Low Fee Counseling
Medicare &/or MediCal are only accepted when noted
Psychiatric services are only available when noted

Alpha Project of San Diego – Behavioral Health America
4069 30th Street, San Diego, 92104
Counseling, Parenting, Anger management,
Domestic violence; Men’s Perpetrator Classes, Youth & Family Services
(619) 285-9999

Catholic Charities of San Diego
349 Cedar Street, San Diego, 92101
Fees: Sliding scale starting at $15
(619) 231-2828

The Center – Lesbian, Gay, Bisexual, Transgender
3909 Centre Street, San Diego 92103
Fees: $20 & up
Counseling: Couples, Individuals, Groups
Chemical dependence, HIV counseling, Transgender counseling
(619) 692-2077 ext 214

Center for Community Solutions
4508 Mission Bay Drive, San Diego, 92109
Fees: Income based on sliding scale
Sexual assault, domestic violence, child abuse,
Relationship issues
(858) 272-5777

North County Location
La Mesa Location
(760) 747-6282
(619) 697-7477

Children Outpatient Psychiatry
3665 Kearny Villa Road, San Diego, 92123
11770 Bernardo Plaza Court, Suite #260, San Diego, 92128
Call for Fees
Psychiatric services available for children
(858) 576-5832
(858) 487-9050

Jewish Family Services
3715 Sixth Avenue, San Diego, 92103
Fees: $30 & up; Accepts Medicare & MediCal
Limited psychiatric services available – must see counselor at least 4 times first.
(619) 291-0473

North City Psychological Services
9683 Tierra Grand Street, Suite #105, San Diego, 92126
Fees: $70 & up; Accepts MediCare
(858) 695-2237

Pacific Beach Counseling
1010 Turquoise, Suite #265, San Diego, 92109
Fees: Individual counseling - $50 - $110
Therapy support groups – less $
(858) 488-5732

San Diego State University (SDSU) Counseling
6363 Alvarado Court, Suite #103, San Diego, 92120
Fees: $10 - $80
(619) 594-5134

San Diego Youth & Community Services
2220 Broadway Street, San Diego, 92102
(619) 232-8126
Scripps Mercy Hospital; Behavioral Health Outpatient
5077 5th Avenue, behavioral Health on E Level, San Diego, 92104
Fees; no sliding scale; accepts MediCare & MediCal & Private Insurance
Psychiatric services available; Partial Hospitalization Program; Intensive Outpatient

(619) 260-7066

Social Advocates for Youth (SAY) San Diego
8755 Arrow Drive, Suite #100, San Diego, 92123
Fees: $0 & up; Accepts MediCal
Psychiatric services available; Specialize in children services

(858) 565-4148

Union of Pan Asian Communities (UPAC)
5348 University Avenue, Suite #101, San Diego, 92105
Accepts Medical
Psychiatric services available, Individual counseling.
Support groups, Socialization Center, Case Management
Services are provided in English & most Asian Languages

(619) 229-2999

Virtual Reality Medical Center
6160 Cornerstone Court East, San Diego, 92121
Fees: $40 & up; accepts most insurances
Biofeedback, Anxiety management, Phobias, Panic Disorders, PTSD, ADHD, Child & Family

(858) 642-0267

YMCA
4080 Center Street, San Diego, 92103
Low fee counseling, Individuals, Families & Couples
Specialization in adolescents

(619) 543-9850

East County of San Diego

Helix Center for Family Development
8363 La Mesa Blvd., Suite #A, La Mesa, 91941
Fees: sliding scale
Domestic violence & sexual assault only

(619) 697-7654

Professional Community Services
900 No Cuyamaca Street, El Cajon, 92020
Fees: $15 7 up for groups; $25 7 up for individual; Accepts some insurance
Counseling, Anger management, Domestic violence treatment

(619) 449-8703

SDSU Counseling & Psychological Services
On the SDSU campus, Student Services Building, Room #2109
Fees: Free
Available to SDSU students ONLY

(619) 594-5220

North County of San Diego

Biopsychosocial Rehab (BPSR) Vista Clinic
550 W. Vista Way, Suite #407, Vista, 92083
Fees: $37 & up; Accepts MediCal
Counseling for up to one year

(760) 758-1092
Children Outpatient Psychiatry
4120 Waring Road, Oceanside, 92056
Fees: Accepts MediCal & MediCare

Douglas Young Clinic
10717 Camino Ruiz, Suite #207, San Diego, 92126
Fees: $37 & up; Accepts MediCal & MediCare
Psychiatric services available
ONLY service North County San Diego County residents

North County Counseling
826 Second Street, Encinitas, 92024
Fees: 435 & up

Palomar Family Counseling Service
Fees: Sliding scale; Accepts MediCal
Individuals, Couples, Family Counseling.
Domestic violence, Crisis Intervention,
Drug & Alcohol Abuse
Services Escondido & North County

South County of San Diego

San Ysidro Mental Health
4032 Beyer Blvd., San Ysidro, 92173
Fees: $37 & up; Accepts MediCal & MediCare
Psychiatric services available

South Bay Community Services
1124 Nay Blvd., Chula Vista, 91911
Fees: $0 & up; Accepts MediCal
Psychiatric services available

South East Counseling
5895 Imperial Avenue, San Diego, 92114
Mon & Wed 9 am – 2:30 pm
Fees: $0 & up; Accepts MediCal & MediCare
Psychiatric services available

Telephone Hotlines

Access Center & Crisis Line
Make referral for counseling & other mental health needs

Home Start
Counseling. In home support services for child abuse, crime victims.
Services for at-risk families including food & clothing.
San Diego, East County & South County
Fees: free for low-income clients.

Navy Family Service
Various locations for dependents or navy retirees.
Fee: Free for active duty personnel
PSC’s Satellite Clinic – Bayside Settlement House  
2202 Comstock Street, San Diego, 92111  
Make referrals for counseling; Free service

Self Help Connection/Mental Health Association in San Diego  
2047 El Cajon Blvd., San Diego, 92104

United Way Info Line  
Make referrals for counseling & other services within the community

**Mental Health Provider Referral Numbers**

Licensed Clinical Social Workers  
(619) 232-9622

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**Addendum**

Logan Heights Family Counseling Center  
2204 National Avenue, San Diego, California 92113  
(619) 515-2355

**updated October 2009**