Helpful Community Resources: Central

Emergency Support Phone Numbers and General Resources

*All Emergencies: Please contact 911*

- **Access and Crisis Line**: 1(888)724-7240 Available 7 days a week/24 hours a day
- **Trevor Project Suicide Hotline for LGBTIQ+ Youth**: (866)488-7386 Suicide prevention hotline specific for LGBT Available 7 days a week/24 hours a day
  - Trevor text line: Text “TREVOR” to 1(202)304-1200 Monday- Friday 12pm-7pm
- **Crisis Text Line**: 741-741 Available 7 days a week/24 hours a day
- **Live Chat**: [www.up2SD.org](http://www.up2SD.org) Available Monday through Friday from 4:00pm-10:00pm
- **Child Abuse Reporting Hotline**: (800)344-6000 Available 7 days a week/24 hours a day
- **San Diego Domestic Violence Hotline**: 1(888)DVLINKS/385-4657 Available 7 days a week/24 hours a day
  - Available to youth 12-17 years old
- **National Human Trafficking Resource Hotline**: 1(888)373-7888 Available 7 days a week/24 hours a day
- **Emergency Screening Unit**: (619)421-6900 4309 Third Ave., San Diego, 92103
  - Provides emergency psychiatric evaluations, crisis intervention, brief outpatient counseling, case management and urgent medication management to individuals with Medi-Cal under age 18.
- **PERT-Psychiatric Emergency Response Team**: If you know someone experiencing a mental health emergency, please call 911 or your local law enforcement agency to access PERT services.
  - PERT provides support to law enforcement and the community for calls involving persons having a mental health crisis.
- **Rady Children's Behavioral Health Urgent Care**: (858)966-5485 4305 University Ave., Suite 150 San Diego, CA 92105 Walk-in Clinic open Monday through Friday 4:00pm-8:00pm or call to schedule appointment
  - Serves youth ages 5-17 years and their families struggling with urgent emotional and/or behavioral concerns. Provides risk assessment and crisis intervention, hospital transportation, case management, urgent medication management, and referrals for community resources. Accepts those with Medi-Cal, private insurance, and uninsured/undocumented individual.
- **Aurora Behavioral Health Care- Youth Services Program**: (888)487-3200 or (888) 565-4228 24-hour Crisis Line 11878 Avenue of Industry., San Diego, CA 92128
  - 24 hours, 7 days a week Intake for Substance Abuse Program.
  - 24 hours, 7-days a week Intake for Psychiatric Program.
  - Inpatient, partial, and intensive outpatient psychiatric services both for mental health and substance use. Structured environment, skills development, educational and vocational development, and after care support. Medi-Cal, Tri-care, and other insurance.
- **Dial 2-1-1**: 211 provides resources for crisis, food, housing, legal, emergency, health, veterans, jobs, re-entry, and human trafficking. Re-entry is assistance to those leaving a alcohol and drug treatment, mental health facility, and incarceration.

Mental Health Support Services

- **San Diego Youth Services**: (619) 221-8600 3255 Wing Street, San Diego, CA 92110
  - Provides a broad continuum of outpatient mental health services to address child abuse, mental illness, substance abuse, juvenile delinquency, homelessness and school failure.
- **Counseling Cove-San Diego Youth Services**: (619) 525-9903 3427 4th Ave. (2nd Floor), San Diego, CA 92103
  - Provides mental health services for youth experiencing homelessness or running away, including individual, group and family counseling, case management, crisis intervention, rehabilitative services, psychiatric evaluation, and medication management.
- **Our Safe Place Clinic-San Diego Youth Services**: (619) 525-9903 3427 4th Ave. (2nd Floor), San Diego, CA 92103
  - Outpatient, community-based mental health services for youth ages of 12-21 years that identify as LGBTQ+ and their families. Provides individual and family therapy, case management and psychiatry. Serves all those living within San Diego County. Open Monday through Friday from 9:00am to 6:00pm.
- **Our Safe Place Drop-In Center-San Diego Youth Services**: (619) 525-9903 2220 Broadway, San Diego, CA 92102

San Diego Youth Services – HERE Now School Based Suicide Prevention and Early Intervention (PEI) Program

Funded by County of San Diego, County of San Diego Behavioral Health Services
- Drop-In Center is open 24 hours a day 7 days a week and offers services to youth that identity as LGBTQ+ between the ages of 12-21 years. Provides therapeutic and psychoeducation groups for youth and their families as well as rehab and support services and clinical case management.

