

# Community Resources



Moving Forward  
Together

**Patient Advocacy (619) 282-1134 or (800) 479-2233**

**JFS Access**  
(all other JFS programs) **(858) 637-3210**

**Contact us online**  
[www.jfssd.org/contactus](http://www.jfssd.org/contactus)

See this flyer online



## Advocacy/Legal/Licensing

### ADVOCACY – INPATIENT/RESIDENTIAL

**Jewish Family Service (JFS)**  
**Patient Advocacy**  
**(619) 282-1134 or (800) 479-2233**  
**[www.jfssd.org/patientadvocacy](http://www.jfssd.org/patientadvocacy)**

Patient Advocates work for the rights of individuals with behavioral health challenges at psychiatric hospitals, Board and Care facilities, Skilled Nursing Facilities, Crisis Houses, Substance Use Disorder Treatment facilities, Mental Health Rehabilitation Centers, legal hearings, and more.

**Long Term Care Ombudsman**  
**(800) 640-4661**

The Ombudsman's office provides advocacy services to clients in Skilled Nursing Facilities (SNFs) and Residential Care Facilities for the Elderly (RCFEs).

### ADVOCACY – OUTPATIENT

**Consumer Center for Health Education and Advocacy (CCEHA)**  
**(877) 734-3258 or (800) 735-2929**  
**(TTY) [www.lassd.org/about/what-cchea](http://www.lassd.org/about/what-cchea)**

A program of the Legal Aid Society of San Diego, which provides education and advocacy to individuals receiving outpatient behavioral health services in SD County.

### COMPLAINT LINE – RESIDENTIAL

**Community Care Licensing**  
**(844) 538-8766**

To file a complaint regarding a state licensed residential community care or child care facility.

### Department of Public Health

To file a complaint regarding SNF's and hospitals:  
**(800) 824-0613 and (866) 706-0759**

**Department of Health Care Services**  
**(877) 685-8333**  
**[sudcomplaints@dhcs.ca.gov](mailto:sudcomplaints@dhcs.ca.gov)**

To file a complaint about a licensed SUD (Substance Use Disorder) facility or certified counselor.

### CONSERVATORSHIP

**Office of the Public Conservator**  
**(858) 694-3500**

Investigates referrals for LPS conservatorships to arrange placement and mental health treatment for adults and children who are gravely disabled.

### LEGAL

**Lawyer Referral and Information Services**  
**(800) 464-1529 or (619) 231-8585**  
**[www.ineedalawyer.com](http://www.ineedalawyer.com)**

Assists the public in obtaining legal counsel. Refers any person needing legal assistance to private attorneys practicing in the appropriate field.

**Legal Aid Society (877) 534-2524**  
Legal services available to low income individuals for a variety of legal problems, family disputes, welfare and health benefits, immigration, and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments.

**Office of the Public Defender**  
**(619) 338-4617**

Provides representation for Riese, Writ of Habeas Corpus, ECT, and Conservatorship hearings for behavioral health clients.

**Disability Rights California**  
**(619) 239-7861**

**[www.disabilityrightsca.org](http://www.disabilityrightsca.org)**

Helps people with disabilities solve disability-related challenges.

**(619) 239-7861 or (800) 776-5746**

## Behavioral Health/Peer Support

**ALCOHOL & DRUG SERVICES,  
SUICIDE PREVENTION, CRISIS  
INTERVENTION**

**San Diego Access & Crisis Line**  
**(888) 724-7240 or (619) 641-6992**  
**(TTY) or 988 (call or text)**  
**[www.optumsandiego.com](http://www.optumsandiego.com)**

Provides 24/7 information regarding various behavioral health resources and support to individuals experiencing a behavioral health crisis. Calls are answered by licensed clinicians, who can provide confidential and compassionate support in a crisis. In addition to speaking with callers, clinicians may also route calls to MCRT or PERT (next page) to conduct an in-person response to the caller's location.

