

Non-Emergency Mental Health Services

Aging & Independence Services(800)510-2020
Population Served: Seniors, dependent adults & families Services: Elder/dep. adult abuse referrals; info & referral Hours: Abuse referrals 24/7; other services 8am-5pm M-F

Albright Information & Referral Ctr.(800)523-5933
Population Served: People w/ mental illness, SD Chapter, Nat'l. Alliance for Mentally Ill families/friends Services: Info & referral; education and support services Hours: 9am-5pm M-F. Website: www.namisandiego.org Council of

Community Clinics(800)640-1662
Population Served: All ages Services: Referral to community clinics offering individual and group counseling, and other mental health services. Hours: 8:30-5:00, M-F Website: www.ccc-sd.org

Mental Health America in San Diego County(619)543-0412
Population Served: All ages Services: Info & referral; advocacy; self-help groups Hours: 8am-5pm M-F Website: www.mhasd.org

National Association of Social Workers Counseling & Psychotherapy Referral (619)232-9622
Population Served: All ages Services: Info & referral to licensed clinical social workers Hours: 8am - 8pm 7 d./wk. Website: <http://naswca.org> San Diego

County Medical Society
Population Served: All ages Services: Info & referral to physicians and psychiatrists Hours: 8:30am-5pm M-F Website: www.sdcms.org

San Diego Psychiatric Society(858)279-4586
Population Served: All ages Services: Info & referral to psychiatrists Hours: 9am-5pm M-F Website: <http://www.sandiegopsychiatricsociety.org/>

San Diego Psychological Association Psychologists Info & Referral Service (619)291-3451
Population Served: All ages Services: Info & referral to psychologists Hours: 24 hrs. 7 d./wk. (voicemail) Website: www.sdpsych.org