**FOR A MENTAL HEALTH EMERGENCY YOU CAN:**

Call your doctor or mental health specialist

Call 911 or go to a hospital emergency room

Call the ACCESS AND CRISIS LINE: 1-888-724-7240

Call National Lifeline: 1-800-273-8255 (available 24/7)

Call Trevor Lifeline: 1-866-488-7386 (24/7; LGBTQI)

Call/Visit Rady Children's Behavioral Health Urgent Care (BHUC): 858-966-5484 Walk-In 4p-8p M-F: 4305 University Avenue, Suite 150, San Diego, CA 92105

Text Crisis Hotline 24/7: Send "KITE" to 741-741

Call or Visit the Emergency Screening Unit (ESU): 619-876-4502; 4309 Third Avenue, San Diego, CA 92103 (24/7)

Riverside County HELPLine (951) 686- HELP (4357) – Riverside County hotline that provides free and confidential crisis intervention and assessment services for mental health services

**Ways to help find a therapist in San Diego County**

**HELP-Therapist**

\*Can help find a therapist that is accepted by insurance

Telephone: 858-481-8827

Fax: 858-244-0990

Email: info@helptherapist.com

Website: https://helptherapist.com/payment-insurance/

**Psychologytoday.com**

\*You can filter by gender, age, zip code, specialty, etc.

**Smart Care**

**\***Helps connect to Mental Health Services

Parent Line: (858) 956-5901, Monday through Friday, 8:30 am-4:30pm.

**San Diego Clinics**

**Family Health Centers of San Diego**

[(619) 515-2300](https://www.google.com/search?q=family+health+centers+of+san+diego&rlz=1C1CHBF_enUS781US781&oq=family+health+centers+of+&aqs=chrome.0.69i59j69i61j0l2j69i60j69i61.4751j1j4&sourceid=chrome&ie=UTF-8)

Individual therapy, family therapy, medication management

**\*\*Must have PCP through agency**

Locations: Spring Valley, Chula Vista, La Mesa, San Diego (92113)

**San Ysidro Health Center**

619-662-4100

Individual therapy, family therapy, medication management

**\*\*Must have PCP through agency**

Locations: San Diego (92114, 92154), San Ysidro, Chula Vista, National City

**Neighborhood Healthcare**

Individual therapy (child/adult) and Psychiatry or medication management services depending on location

Locations: Escondido, Poway, El Cajon, Lakeside

**Palomar Family Counseling Services**

760-741-2660

1002 East Grand Ave

Escondido, CA 92025

Provides general counseling services, including individual, family, couple, and group counseling. Offers support groups and classes for parenting, anger management, domestic violence, women's and men's relationships, and youth issues. Provides court-ordered and non-court-ordered services to victims and perpetrators of domestic violence. Offers 52-week domestic violence classes for Spanish and English-speaking males and for English-speaking women. Provides school-based outpatient mental health services to children who receive Medi-Cal and attend specified schools in the North County area.

**Nueva Vista Family Services**

1161 Bay Blvd., Suite B

Chula Vista, CA 91911

(619) 585-7686

Individual, family, group, case management, rehabilitative services, Intensive care coordination (ICC), Intensive Home Based Services (IHBS), crisis intervention, medication management, & substance use/abuse and tobacco use services.

**South Bay Community Services**

430 F Street

Chula Vista, CA 91910

(619) 420-3620

Hours: M-Th 8:30 am - 8:30 pm and F 8:30 am – 6 pm

Population: Children and Youth up to age 21 Medi-Cal eligible children and uninsured

Service: Assessment, individual, group and family therapy services, provided at clinic, school sites and community settings.

**PsyCare**

Multiple locations with therapy and psychiatry

Call 858-279-1223 and press option 1 for our intake department.

**Psychiatric Centers of San Diego**

Multiple locations with therapy and psychiatry

619-528-4600

**Rady Children’s Hospital Outpatient Psychiatry**

Locations: San Diego, Escondido, Oceanside

858-966-5832

**Ways to help find a therapist in Riverside County**

**2-1-1** is a toll free number that provides information and referrals for health and social services in Riverside County

**CARES line (Community Access, Referral, Evaluation and Support Line)**

- Provides information and referrals for Medi-Cal and Riverside County Plan beneficiaries seeking Mental Health Services

Call: (800)706-7500

**Peer Navigation Line (PNL)**

- Provides assistance in navigating the behavioral health system. The PNL staff have taken those steps before and they can help navigate the system with you

Call: (888)786-4968

**Psychologytoday.com**

\* You can filter by insurance type, gender, specialty, zip code, etc.

**Riverside Clinics**

[**Temecula Children’s Mental Health Clinic**](https://www.google.com/maps/place/41002%2BCounty%2BCenter%2BDr%2C%2BTemecula%2C%2BCA%2B92591/%4033.5276571%2C-117.1613318%2C17z/data%3D%213m1%214b1%214m2%213m1%211s0x80db7e17f15c006f%3A0x997f6bea58f5f378)41002 County Center Drive, Suite 320
Temecula, CA 92591
Phone: (951) 600-6355
Fax: (951) 600-6365

**Mt. St Jacinto Children's Mental Health Clinic**

950 Ramona Road, Suite 2

San Jacinto, CA 92582

Phone: (951) 487-2674

\*Provides information and referral services, intake assessments, psychiatric evaluations, psychiatric treatment, case management services, In-Home behavioral services, 5150 evaluations, transportation services, individual therapy, group therapy, and family therapy to children and adolescents with **severe** mental health needs

**Neighborhood Healthcare**

Individual therapy (child/adult) and Psychiatry or medication management services depending on location

41840 Enterprise Cir N

Temecula, CA 92590

Phone: (951) 225-6400; (951) 694 9449