## FAMILY HELPLINE

**NAMI Peer & Family Line**  
**(619) 543-1434 or (800) 523-5933**  
**[www.namisandiego.org](http://www.namisandiego.org)**

Telephone service/helpline that provides information about classes and support groups as well as mental health related resources.

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## MENTAL HEALTH NETWORKS

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### Network of Care San Diego

<http://sandiego.networkofcare.org>

Provides 24-hour, 7 days a week access to County Mental Health Services, County Alcohol and Drug Services, Suicide Prevention, Crisis Intervention, Community Resources. (Multilingual capacity).

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## MENTAL HEALTH CRISIS CARE

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### MCRT (Mobile Crisis Response Teams)

– **Telecare** (888) 724-7240 or (619) 641-6992 (TTY)

[www.telecarecorp.com/telecare-mcrt](http://www.telecarecorp.com/telecare-mcrt)

MCRT responds to behavioral health crisis calls with teams that include a clinician, case manager, and peer support specialist who can de-escalate crises, provide referrals to community resources and treatment, and if needed transport an individual to voluntary or involuntary treatment at a hospital or crisis stabilization unit. If there are safety or violence concerns, calls may be referred to PERT or law enforcement.

### MCRT (Mobile Crisis Response Teams)

– **North Coastal San Diego/Exodus Recovery, Inc.** (760) 758-1650

[www.exodusrecovery.com/san-diego-mcrt/](http://www.exodusrecovery.com/san-diego-mcrt/)

A non-law enforcement mobile crisis intervention program for children, youth, and adults who are experiencing a behavioral health crisis.

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## MENTAL HEALTH CLINICIANS

### Paired with Law Enforcement Officer

### PERT (Psychiatric Emergency Response Team)

(888) 724-7240 or (619) 641-6992 (TTY)

[www.crfbehavioralhealthcare.org/programs/pert](http://www.crfbehavioralhealthcare.org/programs/pert)

PERT responds to behavioral health crisis calls with teams that include a law enforcement officer and a clinician who can de-escalate crises, provide referrals to community resources and treatment, and transport the individual to voluntary or involuntary treatment at a hospital or crisis stabilization unit if needed.

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## MENTAL HEALTH CRISIS RESOURCE CENTER

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### Jane Westin Center (walk-in, outpatient)

(619) 235-2600

<https://www.crfbehavioralhealthcare.org/programs/jane-westin-center/>

Jane Westin Center is an urgent walk-in center that provides integrated, coordinated crisis services for adults 18 and older who have serious mental illness, as well as individuals with co-occurring mental health and substance disorders.

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## NON-CRISIS SUPPORT

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### CalHOPE Connect

833-317-4673

<https://calhopeconnect.org>

A non-crisis support line that also has an online chat feature. Callers speak with trained specialists with experience in mental health issues and services. If there are safety or violence concerns, calls may be referred to law enforcement or crisis response teams. Phone line is open 24/7 and chat is open 8:00am to midnight.

### California Peer-Run Warm Line

(855) 600-9276 or (855) 845-7415

[www.mentalhealthsf.org/warm-line](http://www.mentalhealthsf.org/warm-line)

The California Peer-Run Warm Line is a non-crisis support line with call, text, and online chat capability. It is made up entirely of peers who will hold space, listen and support callers. Calls are not referred to crisis response teams or law enforcement unless the caller gives their verbal consent. The line is open 24/7, including holidays. Callers can make 3 calls daily.

### NAMI San Diego Warmline

(619) 295-1055 or (800) 930-9276

<https://namisandiego.org/warmline>

A non-crisis support line where callers speak with trained specialists who have experience with mental health issues and services. If there are safety or violence concerns, calls may be referred to law enforcement or crisis response teams. The Warmline is available daily 3:30pm to 11:00pm and is closed on holidays.