- **STARS Program-San Diego Youth Services**: 619-521-2250
  - Provides services for youth ages 12-24 years involved with commercial sexual exploitation and domestic trafficking. Offers support to empower the youth to escape sexual exploitation by developing inner strengths, building a sense of community and supporting their reintegration into mainstream society.

- **ICARE-San Diego Youth Services**: 1(202)304-1200
  - Provides support to youth up to age 21 who are at risk for or have experienced sex trafficking or other commercial sexual exploitation. The program provides a mental health clinic and drop-in center.

  **Clinic Hours** Monday-Friday, 9am – 6pm. **Drop-in Center Hours** 7 Days a Week, 12pm – 8pm

- **Union of Pan Asian Communities (UPAC): (619)232-6454** 1031 25th Street, San Diego, CA 92102
  - Provides community and school-based mental health and recovery services to under-served Asian, Pacific Islander, Latino, Middle Eastern, East African, African American and other ethnic populations.

- **Union of Pan Asian Communities (UPAC) Multicultural Community Counseling**: (619) 578-2211 5348 University Avenue, Suite 108, San Diego, CA 92105. Provides a holistic approach to service delivery. Services include: individual, family, group counseling, Medical evaluation and management, and Case management. Services are focused on the Asian, Pacific Islander, and Latino population, ages 5-20. Medi-Cal insurance accepted. Sliding scale is provided to those with no insurance.

- **Union of Pan Asian Communities (UPAC) Clubhouse**: (858)268-4933 8745 Aero Dr #330, San Diego, CA 92123 Member driven clubhouse and assist them achieve goals in employment, education, housing, mental health, medical, and other services.

- **YMCA-TIDES**: (619)543-9850 4080 Centre Street, Suite 104, San Diego, CA 92103
  - Therapeutic Interventions Designed to Empower Students (TIDES) offer services to students, ages 5-21 years, who are struggling with emotional or behavior problems at school, home, or in the community.

- **Douglas Young Youth & Family Services**: (858)300-8282 7907 Ostrow Street, Suite F, San Diego, CA 92111
  - Provide services, including individual, family, and group therapy, medication support, case management, substance use/abuse treatment to individuals, up 21 years old, in school, clinic, and community setting.

- **Mobile Adolescent Service Team (MAST)**: (619)398-3261 1202 Morena Blvd., Suite 300, San Diego, CA 92110
  - Provide services, including individual, family, and group therapy, medication support, case management, substance use/abuse treatment to individuals, up 21 years old, in school, clinic, and community setting.

- **Mental Health Systems-School Based**: (858)278-3292 4660 Viewridge Ave., San Diego, CA 92123
  - Provide mental health services to youth, 5-18 years, in school, home, and community. Includes individual and family therapy, medication monitoring, case management, and referrals to community resources.

- **Pathways Community Services**: (619)640-3266 6244 El Cajon Blvd., Suite 14, San Diego, CA 92115
  - Provide school and clinic based outpatient mental health services, including individual and family therapy, group skill-building, psychiatric services, and medication management. Accepts Medi-Cal only.

- **Rady Children’s Outpatient Psychiatry**: (858)966-5832 3665 Kearny Villa Rd., Suite 101, San Diego, CA 92123
  - Offers wide range of school and clinic based mental health services, including psychiatric services, medication management, individual, group, and family therapy, and full service partnership.

