

ADULT AND OLDER ADULT MENTAL HEALTH URGENT WALK-IN SERVICES

NORTH COASTAL REGION	
<p>Exodus Recovery Assessment Center 524 W. Vista Way Vista, CA 92083 (760) 758-1150</p> <p><i>Monday – Friday 11:00 am–6:30 pm</i></p>	<p>All North Coastal Zip Codes</p>
<p>MHS, Inc. North Coastal Mental Health Center 1701 Mission Ave, Suite A Oceanside, CA 92054 (760) 758-1150</p> <p><i>Monday – Friday 8:30 am–12:30 pm</i></p>	<p>92007, 92008 92008, 92009 92010, 92011 92013, 92014 92018, 92023 92024, 92054 92055, 92056 92057, 92058 92067, 92075 92091</p>
<p>MHS, Inc. BPSR Vista 550 W. Vista Way Vista, CA 92083 (760) 758-1092</p> <p><i>Monday – Friday 8:30 am–4:00 pm *Closed 12-1 pm</i></p>	<p>92068, 92069 92081, 92083 92084, 92091 92672</p>

NORTH INLAND REGION	
<p>Exodus Recovery Assessment Center 660 E. Grand Ave Escondido, CA 92025 (760) 796-7760</p> <p><i>Monday – Friday 11:00 am–6:30 pm</i></p>	<p>All North Inland Zip Codes</p>
<p>MHS, Inc. North Inland Mental Health Center 125 W. Mission Ave Suite 103 Escondido, CA 92025 (760) 747-3424</p> <p><i>M, T, Th, F 8:00 am–4:00 pm *Closed 12-1 pm</i></p>	<p>92003, 92004 92025, 92026 92027, 92028 92029, 92036 92059, 92060 92061, 92064 92065, 92066 92070, 92078</p>
<p>MHS, Inc. Kinesis North WRC 474 Vermont Ave. Suite 101 Escondido, CA 92025 (760) 480-2255</p> <p><i>Monday – Friday 9:00 am–3:30 pm</i></p>	<p>92082, 92086 92096, 92127 92128, 92129 92259, 92536</p>

SOUTH REGION	
<p>CRF South Bay Guidance BPSR Center 1196 3rd Avenue Chula Vista, CA 91911 (619) 427-4661</p> <p>Walk-in Hours <i>Mon, Wed, Fri 9:00 am–1:00 pm NEED TO ARRIVE BY 9am</i></p>	<p>91902, 91908 91909, 91910, 91911, 91912 91913, 91914 91915, 91921 91950, 91951 92118, 92135 92155</p>
<p>CRF Maria Sardinias BPSR Center 1465 30th St. Suite J, K & L San Diego, CA 92154 (619) 428-1000</p> <p>Walk-in Hours <i>Tue & Thur 9:00 am–3:00pm NEED TO ARRIVE BY 9am</i></p>	<p>91932, 91933 91943, 91953 91954, 91955 91973, 92143 92153, 92154 92154, 92155 92173</p>

24/7 CRISIS HOTLINE: 1-888-724-7240

24/7 SUICIDE HOTLINE: 1-800-SUICIDE

24/7 "211" SD COUNTY RESOURCES: 1-800-227-0997

Update by J.Malaret, WPsyD on 9/1/17

ADULT AND OLDER ADULT MENTAL HEALTH URGENT WALK-IN SERVICES

CENTRAL REGION	
<p>CRF Jane Westin 1045 9th Avenue San Diego, CA 92101 (619) 235 2600</p> <p><i>Monday – Friday*</i> <i>10:00 am–4:00 pm</i></p>	<p>92101, 92102 92104, 92132</p> <p>*One urgent walk-in visit allowed for any zip code</p>
<p>UCSD Gifford Clinic 140 Arbor Drive. San Diego, CA 92103 (619) 543 6250</p> <p><i>Monday – Friday</i> <i>11:00 am–3:00 pm</i></p>	<p>92103, 92105 92115</p>
<p>NHA Project Enable 286 Euclid Ave. San Diego, CA 92114 (619) 266-2111</p> <p><i>Monday- Friday</i> <i>10:00 am–2:00 pm</i></p>	<p>92112, 92114 92139</p>
<p>Southeast MHC 3177 Oceanview Blvd. San Diego, CA 92113 (619) 595-4400 <i>M, T, Th and Friday</i> <i>9am-11am, 1pm-3pm</i></p>	<p>92113 (Open door)</p>

NORTH CENTRAL REGION	
<p>CRF Douglas Young Clinic 10717 Camino Ruiz, Suite 207 San Diego, CA 92126 (858) 695-2211</p> <p><i>M,T,W, F</i> <i>9:00 am–11:00 am</i></p> <p><i>Thursday</i> <i>12:00 pm–2:00 pm</i></p>	<p>92122, 92123 92124, 92126 92130, 92131 92140, 92145 92161</p>
<p>North Central Mental Health Center 1250 Morena Blvd 1st Floor San Diego, CA 92110 (619) 692-8750</p> <p><i>Monday-Friday</i> <i>9:00 am-12:30 pm</i></p>	<p>92037, 92038 92093, 92106 92107, 92108 92109, 92110 92110, 92111 92116, 92117, 92119,92120, 92121 92169</p>

EAST REGION	
<p>East County Mental Health Center 1000 Broadway Suite 210 El Cajon, CA 92021 (619) 401-5500</p> <p><i>Monday-Thursday</i> <i>9:00 am-4:00 pm</i></p> <p><i>Friday</i> <i>9:00 – 3:00 pm</i></p>	<p>91901, 91905 91906, 91916 91917, 91931 91934, 91935 91941, 91942 91945, 91948 91962, 91963 91977, 91978 91980, 92021 92040, 92071</p>
<p>CRF Heartland BSPR Center 460 North Magnolia Ave. Suite 110, El Cajon 92020</p> <p>(619) 440-5133 <i>Monday</i> <i>9:00 am-11:00 am</i></p> <p><i>Tuesday, Thursday</i> <i>9:00 am–4:00 pm</i></p> <p><i>Wed, Friday</i> <i>9:00 am–12:00 pm</i></p>	<p>92019, 92020 92022</p>