



## National Hotlines

- [National Suicide Prevention Lifeline: 988](#)
- Crisis Text Line: Text "help" to 741-741
- Teen Line: Text "TEEN" to 839863
- Trevor Project: Call 1-866-488-7386 or text "START" to 678678
- Trans Lifeline: Call 1-877-565-8860

## Pivot School Counseling Website

Check out the [Pivot School Counseling Website](#) to contact one of our counselors or to explore the virtual counseling office for fun activities, resources, and all things wellness!

## Community Resource Guide

**Did you know...** research has shown that volunteering leads to lower rates of depression and anxiety. Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect. Reduced stress further decreases risk of many physical and mental health problems, such as heart disease, stroke, depression, anxiety and general illness.

# San Diego County Resources

## Counseling and Mental Health

### [Douglas Young](#)

*Counseling services for students and their families who are underserved, uninsured and /or full-scope Medi-Cal*

**Phone:** 858-300-8282

**Address:** 7917 Ostrow Street, Suite A, San Diego, CA 92111

### [Center for Community Counseling & Engagement](#)

*Bringing affordable mental health services to underserved communities*

**Phone:** 619-594-4918

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

### [LifeStance](#)

*Mental health counseling*

**Phone:** 760-597-4880

### [Rady Children's Hospital- Behavioral Health](#)

*Full range of services for emotional and behavioral well-being, from family and group therapy to acute care hospitalization.*

**Phone:** 858-576-1700

### [SAY San Diego](#)

*SAY programs enrich youth, empower families, and engage communities to bridge gaps and provide well-being for all.*

**Phone:** 619-283-9624 x367

**Email:** mbaum@saysandiego.org

# Wraparound Services

## San Diego Regional Center

*Services to support persons with developmental disabilities*

**Phone:** 858-576-2996

**Address:** 4355 Ruffin Rd. San Diego, CA 92123

## Families Forward Wraparound

*Culturally inclusive home-based services for children ages 6-21 with mental health diagnosis and full scope Medi-Cal*

**Phone:** 858-573-2600

**Email:** [contact@mhsinc.org](mailto:contact@mhsinc.org)

**Address:** 9465 Farnham Street, San Diego, CA 92123

## Fred Finch

*Care coordination, case management, caregiver/parent coaching, crisis response, safety planning, community supports and access to psychotherapeutic and psychiatric support services for individuals ages 5-25*

**Phone:** 619-797-1090

**Email:** [taliamorison@fredfinch.org](mailto:taliamorison@fredfinch.org)

**Address:** 3845 Spring Drive, Spring Valley, California 91977

## Oak Grove Center

*The wraparound program is a strength-based, family centered, needs driven individualized process that utilizes a series of steps to guide service planning for children with or at-risk of emotional and behavioral challenges and their families*

**Phone:** 951-677-5599

**Email:** [mistyk@oakgrovecenter.org](mailto:mistyk@oakgrovecenter.org)

**Address:** 24275 Jefferson Ave, Murrieta, CA 92562

## Pathways Community Services

*Pathways offers a member-run program called the Oasis Clubhouse in which Transition Age Youth (TAY) ages 16-25 can learn valuable skills, give and receive support, connect with peers who have similar life experiences, and have fun!*

**Phone:** 858-300-0470

**Address:** 3330 Market Street, Ste. C, San Diego, CA 92102

## Center For Children

*Wraparound is a comprehensive and proven treatment modality for children and teens needing intensive supports in their home community*

**Phone:** 858-277-9550

**En español llame al:** 858-277-9550

**Address:** 3002 Armstrong Street, San Diego, CA 92111

## Health and Wellness

### WIC

*Healthy foods, nutrition education, breastfeeding support, referral services, wellness coaching, and counseling services for women, infants, and children*

**Phone:** 1-800-500-6411

### Medi-Cal Insurance

*No-cost or low-cost health insurance*

**Phone:** 1-866-262-9881

### Family Health Centers of San Diego

*Providing caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons.*

**Phone:** 619-515-2474

### La Maestra Community Health Center

*Primary care, dental, specialty, and behavioral providers. Many locations throughout central San Diego including eye clinic, dental clinic, and women's clinic.*

**Phone:** 877-338-5632

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

### San Diego Indian Health Center

*Dental, medical, and behavioral health services. Offer services for anyone; however, Native American tribal members may receive some services at no cost.*

**Phone:** 619-234-0648 or 619-234-2158

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

### Social Advocates for Youth

*Free application assistance for Healthy Families, Medi-Cal, and AIM in English/Español.*

**Phone:** 858-565-4148

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

## Dental Health

### UC San Diego Low Cost Dental Clinics

## Substance Abuse

### San Diego County Health and Human Services Substance Abuse Programs

## Housing

### [San Diego County Rental Assistance](#)

*Rental assistance through section 8 housing*

### [Catholic Charities Homeless Women's Services](#)

*Safe, supportive, sober environment and opportunities for women with few or no resources to gather, begin, and continue self-help efforts*

**Phone:** 619-696-0873

### [San Diego Youth Services - The Storefront](#)

*Emergency shelter for runaway, homeless, and "street" youth ages 12-17. Can access services with or without a referral.*

**Phone:** 619-325-3527

**Website:** <http://www.sdyouthservices.org/>

### [YMCA Turning Point Transitional Living Program](#)

*18-month program for homeless young adults, ages 16-21 with and without children.*

**Phone:** 619-640-9774

**Website:** [www.yfs.ymca.org/residential-services/turning-point-tlp.html](http://www.yfs.ymca.org/residential-services/turning-point-tlp.html)

### [Crisis House Emergency Services](#)

*Serves undocumented individuals and family in need of emergency food, baby supplies, and emergency shelter.*

**Phone:** 619-444-1194

**Website:** [www.crisishouse.org](http://www.crisishouse.org)

### [Dreams for Change Safe Parking Program](#)

*Provides safe parking environment and supportive services for people experiencing homelessness living in their vehicles for overnight stays. 7 days a week, 365 days a year starting at 6:00pm, **must call before arriving.***

**Phone:** 619-497-0236 - call before arriving at lot

**Locations:** San Diego Lot: 766 28th St, San Diego 92102

Imperial Lot: 5605 Imperial Ave, San Diego 92114