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## CASE MANAGEMENT

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### Assertive Community Treatment (ACT) & Intensive Case Management (ICM)

(800) 842-2652

[www.optumsandiego.com](http://www.optumsandiego.com)

This is a single point of access for individuals experiencing significant impairment in life functioning, including distress, disability, or dysfunction in social, occupational, or other important activities, and the individual qualified for a diagnosed mental health condition, or a suspected mental health condition not yet diagnosed.

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## Children's Services

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## FOOD & FORMULA

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### Women, Infants & Children (WIC) Program

(800) 500-6411

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

Offers supplemental nutritious foods, nutrition education and counseling, and referrals to other health, welfare and social services.

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## JFS INTAKE LINE

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### Jewish Family Service

(858) 637-3210

[www.jfssd.org/contactus](http://www.jfssd.org/contactus)

Main access number to get connected with JFS programs and services.

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## PRESCHOOL

### for children ages 3 to 5

### San Diego Head Start

(888) 873-5145

[www.neighborhoodhouse.org/nha-programs/head-start](http://www.neighborhoodhouse.org/nha-programs/head-start)

Provides preschool children ages 3 to 5 years old with a comprehensive program to meet their emotional, social, health, nutritional and psychological needs.

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## SOCIAL SERVICES

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### First 5 San Diego

(888) 534-7785

[www.first5sandiego.org](http://www.first5sandiego.org)

Promotes health and wellbeing during the first 5 years of development through medical and dental check-ups, preschool services, screening for development, speech, language, vision, behavior and referrals for treatment.

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## Clothing

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### Sharia's Closet

(619) 808-4979

6244 El Cajon Blvd. San Diego, CA 92115

Provides free emergency clothing to people in crisis with dignity and respect.

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## Community Resources

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## CRISIS INTERVENTION

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### San Diego Access & Crisis Line

(888) 724-7240

or (619) 641-6992 (TTY)

[www.optumsandiego.com](http://www.optumsandiego.com)

Provides 24-hour, 7 days a week access to County Mental Health Services, County Alcohol & Drug Services, Suicide Prevention, Crisis Intervention, Community Resources. (Multilingual).

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## DOMESTIC VIOLENCE & HUMAN TRAFFICKING SUPPORT

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### Your Safe Place

(619) 533-6000

walk-ins Mon-Fri, 8am to 3:30pm

Downtown San Diego

1122 Broadway, 2nd floor

San Diego, CA 92101

Support and services for those who have experienced abuse, violence, or human trafficking.

### One Safe Place Family Justice Centers

(888) 440-4673

North San Diego County

Support and services for those who have experienced abuse, violence, or human trafficking.

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## REFERRALS

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### 211 San Diego

211 or (858) 300-1211

[www.211sandiego.org](http://www.211sandiego.org)

Provides referrals for health and dental care, natural disaster information, childcare, substance use programs, food, housing and shelter, employment, counseling, and more.

**Housing, Employment, Food,  
Clothing & Transportation**

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## FOOD

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### Feeding San Diego

(858) 452-3663

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

In partnership with nearly 350 local charities, schools, faith communities, meal sites, and food pantries, Feeding San Diego distributes more than 35.4 million meals a year to people facing hunger.

### Lieber's Corner Market at JFS

(858) 637-3210

[www.jfssd.org/our-services/food-meals/corner-market](http://www.jfssd.org/our-services/food-meals/corner-market)

Small grocery store where shoppers self-select nutritious foods free of charge based on family size and need. (Open to clients Mon-Fri by appointment only.)

### San Diego Food Bank

(858) 527-1419 or (866) 350-3663

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

Provides nutritious food to people in need, advocates for the hungry, and educates the public about hunger-related issues.

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## EMPLOYMENT, CHILDCARE & TRANSPORTATION

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### Catholic Charities of San Diego

(619) 323-2841 | [www.ccdsd.org](http://www.ccdsd.org)

Provides employment and training services, job referrals, childcare, and transportation services (regardless of religious background).

