

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.org/>

| 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: 858.695.2211
- 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