

## COUNSELING, DISABLED & MENTAL HEALTH RESOURCES

TO VIEW COUNSELING, DISABLED & MENTAL HEALTH RESOURCES IN A PARTICULAR AREA, CLICK ON THE APPROPRIATE REGION .

[NORTH COASTAL](#)

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### [NORTH COASTAL](#)

#### **Able Disabled Advocacy**

[www.abledisabled](http://www.abledisabled)

#### **Jewish Family Services of SD**

16776 Bernardo Center Dr  
San Diego  
858-571-3444

285 N El Camino Real  
Encinitas  
760-944-7855

Jewish Campus Centers - Hillel  
5742 Montezuma Rd  
SD  
619-583-6080

#### **Mental Health Systems - CalWORKs**

1919 Apple St, Su A & B  
Oceanside, CA  
760-439-4577

474 W. Vermont, Su 103  
Escondido, 92025  
760-745-0281

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

#### **North Coastal Mental Health Center**

1701 Mission Ave  
Oceanside, 92054  
760-967-4475

#### **North Inland Mental Health Center**

125 W. Mission Ave, Su103  
Escondido 92025  
760-747-3424

#### **North Star Act**

[homeless, severe mental health issues]  
474 W. Vermont Ave, Su 104

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<p><a href="#">NORTH CENTRAL</a></p> <p><a href="#">RETURN TO TOP</a></p>	<p><b>Catholic Charities - Clinical Services</b> 349 Cedar Street, SD 92101 619-231-2828 <a href="http://www.ccdsd.org">www.ccdsd.org</a></p> <p><b>National Alliance on Mental Illness (NAMI)</b> 4480 30th St San Diego, CA 92116 (619) 584-5563 <a href="http://www.namisaniego.org">www.namisaniego.org</a></p> <p><b>Mental Health Systems, Inc.</b> (858) 573-2600 <a href="http://www.mhsinc.org">http://www.mhsinc.org/</a></p> <p><b>Neighborhood House Association</b> 5660 Copley Dr., SD - 92111 858-715-2642</p> <p><b>Step Forward</b> (for WTW, by referral only) 814 Morena Blvd., Ste. 107, SD 92110 619-686-1862 <a href="http://www.comresearch.org">www.comresearch.org</a></p> <p><b>Access to Independence of San Diego</b> 1295 University Ave # 10 San Diego, CA 92103 (619) 293-3500 Voice (619) 293-3508 Fax (619) 293-7757 TTY/TDD (800) 300-4326 Voice (800) 959-9395 TTY/TDD <a href="http://www.a2isd.org">www.a2isd.org</a></p>
<p><a href="#">NORTH INLAND</a></p>	<p><b>Wellness Center</b> 425 N. Date St. Ste 224 Escondido, CA 760-746-5857</p> <p><b>North County Lifeline Inc.</b></p>

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<a href="#">CENTRAL REGION</a>	<p><b>Access Center</b>  Disabled Services  619-293-3500</p> <p><b>Access Center</b>  5284 Linda Vista RD, Ste 301  San Diego, CA 92110-2638  800-523-5933</p> <p><b>Alpha Project of San Diego</b>  Mental Health Counseling  4069 30<sup>th</sup> Street, San Diego, CA 92104  619-285-9999  <a href="http://www.alphaofsandiego.org">www.alphaofsandiego.org</a></p> <p><b>Alzheimer Disease, Help Line</b>  8514 Commerce St. San Diego, CA 92121  619-537-5045</p> <p><b>American Association of Retired People (AARP)</b>  601 NW. Washington DC 20049  888-OUR-AARP  888-687-2277</p> <p><b>American Cancer Society</b>  2655 Camino Del Rio N. Ste 100  San Diego, CA 92108  619-299-4200  <a href="http://www.cancer.org">www.cancer.org</a></p> <p><b>ARC Starlight Center</b>  Provides parenting programs for developmentally disabled parents and infant and toddler program for developmentally disabled children. 1280 Nolan Ave. Chula Vista, 91911  619-427-7524</p> <p><b>Braille Institute, San Diego Center</b>  <b>Core Classes in Independent Living Skills</b>  4555 Executive Dr. San Diego, CA 92121  858-452-1111  Serve the legally blind.</p> <p><b>California Dept. of Rehabilitation</b>  619-525-4184  619-525-4903 TTY/TTD</p> <p><b>Center for Community Solutions Counseling</b>  Crisis services for Domestic Violence &amp; Sexual</p>

assault. Services ages 4 years and older. All zip codes accepted.

7339 El Cajon Blvd. Suite J

La Mesa, CA 91941

619-697-7477

619-697-5678 Fax

800-385-4657 24 hour/Hotline

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

**Children's Hospital & Health Center**

Family Support Center

Family Violence Project

3937 Iowa Street. San Diego, CA 92104

619-533-3529

Serves mothers & Children exposed to spousal and/or child abuse. All zip codes accepted.