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## HOUSING

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### ILA (Independent Living Association)

(858) 609-7963 or (858) 609-7972

<http://ilasd.org>

A collaborative community-wide effort focused on supporting Independent Living owners, residents and the community by promoting high quality Independent Living.

### San Diego Housing Commission

[www.sdhc.org/housing-opportunities](http://www.sdhc.org/housing-opportunities)

The San Diego Housing Commission (SDHC) helps families with lower incomes in the City of San Diego obtain housing that they can afford.

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## OVERNIGHT SHELTER IN VEHICLES (Housing Navigation Onsite)

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### Safe Parking Program

(858) 637-3373 | [www.jfssd.org](http://www.jfssd.org)

Provides secure overnight parking, restrooms, and social services for individuals and families living in their vehicles. The program operates seven nights per week at seven secured lots. With wraparound services focused on basic needs assistance, employment, family wellness, school success, financial education, credit repair, and housing. Enrollment is required.

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## TRANSITIONAL HOUSING, SUPPORTIVE HOUSING & RAPID REHOUSING

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### The Homeless Response Center (HRC), now known as The Hub.

<https://calendly.com/dsdphub>

211 and ask for referral to The Hub

Visit The Hub: (Mon-Sat, 1-3pm)

330 Park Blvd., 5th Floor

San Diego, CA 92101

The Hub provides a broad range of service to assist unhoused individuals and families navigate their path to permanent or other long-term housing.

### Regional Task Force on Homelessness

<https://www.rtfhsd.org/get-help/>

Contact information for organizations that are a starting point for getting connected to available housing resources (Access Sites)

### Help With Your Rent

(619) 578-7768

San Diego Housing Commission's Housing First San Diego hotline for those experiencing housing instability or are at imminent risk of homelessness in San Diego.

### Eviction Prevention Program

(877) 534-2524 or [info@lassd.org](mailto:info@lassd.org)

The Eviction Prevention Program (through Legal Aid) helps renters with low income in San Diego who are facing eviction for not paying their rent.

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## TRANSPORTATION

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### Reunification Program

(619) 701-5395

Reunites families, providing transportation by bus.

### Travelers Aid

Located in the San Diego Day Center at 299 17th Street, San Diego, CA 92101 (In-person services only)

Provides birth certificate vouchers and state ID vouchers and assistance with transportation for seniors.

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## Justice System/Adult Probation

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## ADULT PROBATION

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### County Probation

East County: (619) 441-3441

North County: (760) 806-2333

South Bay: (619) 498-2111

Central: (619) 515-8202

[www.sandiegocounty.gov](http://www.sandiegocounty.gov)

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## COMMUNITY SUPPORT & ADVOCACY

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### Pillars of the Community

619-241-6168 | [www.potcsd.org](http://www.potcsd.org)

Pillars of the Community advocates for communities and people negatively impacted by law enforcement and the punishment system.

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## COMPLAINTS

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### Citizens' Law Enforcement Review Board

[www.sandiegocounty.gov](http://www.sandiegocounty.gov)

To report a complaint against a member of the Sheriff's Department, you may register in the following ways: 1) In person at any Sheriff's facility; 2) By telephone; 3) Mail to the Internal Affairs Unit (San Diego County Sheriff's Department, Internal Affairs Unit, PO Box 939062, San Diego CA 92193.

For matters involving sworn deputies or custodial officers employed by the Sheriff's Department, complainants can contact the Citizens Law Enforcement Review Board at (619) 238-6776 or at 555 W. Beech Street, Suite 505, San Diego, CA 92101

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## JUSTICE-INVOLVED

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### Fresh Start Program

[www.sdcounty.gov/content/sdc/public\\_defender/fresh\\_start](http://www.sdcounty.gov/content/sdc/public_defender/fresh_start)

Connects justice-involved individuals with experienced attorneys who will review criminal history and seek all appropriate methods of relief (free of charge).

### Second Chance Program

**(619) 234-8888**

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

Offers specialized workforce readiness training, sober-living housing, educational programs and support services essential to achieving self-sufficiency for those with a criminal record.

