Women's Center
(Recovery Drop-in)
759 Eighth Avenue
San Diego, CA 92101
(619) 696-0873
- MHS-Central East Regional Recovery Center
6244 El Cajon Blvd, Suite 15,16,17,18
San Diego, CA 92115
(619) 287-8225
- MHS-Mid-Coast Regional Recovery Center
3340 Kemper Street, Suite 105
San Diego, CA 92110
(619) 523-8121
- Union of Pan Asian Communities (UPAC)
3288 El Cajon Boulevard, Suite 13
San Diego, CA 92104
(619) 521-5720

Residential

- CRASH - Bill Dawson Center
726 F St., 2nd Floor
San Diego, CA 92101
(619) 239-9691
- CRASH - Short Term I (Men)
4161 Marlborough Avenue
San Diego, CA 92105
(619) 282-7274
- CRASH - Short Term II (Women/Children)
2410 "E" Street
San Diego, CA 92102
(619) 234-3346
- Crossroads (Women)
3594 Fourth Avenue
San Diego, CA 92103
(619) 296-1151
- Heartland House (Men)
5855 Streamview Drive
San Diego, CA 92105
(619) 287-5460
- House of Metamorphosis (Men/Women)
2970 Market Street
Intake (619) 236-9217
San Diego, CA 92102
(619) 236-9492

Residential continued

- MAAC Project - Casa de Milagros (Latina Women) 1127 South 38th Street
San Diego, CA 92113
(619) 262-4002
- Pathfinders (Men) 2980 Cedar Street
San Diego, CA 92102
(619) 239-7370
- Stepping Stone Residential (Gay/Lesbian emphasis) 3767 Central Avenue
San Diego, CA 92105
(619) 584-4010
- Tradition One (Men/Women) 4104 Delta Street
San Diego, CA 92113
(619) 264-0141
- Turning Point (Women) 1315 25th Street
San Diego, CA 92102
(619) 233-0067
- Veteran's Village of San Diego (Men/Women) 4141 Pacific Highway
San Diego, CA 92110
(619) 497-0142
- Way Back, The (Men) 2516 "A" Street
San Diego, CA 92102
(619) 235-0592

Detox

- McAlister Institute 2049 Skyline Dr,
Lemon Grove CA 91945
(619) 465-7303
- APEX Recovery Rehab 2810 Camino del Rio S #106
San Diego, CA 92108
(877) 881-2689

COUNTY OF SAN DIEGO

ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES

CENTRAL REGION AOABH URGENT WALK-IN SERVICES

<p>CRF JANE WESTIN WALK-IN CENTER</p> <p>Operating Hours: Mon-Fri 8:00am-8:00pm</p> <p><u>Urgent Walk-in Services:</u> Mon-Fri: 8:00am-06:00pm</p> <p><u>1045 9th Avenue</u> <u>San Diego, CA 92101</u> (619) 235-2600</p> <p>92101 92104 92102 92132</p>	<p>NHA PROJECT ENABLE</p> <p>Mon-Fri 10:00am-2:00pm</p> <p><u>286 Euclid Avenue, Suite 102</u> <u>San Diego, CA 92114</u></p> <p>(619) 266-2111</p> <p>92112 92114 92139</p>
<p>SOUTHEAST MENTAL HEALTH CENTER</p> <p>Mon, Tues, Thurs, Fri 8:30am-12:00pm 1:00pm-3:30pm Wed 8:30am-11:30am</p> <p><u>3177 Ocean View Blvd.</u> <u>San Diego, CA 92113</u></p> <p>(619) 595-4400</p> <p>92113</p>	<p>ALIANZA WELLNESS CENTER</p> <p>Mon-Fri 8:30am-5:00pm</p> <p><u>5555 Reservoir Dr, Suite 204A</u> <u>San Diego, CA 92120</u></p> <p>(619) 822-1800</p> <p>92101 92105 92116 92102 92113 92120 92103 92114 92136 92104 92115 92139</p>

If you need further assistance , please call the
Access and Crisis Line: 1-888-724-7240

COUNTY OF SAN DIEGO

ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES

EAST REGION AOABH URGENT WALK-IN SERVICES

EAST COUNTY MENTAL HEALTH CENTER

Mon, Tues, Thurs & Fri
9:00am—Noon
Mon-Fri | 1:00pm-4:00pm

1000 Broadway, Suite 210
El Cajon, CA 92021

(619) 401-5500

91901	91942	92040
91935	91980	91931
91977	91916	91962
91905	91945	92071
91941	92021	91934
91978	91917	91963
91906	91948	

