

counseling & mental health

CONTINUING CARE SERVICES

Kaiser Permanente Services

Caregiver Support Groups…….. 858-614-0533

Psychiatry and Addiction Medicine…….. 877-496-0450
Addiction Medicine ……. 619-221-6550
Behavioral Health Care Helpline (24 hour)……... 800-900-3277
Pediatric Specialties (John Richards Learning Center) …… 866-940-2218

Find Your Words (start conversations about mental health)
Find Your Words | Kaiser Permanente

Community Services

This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

988 Crisis Lifeline (24/7 Help)……..Text or call 988
www.988lifeline.org

ACCESS and Crisis Line (24/7 help) …….. 888-724-7240

Access to Independence ……800-976-2776
www.accesstoind.org ……..…… 619-293-3500

Catholic Charities…….. 619-323-2841
www.ccdsd.org

Center for Community Solutions…….…. 858-272-5777
www.ccssd.org ……. 888-385-4657

Community Research Foundation (data base of local crisis centers & programs)
www.comresearch.org/services.php

Courage to Call (24/7 staffed by vets for vets and their families)…… 877-698-7838
http://courage2call.org

Crisis Text Line (text “HOME” to 741741) …….…….. 741741
www.crisistextline.org

Empty Cradle (pregnancy and infant loss support) ……..…… 619-573-6515
www.emptycradle.org

Friendship Line (24-hr friendship line, age 60+) ……. 800-971-0016
https://www.ioaging.org/friendship-line-california

Harmonium Inc (counseling and youth programs) ……. 858-684-3080
www.harmoniumsd.org

HELP Therapist (counseling comes to you in home/office) …….. 858-481-8827
www.helptherapy.com

It's Up to Us (San Diego mental health resources)
www.Up2SD.org

Jewish Family Service……... 858-637-3210
www.jfssd.org ……Intake line ……. 877-537-1818

Mental Health America of San Diego County
www.mhanational.org/affiliates/mha-of-san-diego-county/

National Alliance for the Mentally Ill (NAMI of San Diego)…….. 619-543-1434
www.namisandiego.org

National Maternal Mental Health Hotline……call or text… 833-852-6262
Available 24/7, the hotline provides free, confidential support, resources, and referrals for pregnant and postpartum individuals facing mental health challenges.
https://mchb.hrsa.gov

National Institute of Mental Health…….. 866-615-6464
www.nimh.nih.gov

Neighborhood House Association …….. 858-715-2642
Safe Connections: a mental health short-term case management program 619-500-8212
www.neighborhoodhouse.org

Parents, Families & Friends of Lesbians and Gays……... 619-333-6154
www.pflag.com

Positive Solutions through UPAC serving central & north SD Co …….. 619-481-2652
Adult And Older Adult Mental Health Programs – UPAC

Rady Children's Hospital Outpatient Psychiatry…….. 858-966-5832
www.rchsd.org/programs-services/behavioral-health/

San Diego Center for Children…….. 858-277-9550
www.centerforchildren.org

San Diego County Behavioral Health Center
East County……... 619-401-5500
Central…….. 619-692-8750
North County Coastal……... 760-712-3535
North County Inland (Escondido)…… 760-747-3424
South Bay…… 619-427-4661
South East …….. 858-351-6000

San Diego IHOT (In-Home Outreach Team) ……..…. 855-384-4468
County funded in-home outreach to adults with serious mental ……. 619-961-2120
illness who are resistant to receiving mental health services (family/friend referred)
www.telecarecorp.com/ihot

San Diego Veteran Center ……... 858-642-1500
www.va.gov/san-diego-vet-center/

San Diego Youth Community Services …….. 619-221-8600
www.sdyouthservices.org

SIDS (Sudden Infant Death Syndrome) information
www.sandiegocounty.gov

Social Advocates for Youth……..….(main office) …... 858-565-4148
www.saysandiego.org....……(family resource center) ..… 619-283-9624

Survivors of Incest Anonymous
www.siawso.org

Survivors of Suicide Loss……..... 619-482-0297
www.soslsd.org

The Compassionate Friends (loss of a child)…….…. 619-583-1555
www.sdtcf.org

The San Diego LGBT Community Center ……. 619-692-2077
www.thecentersd.org

Warm Line (telephone peer support, info & resources for ……. 800-930-9276
non-emergency mental health issues) …… 619-295-1055

Women's Resource Center (rebuilding lives, Oceanside) …….. 760-757-3500
www.wrcsd.org

YMCA Youth and Family Services ……..……619-600-6537
Kinship-Navigator - kinship support services program……..619-719-9179
www.ymcasd.org

YWCA Counseling Center ……..... 619-239-0355
Domestic Violence (Battered Women's Services) 24-hr hotline ……... 619-234-3164
www.ywcasandiego.org

For corrections to this handout, please call (858) 614-0533