

Mental Health Resource List

Agency	Phone Number	Type of Service	Description
The San Diego Access and Crisis Line	888-724-7240	Hotline	Mental health crisis intervention and information and referral to mental health services
Health, Human & Disaster Services	211	Hotline	community, health and disaster services
Rape and Crisis Hotline	888-385-4657	Hotline	Information & referrals for domestic violence and sexual assault
Child Abuse Hotline	800-344-6000	Hotline	To report suspected child abuse
Stalking Strike Force Hotline	619-515-8900	Hotline	Information about Stalking
Drug & Alcohol Abuse Info	800-479-3339	Hotline	Drug and Alcohol Abuse Information
County Mental Health East	619-401-5500	Counseling (Adults)	Group and individual counseling, treatment, recovery and rehabilitation services
Grossmont Family Health Center	619-515-2555	Counseling (Adults)	Individual, Couples & Group Counseling
Gay & Lesbian Center	619-692-2077	Counseling (Adults and youth 10 & up)	Individual, couple/family, and group counseling
Jewish Family Services	877-537-1818	Counseling	Individuals, youth, couples, families, and groups for clients of their other programs
Linda Vista Family Health	858-279-0925	Counseling (Adults & children 4 & up)	Adults, couples, adolescents, children and families.
Logan Heights Family Counseling Center	619-515-2355	Counseling (All ages)	Individual & family counseling
Post-Partum Health Alliance	619-254-0023	Counseling	Support and referrals for postpartum depression
Southeast Mental Health Center	619-595-4400	Counseling (Adults)	Individual & group counseling
Union of Pan Asian Communities	619-232-6454	Counseling- (Adults & children 5 & up)	Individual, family and group counseling
YMCA Domestic Violence	619-234-3164	Counseling	Shelter, Legal Resources & Counseling
Community Research Foundation	619-275-0822	Counseling (All Ages)	Mental health and substance use problems for existing clients
Mid City Community Clinic	619-563-0250	Counseling (Adults)	Adult mental health services
YMCA Youth & Family Services	619-281-8313	Counseling	Individuals, Couples & Families
NAMI	619-543-1434	Counseling	Support for family members with mental illness
SDSU City Height Community Center	619-594-4918	Counseling (All Ages)	Individual, relationship and family counseling
Cornerstone Providence Community Services	619-640-3266	Counseling	Individual, family, group and youth counseling
San Diego Chapter of Compassionate Friends	619-583-1555	Counseling	Parent support for death of a child
Home Start	619-692-0727	Children's Mental Health (under 18)	Individual, couples, and family therapy to children, adolescents, adults and caregivers.
Family Health Centers – HDS	619-515-2405	Children's Mental Health	Individual, Couples & Group Counseling
YMCA Childcare Resource Service	619-521-3055	Children's Mental Health	Behavioral Assessment only
Mid City Community Clinic	619-280-2058	Children's Mental Health	Children's mental health services
CRASH	619-233-8054	Drug and Alcohol Abuse	Substance Abuse

****If you have any questions about the Social/Emotional Development of your child,
Or if you have behavior related questions, feel free to contact the Head Start Mental Health Team at: (858) 715-2642 ext. 131****