

COUNSELING RESOURCE LIST

* To obtain therapy or psychiatry referrals through your health insurance, look for the number for Member Services on the back of your insurance card and ask about mental health or behavioral health benefits.

RESOURCE NAME	CONTACT INFORMATION	SERVICES OFFERED
San Diego County 24 hour Emergency Access & Crisis Line (Optum)	(888) 724-7240 www.optumhealthsandiego.com -or- www.up2sd.org (has Live Chat in English Mon-Fri from 4pm-10pm)	San Diego hotline available 24/7 that is answered by mental health professionals. It provides free and confidential crisis intervention and assessment services for mental health services and alcohol and drug services to residents of San Diego County.
National Suicide Prevention Lifeline	(800) 273-TALK (8255)	National hotline that provides free and confidential crisis intervention and emotional support.
Psychiatric Emergency Response Team (PERT)	Call 911 or contact your local police department	Specialty trained police officers and deputies who are paired with licensed mental health professionals to respond on-scene to situations involving a mental health related crisis.
San Diego County Emergency Screening Unit	(619) 876-4502	Provides emergency psychiatric evaluations, crisis intervention, stabilization, brief outpatient counseling, case management and emergency medication management to children and adolescents under age 18.
Crisis Action & Connection	(619) 591-5740	Crisis intervention/stabilization for youth ages 5 to 18; short-term in-home support, med evaluations, case management. MediCal insurance only.
Rady Children's Behavioral Health Urgent Care-Mid City	(858) 966-5484	Assessment/crisis intervention/linkage to resources for children and teens, 5-17. Accepts Medi-Cal and private insurance.
North County Crisis Intervention & Response Team	(760) 233-0133 (Escondido) (760) 305-8225 (Vista)	Crisis intervention/stabilization for youth up to age 18. Medi-Cal, uninsured patients.
2-1-1 San Diego	Dial 211 from mobile phone –or- Dial (858) 300-1211 from any phone www.211sandiego.org	San Diego information line that connects people with community, health and disaster services through free hotline and searchable online database. *Request mental health support when you call.
Sharp Mesa Vista Intensive Outpatient Program	(858) 836-8555	Cognitive-behavioral after school program which provides intensive group therapy for children and adolescents.
Aurora Behavioral Health Intensive Outpatient Program	(888) 565-4228	Concentrated, time-limited, comprehensive therapeutic environment for the treatment of mental health and substance abuse issues.
PsyCare	(858) 279-1223 www.psycares.org	Counseling services *Private insurance
Psychiatric Centers of San Diego	(619) 528-4600 www.psychiatriccenters.com	Counseling services *Private insurance
Imperial County Mental Health Crisis Hotline:	(800) 817-5292	Imperial County hotline that provides free and confidential crisis intervention and assessment services for mental health services
Riverside County HELPLINE	(951) 686-HELP (4357)	Riverside County hotline that provides free and confidential crisis intervention and assessment services for mental health services

NON-EMERGENT BEHAVIORAL HEALTH RESOURCES

RESOURCE NAME	CONTACT INFORMATION	SERVICES OFFERED	PAYMENT ACCEPTED
Catholic Charities Counseling	(619) 231-2828 349 Cedar Street, San Diego, CA 92101 http://www.ccdsd.org/	Counseling and support services	Payment is based on sliding fee scale
Center for Child & Youth Psychiatry-managed by New Alternatives	(858) 634-1100 Multiple locations-call main line to schedule appointments CCYPsd.org	Outpatient psychiatric evaluation and medication support services	Medi-Cal