- **Social Advocates for Youth (SAY)**: (619)283-9624 4275 El Cajon Blvd., Suite 101, San Diego, CA 92105
  - Provide services, home, and community based outpatient diagnosis and brief mental health treatment services, including individual and group therapy, case management, and rehabilitative services.

- **San Diego Kickstart**: (619)481-3790 6160 Mission Gorge Rd., #100, San Diego, CA 92120
  - Provide services to individuals, ages 10-25 years, developing or experiencing psychosis related to a serious mental illness and their families. Include assessment, individual and family therapy, multi-family groups, psychoeducation, medication support, occupational therapy, and education/employment support.

- **Prevention and Early Intervention (PEI) Service**: (619)362-4330 4487 Oregon St #CC5-CC2 San Diego, CA 92116
  - Early Intervention services using a family focused approach and evidence based for support not only for children, but also parents.
Affordable Healthcare Resources

- **Family Health Center (City Heights):** (619)515-2400 5454 El Cajon Blvd., San Diego, CA 92115
  - Comprehensive medical, dental, and vision services provided to all ages. Accepts Medi-Cal, Medicare, private insurance; uninsured patients receive services at a discounted cost; many locations in San Diego.
- **Family Health Center (Beach Area):** (619) 515-2444 3705 Mission Boulevard San Diego, CA 92109
- **Family Health Center (North Park):** (619) 515-2424 3544 30th Street San Diego, CA 92104
- **Family Health Center (Hillcrest):** (619) 515-2419 4065 3rd Avenue San Diego, CA 92103
- **La Maestra Community Health Center:** (619) 255-9155 4060 Fairmount Ave., San Diego, CA 92105
  - Comprehensive medical services for all ages including family practice, dental, vision, pharmacy. Accepts Medi-Cal, Medicare, and private insurance; uninsured patients receive services at discounted cost.
- **San Diego Family Care Mid-City Community Clinic:** (619) 563-0250 4290 Polk Ave., San Diego, CA 92105
  - Comprehensive medical services for all ages including family practice, dental, vision, pharmacy. Accepts Medi-Cal, Medicare, and private insurance; uninsured patients receive services at discounted cost.
- **New Alternatives:** (619) 591-5740 3425 Kenyon St. San Diego, CA. 92210
  - Provides in-home mental health and intensive case management services for children and their families throughout San Diego County. Referred by ESU
- **Community Research Foundation: Youth & Family Services:** (858) 300-8282 7909 Ostrow St, St. 4 San Diego, CA, 92111
  - Provides FSP enhanced outpatient Mental Health diagnostic and treatment services to children/adolescents and their families in the Central/North Central Regions of San Diego. Services include dual diagnosis enhanced individual, family and group therapy, case management, rehabilitative services, Intensive care coordination (ICC), Intensive, Home Based Services (IHBS), crisis intervention, medication management, & substance use/abuse and tobacco use services and is MHSA funded.

