

# PERSONAL COUNSELING RESOURCES AND LINKS (5/15)

## GROSSMONT COLLEGE COUNSELING CENTER

### CRISIS HOTLINES and EMERGENCY SERVICES

**ACCESS and CRISIS LINE (800) 479-3339 or (888)724-7240**

Consultation and direct intervention is available 24 hours a day, 7 days a week. *Free*

**Child Abuse Hotline (858) 560-2191**

24 hour reporting line

**Domestic Violence Hotline (888) 385-4657**

24 hour domestic violence hotline (Spanish available) *Free*

**Hopeline 1-800-SUICIDE (784-2433)**

National Hopeline Network- Provides 24 hour assistance

<http://www.preventsuicide.us/hopeline-new/gethelpnow.html>

**National Suicide Prevention Hotline (800) 273-8255 (veterans press 1)**

### SOCIAL SERVICES RESOURCES FOR ETHNIC AND CULTURAL GROUPS

**El Cajon Ethnic and Cultural Support Services**

Useful listing of support services for specific groups

<http://www.elcajonresources.org/support-services.html>

**UPAC**

Provides health and human services to under-served Asian, Pacific Islander, Latino, Middle Eastern, East African, African American and other ethnic populations

<http://upacsd.com>

### EMERGENCY HOUSING

**211 Shelter Bed Availability (dial 211)**

<http://211sandiego.org/shelter-and-homeless-services>

**Interfaith Shelter Network (619) 702-5399**

[www.interfaithshelter.org](http://www.interfaithshelter.org) - Case management, meals, seasonal (October – April) families and singles

### COUNSELING REFERRAL DATA BASES

**211 San Diego (Dial 211)**

Provides comprehensive, confidential information and referrals to ALL health and social service programs in San Diego County 24/7 *Free*

<http://www.211sandiego.org/>

**Network of Care for Mental Health in San Diego County**

Comprehensive data base of mental health and other services in San Diego County. *Free*

<http://sandiego.networkofcare.org>

## El Cajon Social Service Resources

Hotlines, local counseling and basic needs resources

<http://www.elcajonresources.org/hotlines.html>

## Health and Human Services Directory of Services for San Diego County

[http://www.sdcounty.ca.gov/hhsa/programs/bhs/documents/BHS\\_Provider\\_Directory\\_with\\_Title\\_page.pdf](http://www.sdcounty.ca.gov/hhsa/programs/bhs/documents/BHS_Provider_Directory_with_Title_page.pdf)

### LOW COST COUNSELING SERVICES

#### **Grossmont College Health Services (619)644-7192**

Mental Health Counseling available to Grossmont students (*no fee*)

#### **SDSU School of Counseling and Psychology Clinic (619) 594-5134**

**6363 Alvarado Ct. Suite 102, San Diego**

Operated through the SDSU PHD PSYCH program *Low fee*

<http://clinpsyc.sdsu.edu/practicum/san-diego-state-university/sdsu-psychology-clinic/>

#### **CCC Center for Community Counseling (SDSU) (619) 594-4918**

**4283 El Cajon Blvd. Suite 215, San Diego**

<http://go.sdsu.edu/education/csp/counseling.aspx>

#### **The Center (LGBT) (619) 692-2077**

**3909 Centre St., San Diego (M-S 9AM-7PM)**

Provides individual, couple, family and group counseling to lesbian, gay, bisexual and transgender clients. HIV testing clinic and AIDS support groups.

[www.thecentersd.org](http://www.thecentersd.org)

#### **East County Mental Health Clinic (619) 401-5500**

**1000 Broadway, Ste. 210, El Cajon**

Provides crisis intervention, medication, and group, individual and short term therapy for people who are experiencing persistent and severe mental illness or a mental health crisis. *Sliding fee*

<http://www.sdcounty.ca.gov/hhsa/programs/bhs/documents/10 - Zip Code Directory East.pdf>

#### **Heartland Center – (619) 440-5133 *Transitional Youth Program 18-24 available***

**1060 Estes St., El Cajon, CA 92020 (Serves 92019, 92020, 9022)**

Serious mental illness, co-occurring mental health and substance abuse disorders, Medi-cal, Fees are based on a *sliding scale* determined by income if not insured.

<http://www.comresearch.org/serviceDetails.php?id=Ng==>

#### **YWCA – (619) 239-0355 x252 (Intake), 24 hour help line (Domestic Violence Hotline) 619-234-3164**

Domestic violence support groups related counseling services.

