**RCH Behavioral Health Services**

**Outpatient Behavioral Health Programs │ Central, East, & South Regions**

**Medi-Cal Only**

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| **Program Name** | **Address** | **Contact Number** |
| YMCA TIDES | 4394 30th St  San Diego, CA 92104 | (619)281-8313 x10734 |
| Union of Pan Asian Communities (UPAC) | 1031 25th St  San Diego, CA 92102 | (619)232-6454 x842  (619)961-3188 |
| Pathways Cornerstone | 6244 El Cajon Blvd #4 San Diego, CA 92115 | (619)640-3266 |
| Mental Health Systems | 4660 Viewridge Ave  San Diego, CA 92123 | (858) 380-4676 |
| Family Health Centers of SD Community Circle Central | 2130 National Ave  San Diego, CA 92113 | (619)255-7859 |
| Family Health Centers of SD Community Circle East | 3845 Spring Dr  Spring Valley, CA 91977 | (619)255-5444 |
| San Diego Unified- Mental Health Resource Center Outpatient | 2351 Cardinal Lane, Annex B  San Diego, CA 92123 | (858)573-2227 x8280 |
| Mobile Adolescent Services Team | 1260 Morena Blvd., Suite 200  San Diego, CA 92110 | (619)398-3261 |
| Nueva Vista Family Center | 1161 Bay Blvd.  Suite B  Chula Vista, CA 91911 | (619)585-7686 |
| Douglas Young School-Based Outpatient Services | 7917 Ostrow St.,  Suite A  San Diego, CA 92111 | (858)300-8282 |
| Crossroads Family Center | 700 N. Johnson Ave., Suite P  El Cajon, CA 92020 | (619)441-1907 |
| San Ysidro Health Youth Enhancement Services | 3025 Beyer Blvd.  Suite E-101  San Diego, CA 92154 | (619) 428-5533 |
| South Bay Community Services | 430 F st.  Chula Vista, CA 91910 | (619)283-9624 |