

MENTAL HEALTH

Recovery International: 866/221-0302, www.recoveryinternational.org

Provides weekly peer-led self-help meetings for people wanting help with a number of emotional or behavioral conditions such as specific fear or phobia, stress, depression, anger, etc.

It's Up to Us: Hotline (888) 724-7240, www.Up2SD.org

provides mental health resources in San Diego County

Impact Young Adults: 619/342-7427, www.impactyoungadults.org

email info@impactyoungadults.org

Provides social events and leadership opportunities to young adults with mental illness on the weekends.

San Diego Access & Crisis Line: (888) 724-7240, 24 hours a day/ 7 days a week

Provides mental health crisis intervention, information and referral to mental health & substance abuse services in San Diego County, including referrals for those having Medi-Cal and those who do not have health insurance.

North Coastal Mental Health Center: 760/967-4475,

1701 Mission Ave, Oceanside, CA 92058

Provides mental health services to people with severe and chronic mental illness with MediCal, MediCare or no insurance

San Diego Phobia Foundation: (760) 944-6334

Support groups for people with anxiety and depression

- SOUTH BAY SUPPORT GROUP (Conducted in English & Spanish)
Scripps Mercy Hospital Chula Vista
499 H Street (across from Macy's in Chula Vista Mall)
Chula Vista, CA 91910
Thursdays, 6:30 P.M. to 8:00 P.M.
- EAST COUNTY SUPPORT GROUP
Scripps Facility - East County
460 E. Main Street (Corner of E.
Main and Oakdale Ave., upstairs)

El Cajon, CA 92021

Mondays, 7:00 P.M. to 8:30 P.M.

- SAN DIEGO CENTRAL SUPPORT GROUP
Sharp Mesa Vista Hospital, Day Hospital Lounge
7850 Vista Hill Avenue
San Diego, CA 92123
Tuesdays, 7:00 P.M. to 8:30 P.M.
- NORTH COUNTY INLAND SUPPORT GROUP
Cypress Court – Escondido (760-747-1940)
1255 North Broadway, Escondido, CA 92026
Saturdays, 10:00 A.M. to 11:00 A.M.

Survivors of Suicide Loss: 619/482-0297, www.soslsd.org

Email: info@soslsd.org

Self-help support groups for those who have lost family, friends or a loved one through suicide.

Aurora: 888-565-4228, www.aurorasandiego.com

11878 Avenue of Industry, San Diego, CA 92128

Inpatient and intensive outpatient programs for adults and adolescents

Depression and Bipolar Support Group: 858/444-6776, www.dbsasandiego.org

Email dbsasandiego@yahoogroups.com

Tri-City Outpatient Behavioral Health, 510 W. Vista Way, Vista 92083

Peer-led Support groups for people with bipolar disorder and depression and their families

- DBSA San Diego (858)-535-4793
VA Medical Center
3350 La Jolla Village Drive, Rm 2011
San Diego, CA 92161
Thursdays from 6 to 8 PM, 5:45 check-in (Including All Holidays)
- DBSA San Diego Hillcrest/UCSD, Steve: (619) 263-4655
UCSD Outpatient Psychiatric Services, Rm 318
140 Arbor Drive
San Diego, CA 92103
Meeting Info: Thursdays 2 to 4pm.

- DBSA Paradise East, El Cajon, Kel: (858) 342-4347
Email kel.sandiego@gmail.com
1460 E. Main Street, Room 108
El Cajon, CA 92019
Tuesdays from 6:30 to 8:30 pm

National Alliance for the Mentally Ill: 760/722-3754
www.naminorthcoastal.com
Email info@naminorthcoastal.com

OCD and Spectrum Disorder Support Group: 858/278-4110
Professionally led free support group
San Diego Mesa Vista Hospital, Kearny Mesa (858) 278-4110
7850 Vista Hill Avenue

EATING DISORDERS:

Casa Palmera: 888/481-4481, www.casapalmera.com
14750 El Camino Real, Del Mar, CA 92014

UCSD Eating Disorders Clinic: (855)824-3050, <http://eatingdisorders.ucsd.edu/>

Sharp Mesa Vista Hospital: 858-836-8434, www.sharp.com/mental-health/eating-disorders-treatment-program.cfm
7850 Vista Hill Ave.
San Diego, CA 92123

Psychiatric Centers of San Diego www.psychiatriccenters.com

PCSD OFFICE LOCATIONS

Child & Adolescent Center
(619) 692-1581
1550 Hotel Circle North, #450
San Diego, CA 92108

Chesapeake
(619) 814-6590
9620 Chesapeake Dr., #206
San Diego, CA 92123

Chula Vista
(619) 498-5454
1061 Tierra Del Rey, #215
Chula Vista, CA 91910

Corporate Office:
(619) 528-4600
PO Box 609001
San Diego, CA 92160

East County
(619) 667-3380
4700 Spring St., #220
La Mesa, CA 91941

Encinitas
(760) 730-4540
328 Encinitas Blvd, #100
Encinitas CA 92024

Escondido
(760) 489-4930
221 West Crest St., #102
Escondido, CA 92025

Kearny Mesa
(858) 569-7200
5095 Murphy Canyon Rd., #100
San Diego, CA 92123

Mission Valley
(619) 688-5855
5353 Mission Center Rd., #224
San Diego, CA 92108

Rancho Bernardo
(858) 673-3360
11770 Bernardo Plaza Ct., #370
San Diego, CA 92128

San Marcos
(760) 471-4073
277 Rancheros Drive, #301
San Marcos, CA 92069

