

Mental Health Resources

Free or Low Cost

Please email me with recommendations to improve this document. / Pete at: pdavisblair@cox.net

I am aware of **6** free or low cost mental health **HELP RESOURCES** that are easily accessible for San Diego residents:

1) **TELEPHONE: "211"** (Or telephone: (858)-300-1211) to get free information on resources 24/7. I telephoned this number and was impressed that the person who answered the telephone accessed resources via a computer AND she was willing to spend a long time with me AND she was able to tailor the information she was giving me to my residence zip code!

You might also want to telephone "211" at DIFFERENT times to ask your question to DIFFERENT people answering the phone – because one person may possibly give one answer, and another person may possibly give a more complete answer.

2) **TELEPHONE: THE ACCESS & CRISIS LINE: (800)-479-3339**. / This is a separate telephone resource.

Please Keep in Mind: if you **compile a BOOK of resources for yourself**: 1) This will contain many valuable resources, some of which you would not even think of asking for; and 2) You will be able to ACCESS ALL the resources YOURSELF by simply browsing through it.

3)

*** BOOK** Entitled: **THE HELP CONNECTION** / Cost: Free

Get for yourself a 88-page binder entitled: **THE HELP CONNECTION**, which describes itself as: "A Roadmap for San Diego Behavioral Health & Related Services." This was published by: Community Health Improvement Partners: www.sdchip.org

You can ALWAYS download a free copy of this ONLINE at:

http://www.sdchip.org/publications/pub_pdfs/Help_Connection_3rd_ed_5_25.pdf

A free HARD-COPY of this may possibly be available at the publishing location (as of Jul '07): Community Health Improvement Partners; 5575 Ruffin Rd., Suite 225, San Diego, CA 92123; TEL (858)-614-1554. / A free HARD-COPY of this may also be available at: **NAMI** San Diego, 4480 30th St., San Diego, CA 92116 / TEL: (619)-543-1434 or (619)-584-5564.

4)

*** BOOK** Entitled: **2008 SELF-HELP DIRECTORY** / Cost: \$30.

This book describes itself as: "A guide to Self-Help Groups serving San Diego County, CA."

Available at: Mental Health Association in San Diego County; 4069 El Cajon Blvd; San Diego, CA 92104 / TEL: (619)-543-0412.

[FOR: **ONLINE** info pertaining to **SUPPORT GROUPS** in San Diego: The following Website provides **20 pages** of **ONLINE** info relevant to San Diego residents:

http://sandiego.networkofcare.org/mh/resource/tax_list.cfm?sw=PH_500&pg=1&cat=0&agegrp=Xcx

FOR: **ONLINE** info pertaining to **ORGANIZATIONS** serving San Diego: The following website contains **11 pages** on organizations providing support to San Diego behavioral health clients and their families:

<http://sandiego.networkofcare.org/mh/support/index.cfm?id=76>]

5) For: **CAREER** DEVELOPMENT and/or **RECREATION**:

* **Catalog** Entitled: **CONTINUING ED / SAN DIEGO COMMUNITY COLLEGE DISTRICT / SCHEDULE**

This catalog lists FREE *SAN DIEGO CONTINUING EDUCATION CLASSES* in CAREER-related course topics such as Computers; and in RECREATION-related course topics such as Ceramics and Painting. / Telephone: (619)-388-4831 to hear a general description of classes and services offered AND to request that a course catalog be mailed to you FREE. (This course catalog includes all 10 San Diego Continuing Education sites).

Alternately, you may drive to one of the ten S.D. Continuing Education locations and pickup a hard copy course schedule (which contains ALL courses at all 10 locations). / OR, you may look at San Diego Continuing Education sites and course offers at <http://www.sandiegocet.net/classes/summer/index.php>

These courses are NON-STRESSFUL because: 1) The student can enter the courses at ANYTIME (i.e. you do not have to enter any of the courses at the beginning of the course). And 2): There are NO TESTS that you are EVER required to take: before, during, or after the courses. / The two **MOST** important Continuing **Education** Centers to become familiar with are:

North City Continuing Education Center / NEW MEDIA CENTER; 8401 Aero Dr, San Diego, CA 92123 / TEL: (619)-388-1800. This is one of the two largest San Diego Continuing Education Centers, and it is the LARGEST San Diego Continuing Education **COMPUTER**-courses center.

Educational Cultural Complex; 4343 Ocean View Blvd, National City, CA 92113 / TEL: (619)-388-4881. This is the largest (and most scenic) Continuing Education site. And, what ADDS to its importance is that the **Educational Cultural Complex** is located only a 1/3 of a mile away from:

6)
* There are a total of **6** **Employment Development Department** CAREER centers in the county – ALL of which provide a data bank on jobs available, and help in career selection and development, and provide info on ROP programs, etc. A COMPLETE list of ALL **6** **E.D.D.** CAREER Centers follows:

- | | | | | | |
|----------------------|---------------|-----------------------|-----------|-------|----------------|
| 1) N. County Coastal | CAREER Center | 1949 Avenida del Oro | Oceanside | 92056 | (760)-631-6150 |
| 2) N. County Inland | CAREER Center | 463 N. Midway Dr, | Escondido | 92027 | (760)-871-1962 |
| 3) Metro | CAREER Center | 3910 University Ave., | San Diego | 92105 | (619)-516-2200 |
| 4) E. County | CAREER Center | 924 E. Main St., | El Cajon | 92021 | (619)-590-3900 |

5) **S. Metro CAREER Center** 4389 Imperial Ave, San Diego 92114 (619)-266-4200
S. Metro CAREER Center is San Diego's **LARGEST** **Employment Development Dept. CAREER CENTER**. Therefore it offers the most career resources.

It is also located closest to the largest Continuing Education site, namely the Educational Cultural Complex at: 4343 Ocean View Blvd, National City, CA 92113 / TEL: (619)-388-4881.

6) S. County CAREER Center 1111 Bay Blvd, Suite E, Chula Vista 91911 (619)-424-1112

IF you are on **DISABILITY**, there is a **"Disability Program Navigator"** who can make an appointment to meet with you individually at ANY of the above Career Centers - to help you find the services and benefits required to obtain and maintain employment. Also, she can provide info and referrals re: Social Security benefits, assistive technology, housing options, transportation services, job accommodations, etc.

The "Disability Program Navigator" is: **Jean Nelson** who is located at the North County Inland Career Center, 463 N. Midway Dr. 100B, Escondido, CA 92027. TEL: 760-871-1974 / email: JeanN@workforce.org / If you contact her, she can ARRANGE to meet you at any of the Career Centers.