

PERSONAL COUNSELING RESOURCES AND LINKS (6/2013)

GROSSMONT COLLEGE COUNSELING CENTER

CRISIS HOTLINES and EMERGENCY SERVICES

ACCESS and CRISIS LINE (800) 479-3339

Consultation and direct intervention is available 24 hours a day, 7 days a week. *Free*

Child Abuse Hotline (858) 560-2191

24 hour reporting line

Domestic Violence Hotline (888) 385-4657

24 hour domestic violence hotline. *Free*

Hopeline 1-800-SUICIDE (784-2433)

National Hopeline Network. Provides 24 hour assistance

<http://www.preventsuicide.us/hopeline-new/gethelpnow.html>

National Suicide Prevention Hotline (800) 273-8255

SOCIAL SERVICES RESOURCES FOR ETHNIC AND CULTURAL GROUPS

El Cajon Ethnic and Cultural Support Services

Useful listing of support services for specific groups

<http://www.elcajonresources.org/support-services.html>

UPAC

<http://upacsd.wordpress.com/>

EMERGENCY HOUSING

211 Shelter Bed Availability (dial 211 or 619-702-5399)

<http://211sandiego.org/shelter-and-homeless-services>

Interfaith Shelter Network (619) 702-5399

www.interfaithshelter.org

COUNSELING REFERRAL DATA BASES

211 San Diego (Dial 211) or Info Line (619) 230-0997

Provides comprehensive, confidential information and referrals to ALL health and social service programs in San Diego County *Free*

<http://www.211sandiego.org/>

Network of Care for Mental Health in San Diego County

Comprehensive data base of mental health services in San Diego County. *Free*

<http://sandiego.networkofcare.org/mh/resource/find.cfm>

El Cajon Social Service Resources

Hotlines, local counseling and basic needs resources

<http://www.elcajonresources.org/hotlines.html>

Health and Human Services Directory of Services for San Diego County

http://www.sdcounty.ca.gov/hhsa/programs/bhs/documents/BHS_Provider_Directory_with_Title_page.pdf

LOW COST COUNSELING SERVICES

SDSU School of Counseling and Psychology Clinic (619) 594-5134

6363 Alvarado Ct. Ste 103, San Diego

Operated through the SDSU PHD PSYCH program. *Low fee*

<http://www.psychology.sdsu.edu/doctoral/clinic.html>

CCC Center for Community Counseling (SDSU) (619) 594-4918

4283 El Cajon Blvd. Ste 215, San Diego

Provides *low cost* personal counseling services to the community

<http://go.sdsu.edu/education/csp/counseling.aspx>

The Center (LGBT) (619) 692-2077

3909 Centre St., San Diego

Provides individual, couple, family and group counseling to lesbian, gay, bisexual and transgender clients HIV testing clinic and AIDS support groups.

www.thecentersd.org

East County Mental Health Clinic (619) 401-5500

1000 Broadway, Ste 210, El Cajon

Provides crisis intervention, medication, and group, individual and short term therapy for people who are experiencing persistent and severe mental illness or a mental health crisis. *Sliding fee*

http://www.sdcounty.ca.gov/hhsa/facilities/east/east_county_mental_health_clinic.html

Heartland Center – (619) 440-5133

1060 Estes St., El Cajon, CA 92020

Serious mental illness, co-occurring mental health and substance abuse disorders, Medi-cal, Fees are based on a *sliding scale* determined by income if not insured.

YWCA – (619) 239-0355 x252 (Intake)

http://www.ywcasandiego.org/index.php?option=com_content&view=article&id=19&Itemid=19

San Diego Psychological Association

Is offering free counseling and therapy for people who cannot afford to pay, who don't qualify for State Assistance, and don't have insurance that pays for mental health services and would benefit from short term therapy. Participants are required to give one hour of community service for each hour of therapy.

www.sdpsych.org or <http://www.sdpsych.org/displaycommon.cfm?an=1&subarticlenbr=19>

MEDICAL

Family Health Centers of San Diego ((619)) 515-2300

Provides health services to low-income (sliding scale). Accepts Medi - Cal and other insurance

<http://www.fhcsd.org/about.html>

DOMESTIC VIOLENCE/RAPE CRISIS CENTER

Center for Community Solutions (619) 697-7477

Provides comprehensive services to victims of rape and domestic violence

<http://www.ccssd.org/about.html>

YMCA Emergency Hotline: (619) 234-3164

Provide emergency housing, legal, counseling and more for women.

www.ywcasandiego.org

ADDICTION RECOVERY REFERRALS

<http://sandiego.networkofcare.org/mh/resource/searchbycat.cfm?cat=27&open=true&a1=L&a2=X#LX>

INPATIENT/OUTPATIENT ADDICTION TREATMENT PROGRAMS

McAllister institute (MIT) (619)442-0277 Provides outpatient and residential treatment programs

www.themcalisterinstitute.com/services

VETERAN REFERAL RESOURCES

VVSD – Veterans Village of San Diego

<http://www.vvsd.net/index.htm>

NATIONAL CENTER FOR PTSD - WHERE TO GET HELP

<http://www.ptsd.va.gov/public/where-to-get-help.asp>

PTSD INFO AND SCREENING

<http://www.mentalhealth.va.gov/PTSD.asp>

SAN DIEGO VET CENTER 858-642-1500

<http://www2.va.gov/directory/guide/facility.asp?ID=522&dnum=All&stateid=CA &v=1>

CAREER ONE STOP

Provides career transitioning assistance for veterans

<http://www.careeronestop.org/militarytransition/>

VETERAN NATIONAL SUICIDE PREVENTION HOTLINE

1-800-273-TALK, Veterans Press 1 (1-800-273-8255)

VET TALK- PEER SUPPORT PHONE LIST

1-855-838-8255

MILITARY FAMILY SERVICE CENTERS

Counseling for active, retired, reserve military personnel and their families

Point Loma (sub base) (619) 553-7505

Coronado (619) 545-6071

32nd street (619) 556-7404

Miramar (858) 577-6585

www.mccsmiramar.com

Camp Pendleton (760) 725-9051

www.mccscamp Pendleton.com

CONSUMER CREDIT COUNSELING

Consumer Credit Counseling 866-515-2227

Provides debt management and credit counseling (nonprofit)

<http://www.moneymanagement.org/>

INFORMATION AND RESOURCES

Mental Health Fact Sheets (NAMI)

www.nami.org

The Anxiety Disorders Association of America (ADAA)

Provides information about referral for treatment of anxiety disorders

www.adaa.org

Survivors of Suicide (SOS) (619) 482-0297

A 24 hour helpline operate monthly support groups *no fee*.

www.soslsd.org

IT'S UP TO US –

Keys to understanding mental illness, and resources and support

www.up2sd.org

KICKSTART (619) 481-3790

A prevention and early intervention program for youth who are predisposed to psychosis and schizophrenia. Will do screening and refer.

<http://kickstartsd.org>

DBSA DEPRESSION AND BIPOLAR SUPPORT ALLIANCE OF SAN DIEGO

<http://www.dbsasandiego.org>