Recovery Support Services

- **McAlister Institute:** (858)384-6284 8665 Gibbs Dr #150 San Diego, Ca 92123
  - Substance use disorder outpatient treatment program
- **McAlister Institute- New Hope Teen Recovery Center (Female Only)** 619-263-1790 1212 South 43rd Street San Diego, CA 92113
  - Provides substance abuse treatment, recovery, and education for adolescents who are using, misusing, or abusing alcohol and/or other drugs. Each program accommodates teens’ school schedules, offering after-school treatment, individual and group counseling, and structured recovery activities to help teens develop the tools they need to stay alcohol- and drug-free.
- **McAlister Institute for Treatment and Education:** (858)277-4633 7867 Convoy Ct #302 San Diego, CA 92111
  - Outpatient substance use treatment and education for adolescents 12-17 years old. Services include: individual, family, and group therapy, random drug tests, crisis intervention, relapse prevention, employment preparation, and life skills.
- **Vista Hill Foundation:** (858) 514-5100 8910 Clairemont Mesa Blvd., San Diego, CA 92123
  - Provides individuals and families with array of services, including drug treatment programs, individual and family therapy, special education student services, and prevention and early intervention programs.
- **San Diego Al-Anon/Alateen Family Groups:** (619)296-2666 Find meeting near you at www.alanonsandiego.org
  - Al-anon and Alateen offer hope and recovery to all people affected by the alcoholism of a loved one or friend. Alateen members conduct their own meetings with the guidance of an Al-Anon sponsor. Need to be 12 year of age or older.
- **Alcoholics Anonymous (AA):** (619)265-8762 - Oficina Central Hispana (619)280-7224
  - Find a confidential meeting near you at www.aasandiego.org
  - Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
- **Narcotics Anonymous (NA):** (619)584-1007 (Español 619-546-0776)
  - Find a confidential meeting near you at www.sandiegona.org
  - Narcotics Anonymous is a fellowship of people who have struggled with substance abuse. It is a program of complete abstinence from all drugs.
- **Mental Health Systems (SIP Program):** (619)523-8121 3340 Kemper St San Diego, CA 92110
- Union of Pan Asian Communities (UPAC): (858) 268-4933 8745 Aero Dr #330 San Diego, CA 92123
  - Outpatient mental health rehabilitation and recovery services to transitional youth 16-25 years old.

- Community Research Foundation Douglas Young Wellness Recovery Center: 858-695-2211 10717 Camino Ruiz #207 San Diego, CA 92126 www.comresearch.org/serviceDetails.php?id=NQ=
  - Short-Doyle Medi-Cal (SD/MC) certified Bio-Psychosocial Rehabilitation (BPSR) Wellness Recovery Center. Contract provides outpatient mental health rehabilitation and recovery services, an urgent walk-in component, case management; and long-term vocational. Participants can be 18 years or older. Program is located in North Central San Diego. Clients must be diagnosed with a serious mental illness and can include those who may have a co-occurring substance.

- SUD DUI Program – SDSU: (858) 467-6810. 9425 Sky Ranch Court, ST 101 San Diego, CA 92123
  - DUI Program Referral required. COSD DUI Program Referrals, California Court DUI Program referrals, Probation DUI Program referrals and CA Department of Motor Vehicles referrals due to a DUI arrest(s). Also accept any out-of-state Department of Motor Vehicles referral for a driving under the influence arrest(s).

**Food and Meal Support**

- St. Paul’s Cathedral Distribution: (858)637-3356 2728 6th Ave. (corner of 6th Ave & Olive), San Diego, CA 92103
  - Open to anyone in need of food assistance every 3rd Thursday of the month from 1:00pm to 3:00pm.
  - Items distributed include canned and boxed food, fresh produce, bread, and hygiene items. Please bring a picture ID and be prepared to fill out a short form the first time you attend.

- Catholic Charities Food Resource Center: (619)286-1100 6360 El Cajon Blvd, San Diego, CA 92115
  - Food bank is open every Monday, Wednesday, Thursday and Friday from 9:00am to 11:45am and from 1:00pm to 3:30pm; closed every Tuesday. To receive food please bring your own bags and a form of identification for every person collecting items.

- Mid-City Church of the Nazarene: (619)516-1000 4101 University Ave., San Diego, CA 92105
  - Weekly Distributions: Tuesdays at 3:00pm, Thursdays at 9:00am, and Saturday at 9:00am.
  - Monthly Distributions: Occur on the 1st Friday of the month at 9:00am. Corner of 41st St. & University Ave.

- Salvation Army (HOT MEAL): (619)699-2217 825 Seventh Ave., San Diego, CA 92101
  - Hot meal dinners served Monday through Thursday at 5:00pm. These meals are served to anyone in need. In addition to addressing the immediate symptoms of food insecurity, our programs are designed to help identify and treat its root cause.

- First Presbyterian Church of San Diego: (619)232-7513 320 Date St, San Diego CA 92101
  - Food distribution provided on the 2nd Saturday of each month from 9am-11am. Hot meals, clothing distribution, and medical services provided on Sunday at 2pm. Identification is required to receive services.

