

PERSONAL COUNSELING RESOURCES AND LINKS

GROSSMONT COLLEGE COUNSELING CENTER

CRISIS HOTLINES and REFERRAL DATA BASES

ACCESS and CRISIS LINE (888)724-7240

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

Domestic Violence Hotline (888) 385-4657

24 hour domestic violence hotline (Spanish available) *Free*

211 San Diego (Dial 211) Cell phones (858)300-1211

Provides comprehensive, confidential information and referrals to ALL health and social service programs in San Diego County 24/7 *Free*

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

Network of Care for Mental Health in San Diego County

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

<http://sandiego.networkofcare.org>

Food Pantries in SD and El Cajon:

http://www.foodpantries.org/ci/ca-el_cajon

SOCIAL SERVICES RESOURCES FOR ETHNIC AND CULTURAL GROUPS

El Cajon Ethnic and Cultural Support Services

Useful listing of support services, hotlines and counseling services for specific groups

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

UPAC (619) 229-2999

Provides health and human services to under-served Asian, Pacific Islander, Latino, Middle Eastern, East African, African American and other ethnic populations

<http://upacsd.com>

EMERGENCY HOUSING

Housing Resource Directory 2016-2018

http://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/housing_resource.pdf

211 Shelter Bed Availability (dial 211)

<https://211sandiego.communityos.org/cms/shelter-bed-availability>

Interfaith Shelter Network (619) 702-5399

www.interfaithshelter.org - Case management, meals, seasonal (October – April) families and singles

El Cajon Social Service Resources

Hotlines, local counseling and basic needs resources

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

LOW COST COUNSELING SERVICES

Grossmont College Health Services (619)644-7192

Mental Health Counseling available to Grossmont students (*no fee*)

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

6475 Alvarado Road Suite 233, San Diego

Operated through the SDSU PHD PSYCH program *Low fee*

<http://clinpsyc.sdsu.edu/sdsu-psychology-clinic/>

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

4283 El Cajon Blvd. Suite 215, San Diego

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

The Center (LGBT) (619) 692-2077

3909 Centre St., San Diego (M-S 9AM-7PM)

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/programs/bhs/documents/10 - Zip Code Directory East.pdf>

Heartland Wellness Recovery Center – (619) 440-5133 *Transitional Youth Program 18-24 available*

460 Magnolia Ste. 110, CA 92020 (Serves 92019, 92020, 9022) **Walk-in Triage** – call for hours

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

site. <http://www.comresearch.org/serviceDetails.php?id=Ng==>

YWCA – (619) 239-0355 24 hour help line (Domestic Violence Hotline) 619-234-3164

Domestic violence support groups related counseling services.

<http://www.ywcasandiego.org>

San Diego Psychological Association

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. One hour of community service for each hour of therapy is

required <https://www.sdpsych.org/Psychology-2000-Service>

PSYCHIATRIC ASSESSMENT

Jane Westin Clinic (619) 235-2600

1045 9th avenue (9th and Broadway downtown) San Diego, 92101

Urgent walk in psychiatric evaluation must be uninsured *free*

<http://www.comresearch.org/serviceDetails.php?id=MTc=>

MEDICAL/PSYCHIATRIC

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

Provides health services to low-income (sliding scale) Accepts Medi - Cal and other insurance
Psychiatry available – must be referred by primary care. Call for walk-in/apt. schedule.

<http://www.fhcsd.org>

CONSUMER CREDIT COUNSELING

Consumer Credit Counseling (888)845-5669

Provides debt management and credit counseling (nonprofit)

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

DOMESTIC VIOLENCE/RAPE CRISIS CENTER

Center for Community Solutions (619) 697-7477, Domestic Violence Hotline (888-385-4657)

Provides comprehensive services to victims of rape and domestic violence

<http://www.ccssd.org/get-help/>

YWCA 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/services/advanced-search.aspx?k=%22Substance+Abuse%22>

VETERAN REFERAL RESOURCES

COURAGE TO CALL – toll free 24/7 help line (211 affiliated)

1-877-698-7838 peer to peer, vets and families (vet must be head of household). Active duty, reservist

VET TALK- PEER SUPPORT PHONE (national) (Vets for Warriors) active duty and family member support

1-855-838-8255

VVSD – Veterans Village of San Diego

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

NATIONAL CENTER FOR PTSD - WHERE TO GET HELP

<https://www.ptsd.va.gov/>

PTSD INFO AND SCREENING

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

SAN DIEGO VET CENTER 858-642-1500-PTSD, sexual trauma

Richard C. Vattuone, CADC-1, MSW –Readjustment Counselor Therapist

https://www.sandiego.va.gov/locations/other_facilities.asp

CAREER ONE STOP

Provides career transitioning assistance for veterans

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

MILITARY FAMILY SERVICE CENTERS (for those with base access)

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 (family advocacy) 858-577-1129 (counseling)
www.mccsmiramar.com
Camp Pendleton (760) 725-9051 (family advocacy)
(760) 763-3222 (counseling service)
www.mccscamp Pendleton.com

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>