CRF HEARTLAND WELLNESS RECOVERY CENTER

Mon | 9:00am-11:00am
Tues & Thurs | 9:00am-4:00pm
Wed & Fri | 9:00am-Noon

460 N. Magnolia Avenue,
Suite 110
El Cajon, CA 92020

(619) 440-5133

92019
92020
92022

If you need further assistance , please call the
Access and Crisis Line: 1-888-724-7240

COUNTY OF SAN DIEGO

ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES

NORTH INLAND REGION AOABH URGENT WALK-IN SERVICES

**EXODUS RECOVERY, INC.
NORTH COUNTY WALK-IN ASSESSMENT CENTER**

Mon-Fri | 8:00am-4:00pm

1520 S. Escondido Blvd.

Escondido, CA 92025

(760) 871-2020

All North Inland Zip Codes

**MHS, Inc. North Inland
Mental Health Clinic**

Mon-Fri | 8:30am-4:00pm

125 W. Mission Avenue

Suite 103

Escondido, CA 92025

(760) 747-3424

92061	92026	92060
92029	92066	92070
92064	92069	92390
92025	92027	

**MHS, Inc.
Kinesis North WRC**

Mon-Fri | 8:30am-4:00pm

474 W. Vermont Ave.,

Suite 101

Escondido, CA 92025

(760) 480-2255

92003	92129	92096
92065	92028	92536
92128	92086	92059
92004	92259	92127
92082	92036	92592

**If you need further assistance , please call the
Access and Crisis Line: 1-888-724-7240**

COUNTY OF SAN DIEGO

ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES

NORTH COASTAL REGION AOABH URGENT WALK-IN SERVICES

EXODUS RECOVERY, INC.

NORTH COUNTY WALK-IN ASSESSMENT CENTER

Mon-Fri | 9:00am-4:30pm

524 W. Vista Way

Vista, CA 92083

(760) 758-1150

All North Coastal Zip Codes

MHS, Inc.

Vista Wellness Recovery Center

Mon-Fri | 8:30am-4:00pm

550 W. Vista Way, Suite 407

Vista, CA 92083

(760) 758-1092

92068 92078
92083 92091
92069 92081
92084 92672

MHS, Inc. North Coastal Mental Health Center

Mon-Fri | 9:00am-4:00pm

1701 Mission Ave., Suite 210

Oceanside, CA 92058

(760) 712-3535

92007 92009 92011
92014 92023 92054
92056 92058 92075
92008 92010 92013
92018 92024 92055
92057 92067 92091

If you need further assistance , please call the
Access and Crisis Line: 1-888-724-7240

COUNTY OF SAN DIEGO

ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES

NORTH CENTRAL REGION AOABH URGENT WALK-IN SERVICES

NORTH CENTRAL MENTAL HEALTH CENTER

Mon-Fri | 8:30am—3:30pm

1250 Moreno Blvd, 1st Flr
San Diego, CA 92110

(619) 692-8750

92037 92119
92110 92108
92038 92120
92111 92109
92093 92121
92116
92106
92117
92107

CRF DOUGLAS YOUNG BPSR CENTER

Mon-Wed, Fri | 9:00am-11:00am
Thurs | Noon-2:00pm

10717 Camino Ruiz, Suite 207
San Diego, CA 92126

(858) 695-2211

92122
92131
92123
92140
92124
92145
92126
92161
92130

If you need further assistance , please call the
Access and Crisis Line: 1-888-724-7240

COUNTY OF SAN DIEGO

ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES

SOUTH REGION AOABH URGENT WALK-IN SERVICES

**CRF SOUTH BAY GUIDANCE
WELLNESS RECOVERY CENTER**

Mon, Wed, & Fri | 9:00am—1:00pm

[1196 3rd Avenue](#)
[Chula Vista, CA 91911](#)

(619) 427-4661

91902	91911
91915	92118
91908	91912
91921	92135
91909	91913
91950	92155
91910	91914
91951	92178

**CRF MARIA SARDIÑAS
WELLNESS RECOVERY CENTER**

Tues & Thurs | 9:00am—3:00pm

[1465 30th Street, Suite K](#)
[San Diego, CA 92154](#)

(619) 428-1000

91932
91933
92143
92153
92154
92173

**If you need further assistance , please call the
Access and Crisis Line: 1-888-724-7240**