- San Diego Hunger Coalition: (619)427-6527
  - Call to inquire about before and after school programs as well as programs available in the summer.

- Food Stamp Program: (800)262-9881
  - Please call to see if you qualify for this program.

- Bayside Settlement House: (858)278-0771 2202 Comstock St San Diego, CA 92111
  - Needs to have Linda Vista zip code of 92111 (Immediate neighborhood referral) Mon/Wed/Fri 8:30am-10am.
  - First 15 people.

- Community Christian Service Agencies, INC (CCSA) (858)274-2271 4167 Rappahannock Ave San Diego, CA 92117
  - Anyone is eligible. ID required. Can assist to acquire ID if you don’t have one. Bus tokens available if medical appointment. Children needs ID. Birth certificate replacement assistance available. Monday-Thursday 10am-3pm. Friday 10am-12:30pm.

- Pacific Beach CCSA Office: (858)272-0163 1675 Garnet Ave San Diego, CA 92109
  - Monday-Friday 10am-4pm except holidays. Emergency food. 1-2 day packages. Clothing and hygiene available.

- San Diego Food Bank: (858)527-1419 9850 Distribution Ave San Diego, CA 92121
Monday-Friday 8am-5pm. Food boxes, children and infants, emergency food assistance, and brown bag lunch. Dial 211 or number above for updated information and sites available.

**Housing Support**

- **Jacobs Center For Neighborhood Innovation**: (619) 229-3660 404 Euclid Ave. San Diego, CA 92114
  - Short term rental subsidy and housing navigation program for families currently receiving CalWORKS and experiencing homelessness. Interested families can reach out to the office for further information.
- **Home Start**: (619) 692-0727 5005 Texas Street Suite 203, San Diego, CA 92108
  - Child abuse prevention, and treatment agency
- **St. Vincent de Paul**: (619) 233-8500 1501 Imperial Ave., San Diego, CA 92101
  - Provides housing, case management, therapy, childcare, medical clinic, career and education training, parenting classes and community lunch line for individuals and families experiencing homelessness.
- **Storefront Youth Emergency Shelter**: (1866)Place2Stay/752-2327 Available 7 days a week/24 hours a day
  - Youth emergency shelter for homeless and runaway youth ages 12-17 years. Provide night shelter, drop-in day center, case management, referrals and independent living skills.
- **YWCA Becky’s House**: (619)234-3164 Available 7 days a week/24 hours a day
  - Becky’s House offers gender-inclusive domestic violence programs including a 24-hour crisis hotline, emergency shelter, transitional housing, legal support, and supportive family services.
- **YWCA Cortez Hill Family Center**: (619)239-0355 1012 C Street, San Diego, CA 92101
  - Cortez Hill provides short-term, interim housing and services for low-income, single or dual parent families with children, focusing on stabilizing the family unit, increasing income, and securing permanent housing.
- **YMCA Housing Programs**: Contact Desiree Johnson (619)285-5008 or djohnson@ymca.org
  - Tommie’s Place: Women who are pregnant or parenting a child under 5 years old.
  - YMCA- Turning Point: Transitional Housing Program for homeless youth (16-21 years old)
- **Urban Street Angels, INC**: (619) 415-6616 311 4 th Ave #405 San Diego, CA 92101
  - Short term and immediate housing and support services to homeless and mentally ill youth by providing short term transitional housing.

