



counseling & mental health

CONTINUING CARE
SERVICES

Kaiser Permanente Services

Caregiver Support Groups.....	619-641-4456
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 (KP Thrive, start the discussion about depression)

www.findyourwords.org

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 Independence800-976-2776
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

<http://continuingcare-sandiego.kp.org>

Updated 04/21/25

Friendship Line (24-hr friendship line, age 60+)	800-971-0016
<i>https://www.ioaging.org/friendship-line-california</i>	
Harmonium Inc (counseling and youth programs)	858-684-3080
<i>www.harmoniumsd.org</i>	
HELP Therapist (counseling comes to you in home/office)	858-481-8827
<i>www.helptherapy.com</i>	
It's Up to Us (San Diego mental health resources)	
<i>www.Up2SD.org</i>	
Jewish Family Service.....	858-637-3210
<i>www.jfssd.org</i>	Intake line
	877-537-1818
Mental Health America of San Diego County	619-543-0412
<i>www.mhasd.org</i>	
National Alliance for the Mentally Ill (NAMI of San Diego).....	619-543-1434
<i>www.namisaniego.org</i>	
National Maternal Mental Health Hotline.....	call or text... 833-943-5746
Available 24/7, the hotline provides free, confidential support, resources, and referrals for pregnant and postpartum individuals facing mental health challenges.	
<i>https://mchb.hrsa.gov/national-mental-health-hotline</i>	
National Institute of Mental Health.....	866-615-6464
<i>www.nimh.nih.gov</i>	
Neighborhood House Association	
Project Enable: a mental health & wellness recovery program.....	858-715-2642
<i>www.neighborhoodhouse.org</i>	
Parents, Families & Friends of Lesbians and Gays.....	619-333-6154
<i>www.pflag.com</i>	
Positive Solutions through UPAC serving central & north SD Co	619-481-2652
<i>Adult And Older Adult Mental Health Programs – UPAC</i>	
Rady Children's Hospital Outpatient Psychiatry.....	858-966-5832
<i>www.rchsd.org/programs-services/psychiatry</i>	
San Diego Center for Children.....	858-277-9550
<i>www.centerforchildren.org</i>	
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 illness who are resistant to receiving mental health services	619-961-2120
<i>www.telecarecorp.com/ihot</i>	
San Diego Veteran Center	858-642-1500
San Diego Youth Community Services	619-221-8600
<i>www.sdyouthservices.org</i>	
SIDS (Sudden Infant Death Syndrome) information	
<i>www.sandiegocounty.gov</i>	
Social Advocates for Youth.....(main office)	858-565-4148
<i>www.saysandiego.org</i>(family resource center)	619-283-9624
Survivors of Incest Anonymous	
<i>www.slawso.org</i>	
Survivors of Suicide Loss.....	619-482-0297
<i>www.soslsd.org</i>	
The Compassionate Friends (loss of a child).....	619-583-1555
<i>www.sdtcf.org</i>	
The San Diego LGBT Community Center	619-692-2077
<i>www.thecentersd.org</i>	
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
<i>www.wrcsd.org</i>	
YMCA Youth and Family Services	619-600-6537
Kinship-Navigator - kinship support services program.....	619-719-9179
<i>YMCA Youth and Family Services - YMCA of San Diego County</i>	
YWCA Counseling Center	619-239-0355
Domestic Violence (Battered Women's Services) 24-hr hotline	619-234-3164
<i>www.ywcasandiego.org</i>	

For corrections or additions to this handout, please call (619) 641-4456