

COMMUNITY SUPPORT

SAN DIEGO YOUTH SERVICES

San Diego Youth Services helps San Diego's most vulnerable youth, including foster children, youth experiencing homelessness, family conflict and violence, abuse and neglect, mental health struggles and substance abuse.

To get help or a referral for any of our services, call or text (619) 241-0608 Monday – Friday, 10 a.m. – 6 p.m.

EAST COUNTY BEHAVIORAL HEALTH CLINIC

1870 Cordell Ct., Suite 101, El Cajon, CA 92020
619-448-9700

- Individual and Family Therapy
 - Group Therapy
 - Case Management
- Psychiatric services/Psychiatric evaluation (Medication is only provided in conjunction with psychotherapy)

INDIAN HEALTH COUNSEL INC. & SOUTHERN INDIAN HEALTH COUNCIL

Call or text (619) 241-0608
Monday – Friday, 10 a.m. – 6 p.m.

Alpine
4058 Willows Rd., Alpine, CA 91901
(619) 445-1188

Rincon
50100 Golsh Rd., Valley Center, CA 92082
(760) 749-1410

Santa Ysabel
110 1/2 School House Canyon Rd., Santa Ysabel, CA 92070
(760) 765-4203

SAN DIEGO THERAPY CENTER

2271 Alpine Blvd., Alpine, CA 91901
619-289-7322

Telehealth available

SDTC provides a specialized therapeutic program for children and families who have experienced a traumatic event. Individualized and family trauma-informed counseling sessions available.

CRISIS SUPPORT

SAN DIEGO COUNTY 24 HOUR CRISIS LINE

(888)-724-7240

CRISIS TEXT LINE:

Text "HOME" to 741741

NATIONAL SUICIDE HOTLINE:

988

TREVOR LIFELINE:

866-4888-7386

KNOW THE SIGNS

(800)-273-8255

TEEN LINE:

(310)-855-4673

RADY CHILDREN'S HOSPITAL BEHAVIORAL HEALTH URGENT CARE

Mission: To provide prompt access to crisis intervention support and linkage to community resources. To support the safety and stabilization of youth in the Mid-City region in a way that reduces emergency room visits and hospitalizations.

4305 University Avenue, Suite 150, San Diego
(858) 966-5484

Ages 5-21 years old

*Accepts Medi-Cal, no insurance, and private insurance

*Appointment and walk-ins available

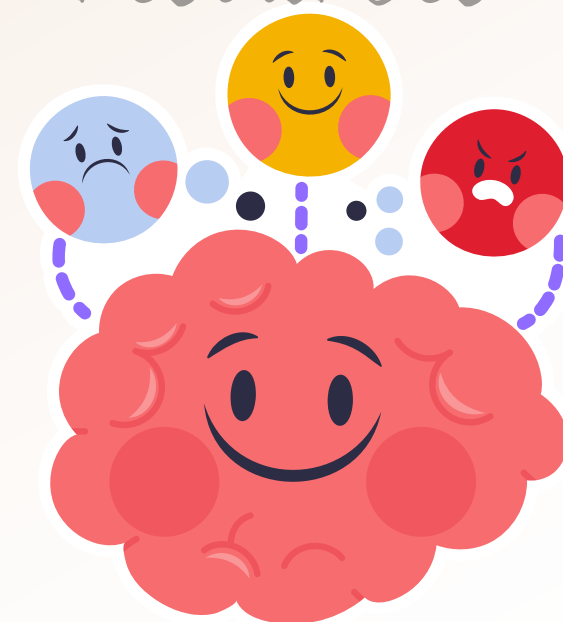
BEHAVIORAL HEALTH SERVICES EMERGENCY SCREENING UNIT FOR CHILDREN AND YOUTH (ESU)

The Emergency Screening Unit (ESU) is open 24 hours a day, 7 days a week. They provide psychiatric crisis stabilization for children and adolescents under age 18 who are experiencing a mental health emergency. Services are contracted through New Alternatives Inc. and are for Medi-Cal beneficiaries.

4309 Third Avenue
San Diego, CA, 92103
Telephone: (619) 876-4502



MENTAL HEALTH resources



LAKESIDE UNION SCHOOL DISTRICT
12335 WOODSIDE AVE
LAKESIDE, CA 92040
619-390-2600

THE AGENCIES LISTED REPRESENT ONLY A SAMPLE OF THE COMMUNITY RESOURCES AVAILABLE. LAKESIDE UNION SCHOOL DISTRICT DOES NOT ENDORSE ANY OF THESE ORGANIZATIONS.

COMMUNITY SUPPORT



BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

SCHOOL COUNSELORS SUPPORTING STUDENTS:

- Short Term Individual Counseling
- Small Group Counseling
- Classroom Guidance Lessons
- Crisis Counseling
- Grief Counseling
- Suicide and Risk Assessments
- Parent and Family Consultations
- Community and Outside Referrals
- 504/SST/IEP Planning and Support
- Staff and School Support

SCHOOL COUNSELORS CAN REFER FOR ADDITIONAL ONSITE SUPPORT



- School Based Therapy
- Social and Emotional Support
- Small Group Counseling
- Classroom Guidance Lessons
- Link Students and Families with Community Resources
- Individual Counseling
- Suicide and Risk Assessments
- Family Engagement sessions
- Staff and School Support

COMMUNITY SUPPORT

CROSSROADS

Provides mental health services to children, adolescents, and families. Services include individual, family, and group counseling.

1679 E Main St., Suite 102 El Cajon, CA 92021

(619) 441-1907
Ages 5-18 years old

Hours 9:00 am-5:00 pm, Monday, Thursday, Friday; 12:00 pm-8:00 pm, Wednesday; 10:00 am-6:00 pm, Thursday; Evenings and weekends by request

Call for referral

FUSION CARE GROUP

Provides therapy to children, adolescents, and adults to enable them to work through, and grow from, difficult life events.

8772 Cuyamaca St., Suite 103 Santee, CA 92071

888-688-0248

Accepts many insurances
*Does not accept Medi-Cal

THE MILITARY FAMILY LIFE COUNSELOR (MFLAC)

The Military Family Life Counselor Program offers non-medical, short-term counseling and problem resolution support for issues amenable to short-term resolution provided to military-dependent students who attend schools within LUSD and have at least one parent who is an active duty member of the military or activated member of the NG or Reserves. Military-dependent parents/ families and their teachers are also families for support.

ELIZABETH HOSPICE CENTER GRIEF SUPPORT

All ages- San Diego County

833.349.2054 (toll free)
Can call 24 hours day

SAN DIEGO CENTER FOR CHILDREN

Offers inpatient and outpatient mental health services and wrap around services.

3002 Armstrong St., San Diego, Ca 92111