

# 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

#### Jewish Family Service (JFS)

##### Patient Advocacy

(619) 282-1134 or (800) 479-2233

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

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 Resident 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 mental health services in SD County.

### COMPLAINT LINE – RESIDENTIAL

#### Community Care Licensing

(844) 538-8766

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

#### Department of Public Health

##### (Skilled Nursing Facilities & 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 (unable or unwilling to provide for basic food, shelter, and clothing needs) as a result of a mental disorder.

### 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, including consumer, 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, and Conservatorship hearings for mental health clients.

#### Disability Rights California

(619) 239-7861

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

This organization helps people with disabilities solve disability-related challenges.

**General Intake Line** (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 (see below) to conduct an in-person response to the caller's location. For non-crisis peer support, see the California Peer-Run Warm Line.

### 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.

### MENTAL HEALTH NETWORKS

#### Network of Care San Diego

(online resource)

<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. For non-crisis peer support, see the California Peer-Run Warm Line.

### 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/)

The North Coastal MCRT is 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

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#### 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. For non-crisis peer support, see the California Peer-Run Warm Line.

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## MENTAL HEALTH CRISIS RESOURCE CENTER

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

(619) 235-2600

<http://comresearch.org>

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 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 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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## Care Management Resources

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## CASE MANAGEMENT

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### Assertive Community Treatment (ACT) & Strengths-Based Case Management (SBCM)

(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 and Children (WIC) Program

(800) 500-641

[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

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### 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

El Cajon – Main Location

(619) 808-4979

Downtown San Diego (619) 533-6000

North County (888) 440-4673

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

## Community Resources

### BEHAVIORAL HEALTH SERVICES & CRISIS INTERVENTION

#### 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).

### REFERRALS

#### 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.

### SOCIAL SERVICES

#### County Health & Human Services

(619) 515-6555 or 711 (TTY)

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

Provides health and social services, promoting wellness, self-sufficiency, and a better quality of life for San Diegans.

## Housing, Employment, Food, Clothing & Transportation

### FOOD

#### 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.

#### Jewish Family Service (JFS)

##### The Corner Market

(858) 637-3210

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

The Corner Market resembles a small grocery store where shoppers self-select nutritious foods free of charge based on family size and need. It offers a wide selection of grocery items and produce, including fruits and vegetables, meats

and dairy, prepared meals, hygiene, baby items, and even pet food when available. (Open to clients Monday through Friday 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, advocate for the hungry, and educate the public about hunger-related issues.

### EMPLOYMENT, CHILDCARE & TRANSPORTATION

#### 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).

### HOUSING

#### 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.

### OVERNIGHT SHELTER IN VEHICLES (Housing Navigation Onsite)

#### Safe Parking Program

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

The program operates seven nights per week at six secured lots at Balboa Avenue, Aero Drive, Mission Village Drive (open 24 hours), Rose Canyon, and Encinitas, and Vista. Enrollment is required for all locations. With wraparound services focused on basic needs assistance, employment, family wellness, school success, financial education, credit repair, and housing. To enroll, call (858) 637-3373 or enroll online.

### TRANSITIONAL HOUSING, SUPPORTIVE HOUSING & RAPID REHOUSING

#### Homeless Response Center (HRC),

##### Coordinated Entry Access Sites:

(619) 880-8810

[www.sdhc.org/homelessness-solutions/hrc](http://www.sdhc.org/homelessness-solutions/hrc)

**Father Joe's Villages:** (619) 233-8500

**Salvation Army:** (619) 699-2214

#### San Diego Youth Services:

(619) 221-8600

### TRANSPORTATION

#### 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

Provides birth certificate vouchers and state ID vouchers.

## Justice System/Adult Probation

### ADULT PROBATION

#### County Probation

East County: (619) 441-3441

North County: (760) 806-2333

South County: (619) 498-2111

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

The mission of the San Diego County Probation Department is "Protect community safety, reduce crime and assist victims through offender accountability and rehabilitation." All of the directives given, and actions taken, shall be in support of the Probation Department's Mission. [Central #(619) 515-8202]

### COMMUNITY SUPPORT & ADVOCACY

#### Pillars of the Community

619-255-9950 | [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

(858) 974-2065

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

Connects you with experienced attorneys who will review your criminal history and seek all appropriate methods of relief (free of charge).

### Second Chance Center

(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

### 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

### 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).

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 GROUP

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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 group for individuals who suffer from alcoholism.

### Crystal Meth Anonymous

(855) 638-4373

Support group 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 group 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