**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.*

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| **RESOURCE NAME** | | **CONTACT INFORMATION** | | **SERVICES OFFERED** | |
| San Diego County 24 hour Emergency Access & Crisis Line (Optum) | | (888) 724-7240  [www.optumhealthsandiego.com](http://www.optumhealthsandiego.com/)  -or-  [www.up2sd.org](http://www.up2sd.org/) (has Live Chat M-F 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. | |
| Crisis Text Line | | Text HOME to 741741  [www.crisistextline.org](http://www.crisistextline.org) | | Free, 24/7 crisis support; text with a crisis counselor | |
| Trevor Lifeline | | 1-866-488-7386  [www.trevorspace.org](http://www.trevorspace.org) | | Free 24/7 crisis support; LGBTQ+; also has live support on their website for ages 13-24. | |
| 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 | | Available M-F, 12pm-8pm  (760) 233-0133 (Escondido)  (760) 305-8225 (Vista)  After 8pm, please call 619-806-6311.  Weekends, 12pm-5pm 619-630-6326 | | 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](http://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 leave a voicemail  Intake line: 858-836-8434, option 1 | | Cognitive-behavioral after school program which provides intensive group therapy for children and adolescents; Accepts private insurance only | |
| 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; Accepts private insurance only \*During COVID-19, not accepting new referrals. | |
| Rogers Behavioral Health | | (858) 716-8100 | | Offers specialized partial hospitalization care for adults, teens, and children; IOP (\*During COVID-19, telehealth only), PHP Programs (OCD and Anxiety for ages 6-7 and 18+; Depression and Mood d/o for ages 13-17). | |
| PsyCare | | (858) 279-1223 [www.psycare.org](http://www.psycare.org) | | Counseling services; Private insurance only; \*During COVID-19, telehealth only. | |
| Psychiatric Centers of San Diego | | (619) 528-4600, M-F 9am-5pm  www.psychiatriccenters.org | | Counseling services; Private insurance only; Individual, family, couples therapy. PHP programs. | |
| Imperial County Mental Health Crisis Hotline: | | (442) 265-1525, M-F 8am-5pm  (800) 817-5292 (24 hrs) | | Imperial County hotline that provides free and confidential crisis intervention and assessment services for mental health support. | |
| 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 |
| Center for Child & Youth Psychiatry (managed by New Alternatives) | (858) 634-1100  Multiple locations-call main line to schedule appointments  [CCYPsd.org](http://CCYPsd.org) | | Outpatient psychiatric evaluation and medication support services. | | Medi-Cal or uninsured |
| Center for Community Solutions | San Diego (858) 272-5777  El Cajon (619) 697-7477  Escondido (760) 747-6282  \*During COVID-19, telehealth available M-F 8:30am-5pm | | 24 hr crisis line offering counseling and services to victims of domestic violence or sexual assault. | | Payment is based on sliding fee scale but FREE for survivors. |
| 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)638-8125 (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 \* Not accepting new patients. | | Medi-Cal and sliding fee scale |
| Neighborhood Healthcare | Main line (833) 867-4642  El Cajon (619) 440-2751  Lakeside (619) 390-9975  Escondido (760) 520-8100  Pauma Valley (760) 742-9919  Riverside County: Menifee (951) 216-2200  Temecula (951) 225-6400  [www.nhcare.org](http://www.nhcare.org) | | Therapy services, psychiatry, medication assisted treatment program (MAT). | | Medi-Cal and sliding fee scale |
| North County Health  Services | (760) 736-6767  Locations in San Marcos, Ramona, Oceanside,  Encinitas, Oceanside, & Carlsbad | | Counseling services \*During COVID-19, telehealth only. | | Medi-Cal and sliding fee scale |
| North County Lifeline – Behavioral Health | Main line: (760) 726-4900  Breaking Cycles (youth and family counselors): (760) 842-6214 (MWTh)  [www.nclifeline.org](http://www.nclifeline.org)  HERE NOW (760) 509-3334 | | Youth and family counseling, HERE NOW (teen suicide prevention), Recovery for Life (adult substance abuse), school-based mental health full service partnership. | | Medi-Cal, Uninsured,  Underinsured. |
| Novell & Novell | Temecula (951) 252-9911  [novellcounseling.org](http://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.  \*Must be active in therapy at Nueva Vista to access all services.  \*Must be active in therapy at Nueva Vista to access all services. | | Medi-Cal and uninsured |
| Palomar Family Counseling | Escondido (760) 741-2660  Fallbrook (760) 731-3235  Vista (760) 630-3505  Poway (858) 748-3610 | | Counseling services. \*During COVID-19, telehealth available. | | Sliding scale. Payments can be made via phone or in person. |
| Postpartum Health Alliance | (619) 254-0023  [www.postpartumhealthalliance.org](http://www.postpartumhealthalliance.org) | | Services for pregnant & postpartum women, & parents of young children. | |  |
| 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](http://www.psychiatriccenters.com/) | | Counseling services \*During COVID-19, telehealth only. | | 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 | Main line: (858) 634-8300 or Wellness Center: (619) 668-6200  7339 El Cajon Blvd, La Mesa, CA 91942 [www.centerforchildren.org](http://www.centerforchildren.org) | | Counseling and support services  Children and Adolescent Psychiatry | | Medi-Cal, and uninsured |
| San Ysidro Health Center | (619) 662-4100  [www.syhc.org](http://www.syhc.org/) | | Counseling services | | Sliding scale |
| SmartCare | Phone: (858) 956-5901  M-F, 8:30am-4:30pm  [www.smartcarebhcs.org](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 | |  |
| UCSD Child & Adolescent Psychiatry Services | (858) 534-7792 Direct Clinic Line  (858) 926-8273 New Patient Registration  8950 Villa La Jolla Dr., Suite C101,  La Jolla, CA 92037 | | Psychiatric and counseling services  Ages 6-17 | | Private insurance, out-of-  network, Molina Medi-Cal |
| Vista Community Clinic – Behavioral Health | (760) 631-5000  <http://www.vistacommunityclinic.org/>  Oceanside & Vista locations | | Counseling services | |  |
| Women’s Resource Center | 24 hr Hotline: (760) 757-3500  1963 Apple St, Oceanside, CA 92054 | | Counseling services as well as case management and parenting classes | |  |

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