

## Low-Cost Individual Counseling

- YWCA** 619-239-0355 x 252 1012 C Street, SD CA, 92101  
Individual, couples and family counseling. *Sliding fee scale based on income reported (starts at 20\$). Free group therapy for DV victims. Call for appointment, may have waitlist.*
- Catholic Charities** 619-231-2828 349 Cedar St., SD, CA 92101  
*Psychological counseling (l-t), food bank, social services. Bi-lingual services available. Sliding fee scale based on income reported (starts at 15\$). Eligibility restrictions (no court ordered or ongoing DV). Usually 2 week waitlist.*
- Intrapsychic** 619-234-7970 3636 Camino Del Rio North, Ste 230 SD, CA 92108  
*General individual and family counseling. Group counseling for domestic violence (including Levels I and II), anger management/violent offender treatment, parenting/child abuse. All groups are offered at location above. Sessions cost between 45-60 per session.*
- Jewish Family Services** 1-877-537-1818 8804 Balboa Ave., SD, CA 92123  
*Individual, couples, and family counseling (s-t/l-t). Group counseling. Psychological testing. Support groups throughout SD County: Separation and divorce, stress reduction, survivors of family violence. Most insurance accepted. Sliding fee scale (starting at \$35) if not insured.*
- SDSU Center for Community Counseling** 619-594-4918 4283 El Cajon Blvd #215, SD, CA 92115  
*Individual, couples, and family counseling by SDSU graduate students. Sliding fee scale income-based starting at \$10/session.*
- The LGBT Center** 619- 692-2077 x208 3930 Centre St . SD, CA 92103  
*Free individual, couple, family and group counseling, the Relationship Violence Treatment and Intervention Program, and information, referral and crisis counseling. For LGBT community members.*
- Operation Samahan** 619-474-2284 2743 Highland Ave, SD, CA 91950  
*Individual Counseling and Low-Cost Medical Clinic with Primary Care Provider (can prescribe medication for depression and anxiety in certain cases) and OBGYN (\$45 intake, \$35/session).*
- First Avenue** 619-685-0041 2333 1<sup>st</sup> Avenue, Ste 204, SD CA, 92101  
*Individual, couple and family counseling. Sliding fee scale based on income reported. Anger Management and Domestic Violence groups for both men and women. Groups are \$10 to enroll and \$25 each session.*
- Logan Heights Counseling Center** 619-515-2355 2204 National Avenue, San Diego CA 92113  
*Individual, Couples & Group Counseling, Adult and Child Psychiatry.*  
  
*\$50 intake + \$40/session. Medi-Cal and Medicare.*
- La Maestra Counseling Center** 619-564-8765 4060 Fairmount Avenue, San Diego CA 92105  
*Individual therapy for children & adults. Only for those with Medi-Cal or LIP. \$90 intake + \$60 per session.*

## TAY Programs

**San Diego Youth Services**

**619-221-8610x254**

**3255 Wing Street, SD CA, 92110**

<http://www.sdyouthservices.org/takewing>

*Take Wing is a transitional living community specifically designed to break the cycle of homelessness for youth between the ages of 16 and 24 (youth under the age of 18 must be legally emancipated).*

**North County TAY Program**

**760-758-1092**

**550 W. Vista Way Ste 407, Vista CA, 92083**

*The TAY program is a case management wraparound program designed to provide mental health and rehabilitation services specifically for young adults ages 18-24, diagnosed with serious mental illness*

**Alpha Behavioral Referral Service 619-285-9999**

**referrals to low-cost MHS**

*Formerly Alpha Behavioral Health Services. No longer provides therapy/counseling – just referrals and education.*