Cuyamaca College
Community Crisis/Prevention Resources

Crisis Numbers

San Diego Access and Crisis Line (24 hours)  (888) 724-7240
TDD for hearing impaired  (619) 641-6992
Psychiatric Emergency Response Team (PERT)  911
Center for Family Solutions (24 hours) Imperial County  (760) 353-8530
County of San Diego Psychiatric Hospital  (619) 692-8200
3853 Rosecrans Street, San Diego, CA 92110

Adult Protective Services (APS) County of San Diego  (800) 510-2020
Child Protective Services (CPS) County of San Diego  (800) 344-6000
Emergency Screening Unit-Child & Adolescents (24 hours)  (619) 421-6900

National Domestic Violence Hotline (24 hours)  (800) 799-7233
Rape, Sexual Assault, & DV Hotline (24 hours)  (858) 272-1767

Counseling Services

Borrego Health  (619) 401-0404 Ext. 4228
396 N. Magnolia Ave., El Cajon, CA 92020
Hours: Mondays through Fridays (8:00 am - 5:00 pm)

Chaldean & Middle-Eastern Social Services (Claudina Hanna)  (619) 631-7400
436 S. Magnolia Ave., Suite 201, El Cajon, CA 92020
Hours: Mondays through Fridays (9:00 am - 5:00 pm)

Deaf Community Services of San Diego  (619) 398-2441
1545 Hotel Circle South, Suite 300, San Diego, CA 92108
Hours: Mondays through Fridays (8:30 am - 5:00 pm)

Family Health Centers of San Diego  (619) 515-2499
Chase Avenue Family Health Center
1111 W. Chase Ave., El Cajon, CA 92020
Hours: Mondays through Fridays (8:30 am - 5:30 pm)
Saturdays (8:30 am - 12:30 pm)

East County Family Counseling Center  (619) 515-2385
8788 Jamacha Rd. Spring Valley, CA 91977
Hours: Mondays, Wednesdays, Thursdays, Fridays (8:30 am - 5:00 pm)
Tuesdays (10:30 am - 7:00 pm)
Heartland Center  
1060 Estes St., El Cajon, CA 92020  
(619) 440-5133  
Walk-in Hours:  
Mondays (9:00 - 11:00 am)  
Tuesdays/Thursdays (9:00 am - 4:00 pm)  
Wednesdays/Fridays (9:00 am - 12:00 pm)

Neighborhood Healthcare  
855 E. Madison Ave., El Cajon, CA 92020  
(619) 440-2751  
Hours: Mondays, Wednesdays, Thursdays, Fridays  
(8:00 am - 5:00 pm)  
Closed Wednesdays (12:00 - 1:30 pm)  
Tuesdays (8:00 am - 8:00 pm)  
Saturdays (8:00 am - 12:00 pm)

East County Mental Health Clinic (chronically ill)  
1000 Broadway, Suite 210, El Cajon, CA 92021  
(619) 401-5500  
Walk-in Hours:  
Mondays-Thursdays (9 am - 4 pm)  
Fridays (9 am - 3 pm)

Military Services

Military Crisis Line (24 hours)  
(800) 273-8255 (Press 1)

Armed Services YMCA
San Diego Headquarters  
(858) 751-5755
Naval Medical Center Healthy Living Services  
(619) 532-8156  
Navy/Marine Corps Relief Society financial support  
(619) 556-8283
Military Volunteer Program  
(619) 232-9084

Fleet and Family Support Services  
(866) 923-6478