

Mesa Student Health Services: Counseling Referrals

San Diego State University (SDSU): Center for Community Counseling & Engagement

(Low cost- Multiple languages)

Address: 4283 El Cajon Blvd, Suite # 215. San Diego, CA 92105.

Phone: (619)-594-4918

Email: csp.ccce@gmail.com

The Center: Gay/ Lesbian/Bi and Transgender Support

Referral specialist for counseling: 619-692-2077 x208 or email: onduty@thecentersd.org

Transgender-competent counseling: 619-692-2077x118 *or see above referral specialist*

Hillcrest main number: (619)-690-2077

Narrative Initiatives San Diego (NISD)

Address: 3636 Fifth Avenue, Suite 203, San Diego, CA 92103

Sliding scale: \$30-\$75 per session (MFT residency program)

Phone: (619)-786-7184

<https://www.nisd counseling.org/>

Web: www.centerforcommunitycounseling.org

SDSU Psychology Clinic Short-term. Doctoral students in clinical psychology. Psychological assessment services. Individualized and group programs for eating disorders, smoking, high blood pressure, and other health-related problems. Fees \$15-95.

Clinic Hours:

Monday-Wednesday 9:00 AM to 5:00 PM.

Tuesday-Thursday 9:00 AM to 7:00 PM. Friday Closed.

Location: 6363 Alvarado Court, Suite 102. San Diego, CA 92120.

Phone: (619)-594-5134.

Jewish Family Service of San Diego (Do not have to be Jewish- varied beliefs accepted)

8804 Balboa Ave. San Diego, CA 92123

Phone: (858)-637-3210

United Pan Asian Communities (UPAC): TAY Transitional Aged Youth are seen including Psychiatric visits/meds/group and individual counseling for \$37.00 per year. Must be 18 years old and of Asian descent.

Address: 2359 Ulric Street (Behind the Mini Mart)

Phone: (858)-268-4933

Center for Mindful Relationships (Sliding Scale- in some cases) (619)-685-0041

2333 1st Ave #203, San Diego, CA 92101. Fees based on net income and the lowest rates with MFT graduate students start at \$40/hr or \$50/90min. A couples or family session is \$50/hr or \$70/90 minutes. MFT-I's: \$90/hour. LMFT's who charge \$125/hour.

Anger management classes \$25/session -completion certificate after 12 sessions. Classes on Saturday 9am-10:30 and Tuesday 10:30am - noon. Classes are open and can be started at any time.

Gifford Clinic Adult Outpatient Psychiatric Services- UCSD Provides outpatient evaluation and psychosocial rehabilitative services. Provides care coordination, psycho-pharmacology, and psychotherapy
140 Arbor Dr San Diego, CA 92103 8-6 M-Th 8-5 F
619-543-6250

County Mental Health

Address: 3853 Rosecrans Street. San Diego, CA 92106.

Phone: (619)-692-8232.

Open: Mon-Fri.

Time: 10AM – 5PM.Walk- in clinic.

Walk in OK- plan is to see psych within 2 hours and will prescribe medication and if needed. Will fill prescription free for 30 days.

Jane Westin Center (Medi-Cal provider).

Location: 1045 9th Avenue. San Diego, CA 92101.

Phone: (619)-235-2600.

Walk-In Hours:

Monday through Friday 10:00 AM to 4:00 PM.

Domestic Violence

Hotline: (888)-724-7240

Access and Crisis line: 24-hours a day: Provides mental health **CRISIS** intervention, information and referrals to mental health services in San Diego County.

888-724-7240

Mental Health Support Warm Line: A **NON-CRISIS** peer telephone service for support, Information, resources, referrals and pre-crisis intervention.

619-295-1055 / 1-800-930-9276

Open 3:30 PM to 11:00 PM 7 days a week.

National Suicide Prevention Line: Provides mental health **SUICIDE** intervention
24 hrs. a day, 7 days a week. **800-273-8255**

In Emergency- call 911