**Legal Support**

- **Legal Aid of San Diego**: 1(877)534-2524 1764 San Diego Ave., San Diego, CA 92110
  - Free legal assistance for people living in San Diego County including legal help with Housing, Debt Collection, Repossession, Sales Contracts, Housing Discrimination, Family Law, Immigration, Federal Tax Problems, CalWorks/CalFresh/General Relief, Conservatorships, Restraining Orders, and SSI.
- **Family Justice Center**: 1(866)933-HOPE (4673) Local (619)533-6000 1122 Broadway, 2nd Floor San Diego, CA 92101. Hours: 8am-5pm (new clients before 4pm).
  - Domestic violence resources are provided via comprehensive, trauma informed, wrap around services for domestic violence survivors. We are a public safety initiative launched by the City of San Diego to assist victims of family violence.
- **Center for Community Solutions-Legal Services**: (619)697-7477 4508 Mission Bay Dr., San Diego, CA 92109
  - Provides services to victims/survivors of domestic violence, sexual assault, and stalking. Legal Services Program offers support with restraining order preparation, family law processes, victim advocacy, and confidential address enrollment program.
- **San Diego Volunteer Lawyer Program**: (619)235-5656 707 Broadway, Suite 1400 San Diego, CA 92101
  - Monday-Friday 8:30am-5pm
  - Restraining order, family law, HIV/AIDS law, children & youth, landlord/tenant, microbusiness/non-profit, immigration and refugee support.

**Community Recreation for Youth and Families and other supports**

- **City Heights Recreation Center**: (619)641-6125 4380 Landis Street, San Diego, CA 92105
  - Recreation and Teen Center provides homework assistance, computer lab, arts and crafts, video and table games and sport activities. Open Monday through Friday from 2:00pm to 6:00pm.
- **Pauline Foster Teen Center**: Phone (619)236-5800 330 Park Blvd., San Diego, CA 92101
  - Located on the Second Floor of the Central Library and includes two study rooms, a game room, 14 computers and a snack area all free of charge. Open Monday through Friday from 9:00am to 7:00pm.
• **The Salvation Army Kroc Center:** (619)287-KROC/5762 6845 University Ave., San Diego, CA 92115
  - Salvation Army Ray & Joan Kroc Corps Community Center offers a variety of programs for individuals of all ages including an ice arena, playcare, the health and wellness center, pools, library, and climbing tower. Scholarships/reduced memberships available as well as emergency family resources for those who qualify. Open 7 days a week for varying hours; visit [www.sd.kroccenter.org](http://www.sd.kroccenter.org) for hours of operation.

• **Reality Changers:** (619)516-2222 3910 University Ave., #300, San Diego, CA 92105
  - Reality Changers transforms lives by providing youth from disadvantaged backgrounds with the academic support, financial assistance, and leadership training to become college graduates.

• **Community Wraparound by Fred Finch Youth Center:** (619)281-3706 3060 54th Street, San Diego CA 92105
  - Program provides gang prevention, positive youth development, and community safety initiatives that leverages strategic community alliances to support gang-affiliated youth by offering an alternative to gang life and promoting success through involvement with family, school, work, and community. Everyone is welcome to weekly meetings on Mondays from 6pm-7:30pm.

• **Union of Pan Asian Communities (UPAC) Neighborhood Enterprise (NEC):** (619)708-4256 5296 University Ave., Suite A&B San Diego, CA 92105
  - Program provides youth with vocational skill building and leadership workshops. NEC also provides opportunity for employment at the Neighborhood café. UPAC recognizes the diverse ethnic and cultural identities and strengths of these communities and their need for self-sufficiency. Please call for workshop availability.

• **Boys and Girls Club:** (858)277-6670 2230 E Jewett St, San Diego, CA 92111
  - M, Tu, Th, F, 2:00 - 6:00pm. Wednesdays, 12:30 - 6:00pm
  - Clubs, after school programs, STEM programs, and sports.

• **Boys and Girls Club:** (858) 866-0591 4635 Clairemont Mesa Blvd, San Diego, CA 92117
  - After school programs, pools, camps, and sports.
  - M, Tu, Th, F, 2:00 - 6:00pm. Wednesdays, 12:00 - 6:00pm

• **Murphy Canyon Youth & Teen Center:** (858)268-2828 2867 Santo Rd San Diego, CA 92124
  - Youth Sports, camps, before and after school programs, movies, and events.
  - Teen Hours: Mon-Fri: 2:30-7 pm