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## NON EMERGENCY

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### San Diego Police Department

**Non Emergency Line (619) 531-2000**

Intended for situations that do not require an immediate response from emergency services, such as reporting a crime that has already occurred, requesting information about an ongoing investigation, noise complaints, and routine traffic accidents.

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## LGBTQIA

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### LGBTQIA+ National Hotline

**(888) 843-4564**

Provides free and confidential peer-support, information, and local resources through national hotlines.

### San Diego LGBT Community Center

**(619) 692-2077**

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

The Center provides targeted programs and services to the full diversity of the San

Diego LGBT community, including men, women, youth, seniors, transgender and non-binary individuals, families, LGBTQ Latino/a/x community members, and their families, and those living with HIV.

### Trans Lifeline

**24/7 Call and Text (877) 565-8860**

Peer support by and for transgender, non-binary, and gender questioning people.

### Trevor Project

**Chat, call, text (866) 488-7386**

Provides 24/7 crisis care, advocacy, peer support for LGBTQ+ young people.

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## Substance Use Disorder

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### ALCOHOL & DRUG SERVICES, SUICIDE PREVENTION, CRISIS INTERVENTION

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### San Diego Access & Crisis Line

**(888) 724-7240 or**

**(619) 641-6992 (TTY)**

[www.optumsandiego.com](http://www.optumsandiego.com)

Provides 24-hour, 7 days a week access to County Mental Health Services, County Alcohol & Drug Services, Suicide Prevention, Crisis Intervention, Community Resources. (Multilingual capacity).

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### RECOVERY RESIDENCE/ SOBER LIVING

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### Recovery Residence Association (RRA)

**(858) 609-7977 | [www.rrasd.org](http://www.rrasd.org)**

Recovery residences are privately-owned homes or complexes that provide housing for adults with a substance use disorder or co-occurring disorder. They serve individuals that are currently receiving outpatient SUD services or are enrolled in recovery services.

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## RECOVERY SERVICES

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### SMART Recovery

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

SMART (Self-Management and Recovery Training).

Offers free recovery services for individuals with addictions.

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### SUBSTANCE USE DISORDER & MENTAL HEALTH TREATMENT – OUTPATIENT

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### Family Health Center

**(619) 906-4686**

[www.fhcsd.org/substance-use-disorder-services](http://www.fhcsd.org/substance-use-disorder-services) or  
[SUDreferrals@fhcsd.org](mailto:SUDreferrals@fhcsd.org)

Provides treatment that promotes well-being and recovery through prevention, treatment and intervention for clients experiencing both mental health and substance use challenges.

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## SUPPORT GROUPS

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### Alateen & Al-Anon

**(619) 296-2666**

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

Support groups for those affected by the problem drinking of a relative or friend.

### Alcoholics Anonymous (AA)

**(619) 265-8762 or (760) 758-2514**

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

Support groups for individuals who suffer from alcoholism.

### Crystal Meth Anonymous

**(855) 638-4373**

Support groups for individuals who suffer from addiction to methamphetamine.

### Narcotics Anonymous (NA)

**(619) 584-1007 or (800) 479-0062 or**

**(619) 546-0774 (Spanish)**

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

Support groups for individuals who suffer from addiction to narcotics.

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## Veterans & Active Duty

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## MENTAL HEALTH

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### Courage to Call

**(877) 698-7838**

[www.courage2call.org](http://www.courage2call.org)

Courage to call is dedicated to improving mental wellness for Veterans, Active Duty, Reservists, National Guardsman, and their families.

### Veterans Crisis Line

**988 (then press 1) or Text 838255**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

24/7 support for Veterans, Active Duty, National Guard, and Reserve members, and those who support them.

### U.S. Department of Veterans Affairs

**(858) 552-8585**

[www.va.gov](http://www.va.gov)

Provides comprehensive health care and other services to U.S. military veterans and their families (disability compensation, education, home loans, pensions, and burial benefits).