**Children's Emergency Screening Unit**

730 Medical Center Ct. Chula Vista, 91911

619-421-6900

Provides mental health screening for children

**Children's Mental Health Services**

**Child & Adolescent Services**

619-563-2750 Information

800-479-3339 Access & Crisis Line

**Children's Treatment Center**

1038 8<sup>th</sup> Street, Imperial Beach, CA 91932

619-575-7997

(2) years residential care facility for abused, neglected and abandoned children 6-14. Formerly "Morningstare Place" or "Sunburst School"

**Crisis Team**

Mental Health Counseling

800-479-3339

**Deaf Community Services of San Diego**

Interpreting Services

3930 Fourth Ave. Ste.300, San Diego, CA 92103

619-398-2441 Service Intake

619-398-2440 TDD/TTY

Language: American Sign Language

**Deaf-Hard of Hearing & Speech Disabled**

Federal Relay Service (FRS)

TTY Voice ASCII Spanish

800-877-8339 To Initiate a call

800-877-0966 FRS Customer Service

**\*Dogs for Exceptional People**  
124 Rancho Del Oro Dr., Oceanside, CA 92057  
P.O. Box 4568, Oceanside, CA 92052  
760-901-4300  
800-572-BARK (2275)  
760-901-4326 TTD  
760-901-4350 Fax  
Provides guide-dog services for the disabled.  
[www.caninecompanions.org](http://www.caninecompanions.org)

**Eating Disorder Center**  
619-697-7100

**Eating Disorder Resources**  
619-236-0300

**Goodwill Industries of San Diego Job Training  
for People with Disabilities & Other Barriers**  
3663 Rosecrans St. San Diego, 92110  
619-225-2200  
888-225-2200

**Heartbeat Family Partnership**  
619-615-7676  
888-843-5800  
Provides information and referrals resources and  
services for severely emotionally disturbed youth  
and their families.

**Home Based Effective Living Professionals  
(H.E.L.P)**  
1290 Cushman Ave., San Diego, CA 92110  
858-481-8827

**Home Start  
Safe Future/Child Abuse \* Neglect  
Treatment Program**  
5005 Texas Street Ste.203, San Diego, CA 92108  
619-692-0727

**Homophilia Association of San Diego**  
3570 Camino Del Rio N. Ste 108  
San Diego, CA 92116  
619-325-3370

**National Alliance on Mental Illness (NAMI)**  
619-543-1343  
800-523-5933  
[www.namisandiego.org](http://www.namisandiego.org)

**Regional Center**

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	<p><b>Neighborhood House Association</b> Mental Health Counseling 619-263-7761</p>
	<p><b>Protecting and Advocacy, Inc.,</b> 800-446-5746</p>
	<p><b>SD County Mental Health Services</b> 619-692-8750 or 619-595-4400</p>
	<p><b>San Diego Center for the Blind &amp; Vision Impaired Communication Skills</b> 5922 El Cajon Blvd. San Diego, CA 92115 619-583-1542 619-583-2335 Fax</p>
	<p><b>San Diego Park &amp; Recreation: Disabled Services Program</b> 619-525-8247 619-533-3930 Fax Organized activities for various age groups. Siblings &amp; Friends welcome.</p>
	<p><b>SAY San Diego</b> Mental Health Counseling</p>
	<p><b>Step Forward CRF</b> WtoW Referrals-Used primarily for Mental Health Services. 619-295-6067 <b>Step Forward</b> 2772 Fourth Ave. San Diego, 92103 619-295-6067 619-295-6047</p>
	<p><b>Team of Advocates for Special Kids (TASK)</b> Workshops &amp; advocacy training for parents 858-874-2386</p>
	<p><b>The Child &amp; Adolescent Bipolar Foundation</b> <a href="http://www.bpkids.org">www.bpkids.org</a></p>
	<p><b>YMCA Family Stress Counseling</b> 619-298-3576</p>
	<p><b>UCSD Mental Health Services</b> 619-235-4282</p>
	<p><b>Union of Pan Asian Communities</b> WtoW Referrals. Used primarily for mental health services for Cambodian, Laotian, Vietnamese, Hmong, and Somali.</p>

	Behavioral Health 619-229-6725 <a href="http://www.upacsd.com">www.upacsd.com</a>
<a href="#">EAST</a>  <a href="#">RETURN TO TOP</a>	<b>Mental Health Systems</b> 1105 Broadway, suite 207 Chula Vista, CA 91911 619.425.5609 fax 619.425.8349 <a href="http://www.mhsinc.org/">http://www.mhsinc.org/</a>
<a href="#">SOUTH</a>  <a href="#">RETURN TO TOP</a>	<b>Mental Health Systems</b> 1105 Broadway, suite 207 Chula Vista, CA 91911 619.425.5609 fax 619.425.8349 <a href="http://www.mhsinc.org/">http://www.mhsinc.org/</a>