

Local Mental Health Resources (City of San Diego)

■ Below are a few of the many mental health resources available in the City of San Diego.

San Diego City Crisis Line 800.479.3339

Shelters

shelter infoline 619.230.0997

Name	Population Served	Address (all in SD)	Phone
St. Vincent de Paul Center	men, women, children	633 State Street	619.233.8500 x1000
St. Vincent de Paul Center	single men, single women, on weekends	1501 Imperial Avenue	619.230.0997
Salvation Army Men's Shelter	men	825 7 th Avenue	619.239.8027
San Diego Rescue Mission	men	120 Elm Street	619.819.1826
ISN Rotational Shelter	men and women	1880 3 rd Avenue, #13	619.702.5399
Salvation Army Transitional	single women, families	726 F Street	619.699.2223
SE Emergency Quarters	families, battered women	2491 Island Avenue	619.238.1946
San Diego Rescue Mission	women, children	120 Elm Street	619.687.3720
Nueva Vida Haven	women, children	120 Elm Street	619.687.3720 intake x11841
Rachel's Women's Day Center	women	759 8 th Avenue	619.696.0873
Rachel's Women's Night Shelter	women	759 8 th Avenue	619.696.0873
House of Rachel	women over 50 years old		619.236.9074
SSLP Transitional Housing	mentally ill	531 16 th Avenue	619.233.7757

Crisis Houses

find bed availability at <http://www.comresearch.com/>

Name	Population Served	Address	Phone and Fax
Jary Barreto	severely mentally ill	2865 Logan Avenue (in San Diego)	phone 619.232.4357 fax 619.232.7048
Halcyon Center	severely mentally ill	1664 Broadway (in El Cajon)	phone 619.579.8685 fax 619.579.1969
Isis House	severely mentally ill	892 27 th Street (in San Diego)	phone 619.575.4687 fax 619.575.1215
New Vistas	severely mentally ill	734 10 th Avenue (in San Diego)	phone 619.239.4663 fax 619.239.3045
Turning Point	severely mentally ill	1738 South Tremont Street (in Oceanside)	phone 760.439.2800 fax 760.433.5031
Vista Balboa (handicap access)	severely mentally ill	545 Laurel Street (in San Diego)	phone 619.233.4399 fax 619.233.0453

Outpatient Psychiatry Clinics for Unfunded Patients

First call the CMH Information Line 800.479.3339 to find out about an available outpatient psychiatry clinic near you.

- Downtown Mental Health: 619.235.2600
- Douglas Young Clinic: 619.695.2211
- St. Vincent de Paul: 619.233.8500 x1421
- Maria Sardinias: 619.428.1091 (Se habla Español)

Meal Centers

Name	Address (all in SD)	Phone	Notes
Rescue Mission	1150 J Street	619.234.2109	breakfast 5:30am–6:15am
First Presbyterian Church	320 Date Street	619.232.7513	Sundays only, arrive by noon
Catholic Worker at St. Vincent de Paul Village	1501 Imperial Avenue	619.233.8500	lunch Monday–Saturday 11:30am–12:30pm, Sunday 9am–11am
God's Extended Hand	469 16 th Street	619.234.3310	Wed–Fri 9:30am and 6pm, Sat 4pm
Bayside Settlement House – <i>call first</i>	2202 Cornstock (Linda Vista)	858.278.0771	seniors, \$3/meal. M–F 11:45am–12:30pm others, ID required. Tue–Fri 9am–11am
Linda Vista Recreation Center	7064 Levant Street	858.573.1392	every third Wednesday 7:30am–10am
The Salvation Army	825 7 th Avenue	619.239.8027	Monday–Friday 8:30am–4pm
Catholic Charities	349 Cedar Street	619.231.2828	canned goods, Monday–Thursday 8am–8pm and Friday 8am–5pm
SHARE California	1250 Delevan Drive	619.525.2200	monthly food package Mon–Fri, 8:30am–4:30pm. \$15 <i>and</i> volunteer for 2 hours
Rachel's Women's Day Center	759 8 th Avenue	619.696.0873	women only, lunch at 11:30am

Clothing

Name	Address (all in SD)	Phone	Notes
Presbyterian Crisis Center	2459 Market Street	619.232.2753	Monday–Thursday 9am–12pm, 1–3pm, ID required. Homeless: 1/month, with residence every 3 months
Bayside Settlement House – <i>call first</i>	2202 Comstock Street (Linda Vista)	858.278.0771	Monday–Friday 8:30am–4:30pm, ID required, a work-for-clothes program
God's Extended Hand	469 16 th Street	619.234.3310	Saturday 10:30am–1pm, mostly men's clothing, given as available
Uptown Faith Community Service	2214 5 th Avenue	619.236.8077	
St. Vincent de Paul	1501 Imperial Avenue	619.233.8500	Monday–Saturday 8:30am–10am, ID or Social Security card required

Drug and Alcohol Treatment

- **Volunteers of America** / 1111 Island Avenue / 619.232.9343 / detox for unfunded patients
- **Crash** / outpatient group treatment / 619.263.6663 / inpatient treatment / 619.233.8054
- **Escondido Sobering** / detox and outpatient group / 760.747.1553
- **McCalister East** / detox and outpatient group / Medi-Cal only / 619.440.4801
- **Salvation Army** / inpatient treatment / no detox / walk-ins Monday–Friday at 7am / 619. 239.4037
- **Scripps McDonald Center** / detox, inpatient, outpatient, group and individual / 858.626.4300

Recovery Homes

- Freedom Ranch: 619.478.5696 (men only)
- Pathfinders: 619.239.7370 (men only)
- Tradition One: 619.264.0141 (men only)
- Way Back: 619.235.0592 (men only)
- Tradition One: 619.266.0529 (women only)
- Serenity House: 760. 741.6297 (women only)
- Stepping Stone: 619.295.3995 (men, women)
- V.V.S.D.: 619.497.0142 (men, women)

12-Step 24-Hour Hotlines

- Alcoholics Anonymous: 619.265.8762
- AA North County: 760.758.2514
- Alcohólicos Anónimos (en Español): 619.280.7224
- AA en Tijuana: 011-5266-855-880
- Cocaine Anonymous: 858.268.9109
- Narcotics Anonymous: 619.584.1007
- Practical Recovery: 858.453.4777
- Al-Anon (families): 619.296.6666
- Other 12-step groups: 619.543.0412