

# COASTLINE COLLEGE

## Mental Health Referrals & Resources Information Guide for San Diego County SUICIDE PREVENTION & CRISIS HOTLINES

- **National Suicide Prevention Lifeline, 24/7**  
800-273-8255  
For Spanish 888-628-9454  
Deaf + Hard of Hearing  
800-799-4889
- **San Diego Access and Crisis Line, 24/7**  
888-724-7240  
TDD for the hearing impaired 619-641-6992  
<https://up2sd.org/hotline/>
- **Trevor Lifeline, 24/7**  
866-488-7386  
Text START to 678678
- **Crisis Text Line, Inc**  
Text 741741
- **Stepping Higher, Inc**  
619-825-3930
- **Sure Helpline Crisis Center**  
760-352-7873

## IMMEDIATE CRISIS RESPONSE

- **Psychiatric Emergency Response Team**  
Call 9-1-1 and request PERT
- **San Diego Psychiatric Hospital**  
619-692-8200  
3853 Rosecrans Street San Diego, CA 92110

## COUNTY OF SAN DIEGO ADULT BEHAVIORAL HEALTH – URGENT WALK-IN SERVICES

- **North Inland Region**  
Exodus Recovery, Inc.  
760-796-7760  
1520 S. Escondido Blvd. Escondido, CA 92025
- **North Central Region**  
North Central Mental Health Center  
619-692-8750  
1250 Morena Blvd 1st Floor San Diego, CA 92110
- **North Coastal Region**  
Exodus Recovery, Inc.  
760-758-1150  
524 W. Vista Way Vista, CA 92083
- **Central Region**  
CRF Jane Weston Walk-In Center  
619-235-2600  
1045 9th Avenue San Diego, CA 92101
- **East Region**  
CRF Heartland Wellness Recovery Center  
619-440-5133  
460 N. Magnolia Avenue, Suite 110 El Cajon, CA 92020
- **South Region**  
CRF South Bay Guidance Wellness Recovery Center  
619-427-4661  
835 3rd Ave, Ste C Chula Vista, CA 91911

## LOW COST MENTAL HEALTH COUNSELING

- **Gifford Mental Health**  
619-543-6250
- **San Diego Family Care**  
Linda Vista Health Care Center  
858-279-0925
- **Mid-City Community Clinic**  
619-563-0250

- **Union of Pan Asian Communities**  
Mid-City Location  
619-229-2999  
Serra Mesa Location  
858-268-4933
- **Operation Samahan**  
619-474-5567
- **Kalusugan Community Services**  
619-477-3392
- **Catholic Charities**  
619-231-2828
- **First Avenue Counseling Center**  
619-685-0041
- **UCSD Psychology Clinic**  
619-594 5134
- **Logan Hts. Family Counseling**  
619-515-2355
- **Jewish Family Services**  
877-537-1818
- **YMCA Youth & Family Counseling Services**  
619-543-9850

## LGBTQIA+(PD) MENTAL HEALTH RESOURCES

- **The North County LGBTQ Resource Center**  
760-994-1690  
For mental health a referral/inquire needs to be sent via email at [info@ncresourcecenter.org](mailto:info@ncresourcecenter.org)
- **San Diego LGBTQ Community Center**  
619-692-2077  
Lesbian & gay men's community center offers a variety of HIV, mental health, & holistic AIDS programs

## COUNTY OF SAN DIEGO ADULT BEHAVIORAL HEALTH SERVICES (MEDI-CAL)

- Southeast Mental Health Center  
619-595-440  
3177 Ocean View Blvd San Diego, CA 92113

- North Central Mental Health Center  
619-692-8750  
1250 Morena Blvd, 1st Floor San Diego, CA 92110
- East County Mental Health Center  
619-401-5500  
1000 Broadway, Ste 210 El Cajon, CA 92021

## DOMESTIC VIOLENCE SERVICES

- **National Domestic Violence Hotline, 24/7**  
800-799-7233
- **Lesbian, Gay, Bisexual, Transgender, Questioning Heidorn**  
858-212-LIFE (5433)
- **YWCA 24-Hour Domestic Violence Hotline**  
619-234-3164
- **Domestic Violence Hotline & Resources**  
888-385-4657
- **Domestic Violence Shelters**  
YWCA (Central)  
619-234-3164
- Center for Community Solutions (East)  
619-697-7477, 888-385-4657
- Center for Community Solutions (North)  
760-747-6282, 888-385-4657
- Community Resource Center (North)  
877-633-1112
- Women's Resource Center (North)  
760-757-3500
- Center for Community Solutions (Coastal)  
858-272-5777, 888-385-4657
- South Bay Community Services (South)  
800-640-2933

## SEXUAL ASSAULT SERVICES

- **National Rape Hotline**  
800-585-6231
- **National Sexual Assault Hotline**  
800-656-4673

- **Center for Community Solutions - Sexual Assault Crisis Line**  
888-385-4657  
24-hour bilingual crisis hotline
- **Women's Resource Center**  
760-757-3500
- **Pomerado Hospital**  
760-739-2150  
15615 Pomerado Road Poway, CA 92064
- **Independent Forensic Services**  
619-265-2812  
4529 College Avenue San Diego, CA 92115
- **Victim Assistance Program**  
619-531-4041

## SUBSTANCE USE SUPPORT & SERVICES

- **San Diego Addiction and Drug Rehab**  
800-586-9670
- **RI International – San Diego Chapter**  
858-274-4650  
RI International provides recovery-based services to adults with mental health and/or addiction challenges and offers free wellness and recovery classes to adults experiencing mental health challenges
- **Alcoholics Anonymous**
- **San Diego Central Office**  
619-265-8762  
7075 Mission Gorge Rd, Ste B San Diego, CA
- **North County Central Office**  
760-758-2514  
604 E. Vista Way Vista, CA 92084

## FOR ADDITIONAL HELP

**Call 714-241-6005**

**to make an appointment for mental health services at Coastline College**