<http://www.ywcasandiego.org/get-help/counseling-services.html>

#### **San Diego Psychological Association**

Free counseling and therapy for people who cannot afford to pay, who don't qualify for State Assistance, and don't have insurance that pays for mental health services and would benefit from short term therapy. One hour of community service for each hour of therapy is required

[http://www.sdpsych.org/psychology\\_2000.php](http://www.sdpsych.org/psychology_2000.php)

## **PSYCHIATRIC ASSESSMENT**

**Jane Westin Clinic (619) 235-2600**  
**1045 9<sup>th</sup> avenue (9<sup>th</sup> and Broadway downtown) San Diego, 92101**  
Urgent walk in psychiatric evaluation must be uninsured *free*  
<http://www.comresearch.org/serviceDetails.php?id=MTc=>

## **MEDICAL**

**Family Health Centers of San Diego ((619)) 515-2300**  
Provides health services to low-income (sliding scale) Accepts Medi - Cal and other insurance  
<http://www.fhcsd.org/about.html>

## **CONSUMER CREDIT COUNSELING**

**Consumer Credit Counseling 866-515-2227**  
Provides debt management and credit counseling (nonprofit)  
<http://www.moneymanagement.org/>

## **DOMESTIC VIOLENCE/RAPE CRISIS CENTER**

**Center for Community Solutions (619) 697-7477**  
Provides comprehensive services to victims of rape and domestic violence  
<http://www.ccssd.org/get-help/>

**YMCA Emergency Hotline: (619) 234-3164**  
Provide emergency housing, legal, counseling and more for women.  
[www.ywcasandiego.org](http://www.ywcasandiego.org)

## **ADDICTION RECOVERY REFERRALS**

<http://sandiego.networkofcare.org/mh/services/advanced-search.aspx?k=%22Substance+Abuse%22>

## **INPATIENT/OUTPATIENT ADDICTION TREATMENT PROGRAMS**

**McAllister institute (MIT) (619)442-0277** Provides outpatient and residential treatment programs  
[www.themcalisterinstitute.com/services](http://www.themcalisterinstitute.com/services)

## **VETERAN REFERAL RESOURCES**

**VVSD – Veterans Village of San Diego**  
<http://www.vvsd.net/index.htm>

**NATIONAL CENTER FOR PTSD - WHERE TO GET HELP**  
<http://www.ptsd.va.gov/public/where-to-get-help.asp>

**PTSD INFO AND SCREENING**  
<http://www.mentalhealth.va.gov/PTSD.asp>

**SAN DIEGO VET CENTER 858-642-1500-PTSD, sexual trauma**

<http://www2.va.gov/directory/guide/facility.asp?ID=522&dnum=All&stateid=CA &v=1>

**CAREER ONE STOP**

Provides career transitioning assistance for veterans

<http://www.careeronestop.org/militarytransition/>

**VETERAN CRISIS AND SUICIDE **HOTLINE****

**1-800-273-TALK, Veterans Press 1 (1-800-273-8255)**

**VET TALK- PEER SUPPORT PHONE LIST**

**1-855-838-7481 (VETERANS)**

**1-855-838-8255 (ACTIVE DUTY)**

**MILITARY FAMILY SERVICE CENTERS**

Counseling for active, retired, reserve military personnel and their families

**Point Loma (sub base)** (619) 553-7505

**Coronado** (619) 545-6071

**32<sup>nd</sup> street** (619) 556-7404

**Miramar** (858) 577-6585 (behavioral health) 858-577-1129 (counseling)

[www.mccsmiramar.com](http://www.mccsmiramar.com)

**Camp Pendleton** (760) 725-9051 (family advocacy)

(760) 763-3222 (counseling service)

[www.mccscamp Pendleton.com](http://www.mccscamp Pendleton.com)

**INFORMATION AND RESOURCES**

**Mental Health Fact Sheets (NAMI)**

[www.nami.org](http://www.nami.org)

**The Anxiety Disorders Association of America (ADAA)**

Provides information about referral for treatment of anxiety disorders

[www.adaa.org](http://www.adaa.org)

**Survivors of Suicide (SOS) (619) 482-0297**

A 24 hour helpline operate monthly support groups *no fee*.

[www.soslsd.org](http://www.soslsd.org)

**IT'S UP TO US –**

Keys to understanding mental illness, and resources and support

[www.up2sd.org](http://www.up2sd.org)

**KICKSTART (619) 481-3790**

A prevention and early intervention program for youth who are predisposed to psychosis and schizophrenia. Will do screening and refer.

<http://kickstartsd.org>

**DBSA DEPRESSION AND BIPOLAR SUPPORT ALLIANCE OF SAN DIEGO**

<http://www.dbsasandiego.org>