NON-EMERGENT BEHAVIORAL HEALTH RESOURCES Continued

Center for Community Solutions	San Diego (858) 272-5777 El Cajon (619) 697-7477 Escondido (760) 747-6282	Counseling services. Services provided are for victims of domestic violence or sexual assault.	Payment is based on sliding fee scale
Chadwick Center for Children & Families	San Diego: (858) 966-5803 North County: (760) 967-7082 South Bay: (619) 420-5611	Trauma counseling	Private insurance and MediCal accepted on case by case basis
Coastal Psychiatric Medical	(858) 259-0599 Offices in Del Mar, La Jolla, San Diego	Counseling services	Private insurance
Family Health Centers of San Diego	(619) 515-2300 823 Gateway Center Way, San Diego, CA 92102 For other locations: http://www.fhcsd.org/	Individual counseling, adult and child psychiatry, psychological testing for children	Private Insurance, Covered California, Medi-Cal and sliding fee scale
Imperial County Behavioral Health Services	(442) 265-1525 202 N. Eighth St., El Centro, CA 92243 Locations in El Centro, Brawley & Calexico	Individual therapy for mental illness and substance abuse treatment.	Private insurance and Medi-Cal and sliding fee scale
Jewish Family Service	(858) 637-3000 8804 Balboa Ave, San Diego, CA 92123	Counseling and support services	Payment is based on sliding fee scale
La Maestra Community Health Centers	(619) 564-8765	Counseling services	Medi-Cal and sliding fee scale
Neighborhood Healthcare	East County: El Cajon (619) 440-2751 & Lakeside (619) 390-9975 North County: Escondido (760) 520-8100 & Pauma Valley (760) 742-9919 Riverside County: Menifee (951) 216-2200 & Temecula (951) 225-6400	Counseling services	Medi-Cal and sliding fee scale
North County Health Services	(760) 736-6767 Locations in San Marcos, Ramona, Oceanside, Encinitas, Oceanside, & Carlsbad	Counseling services	Medi-Cal and sliding fee scale
North County Lifeline – Behavioral Health	(760) 842-6214 http://www.nclifeline.org/	Youth and family counseling. School programs	Medi-Cal, Uninsured, Underinsured.
Novell & Novell	Temecula (951) 252-9911 novellcounseling.org	Counseling services	Accepts most insurance including Private, IEHP, Medi-Cal
Nueva Vista Family Services	(619) 585-7686 1161 Bay Blvd., Suite B Chula Vista, CA 91911	Crisis intervention, individual, family and group therapy, medication support, case management, rehab and substance abuse treatment	Medi-Cal and uninsured only
Palomar Family Counseling	Escondido (760) 741-2660 Fallbrook (760) 731-3235 Vista (760) 630-3505 Poway (858) 748-3610	Counseling services	School based, sliding fee scale, low cost
Postpartum Health Alliance	(619) 254-0023 www.postpartumhealthalliance.org	Services for pregnant & postpartum women, & parents of young children.	
PsyCare, Inc	(858) 279-1223 www.psycare.org	Counseling services	Private insurance
Psychiatric Centers of San Diego (PCSD) Child & Adolescent Center	(619) 692-1581 1550 Hotel Circle North, Suite 450, San Diego, CA 92108 www.psychiatriccenters.com	Counseling services	Private insurance
Rady Children's Hospital Outpatient Psychiatry	Central (San Diego): (858) 966-5832 North Inland (Escondido): (760) 294-9270 North Coastal (Oceanside): (760) 758-1480	Counseling services	Medi-Cal and uninsured only
Rady Children's Hospital Outpatient Psychiatry – Torrey Hills	(858) 793-9591 11752 El Camino Real, Suite 100 San Diego, CA 92130	Counseling services, medication evaluation and treatment, and psychological testing	Private insurance and self-pay
San Diego Center for Children – Family Wellness Center	(858) 634-8300 or (619) 668-6200 7339 El Cajon Blvd, La Mesa, CA 91942 https://www.centerforchildren.org/	Counseling and support services Children and Adolescent Psychiatry Medication management	Private insurance, Medi-Cal, and uninsured
San Ysidro Health Center	(619) 662-4100 www.syhc.org	Counseling services	Payment is based on sliding fee scale
SmartCare	Phone: (858) 956-5901 Monday-Friday, 8:30am - 4:30pm http://www.smartcarebhcs.org/	Will assess patient/family needs over the phone & provide referral resources. Offers workshops for parents.	No cost
South Bay Community Services	(619) 420-3620 430 F St, Chula Vista, CA 91910	Counseling services and other programs for families	
Vista Community Clinic – Behavioral Health	(760) 631-5000 http://www.vistacommunityclinic.org/ Oceanside & Vista locations	Counseling services	
Women's Resource Center	24-Hour Hotline: (760) 757-3500 1963 Apple St, Oceanside, CA 92054	Counseling services as well as case management and parenting classes	