

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.

MCALISTER INSTITUTE

1400 N. Johnson Ave., Suite 101, El Cajon, Ca 92040
(619) 442-0277

Offers 24 programs that represent a complete continuum of care for the prevention and treatment of alcoholism and drug addiction.

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

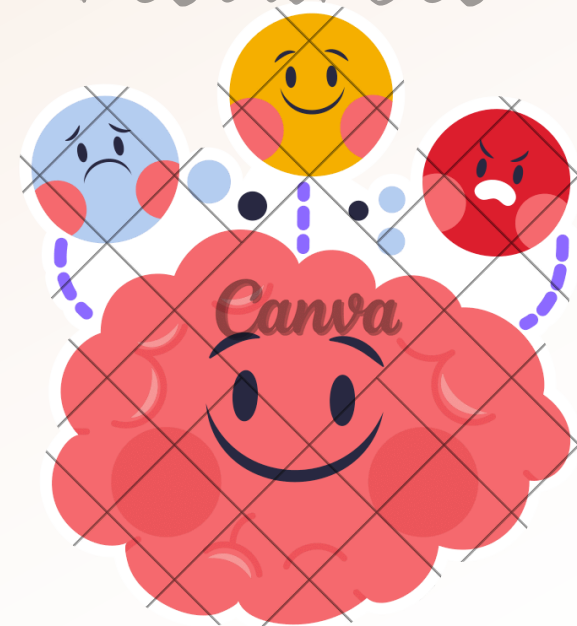
*Accepts Medi-Cal, no insurance, and private insurance

*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



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.

DRAW FROM WITHIN

8080 La Mesa Blvd., Suite 105, La Mesa, Ca 91942

619-231-4278

Dr. Kim Webb works with adjustment issues including, grief/ loss, military families, career changes, pain management and emotional distress. Sessions offered in person and virtual.

CHILDREN AND YOUTH BEHAVIORAL HEALTH INITIATIVE (CYBHI)

California public schools are offering FREE mental health services and supports to students and families. The state of California partners with schools and health plans to make sure that students can get mental health and emotional wellbeing support in schools across the state. Under CYBHI, California's health plans and insurers are now required to reimburse public schools for covered mental health services provided to students.



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 COUNSELOR SUPPORT:

- 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 Based Therapy: Wellness Together, Southern Indian Health, Elizabeth Hospice Center, and San Diego Center for Children
- 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 CYB services to eligible faculty, staff, parents/families, and students referred by LUSD. Consists of non-medical, short term counseling and problem resolution support.

619-540-9140

ELIZABETH HOSPICE CENTER - GRIEF SUPPORT

All ages- San Diego County

833-349-2054 Toll free -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

BRIGHTLIFE KIDS

Parents and guardians can turn to BrightLife Kids for peer support and professional advice on how to deal with behavioral issues while teaching them about resilience, problem-solving, and communication. Children benefit from resources and coaching that teach them how to manage worries, how to express strong feelings like sadness, anger, or frustration in healthy ways, and how to navigate difficult or confusing social situations. No insurance needed for mental health services for children ages 0-12.

888-275-5357