



Cuyamaca
Community College
CARE FAIR

**ONLINE
DECEMBER 7**

**This year, have
you been
struggling...**

...emotionally?

...physically?

...financially?

**You're not
alone.**



Scan this QR code to
access Cuyamaca's
Personal Counseling
team!

[#CuyamacaCares](#)

Crisis Hotlines

Crisis House San Diego

24/7 Domestic Violence Hotline

+1 (888) 385.4657

crishouse.org/contact

National Suicide Prevention Lifeline

Free 24 hour confidential county resource line

1-800-273-TALK (8255); En Español 1-888-628-9454

2-1-1 San Diego

Free 24 hour confidential county resource line

Dial 2-1-1

211sandiego.org

Up2SD

Free 24 hour confidential crisis line

Crisis Line (888) 724-7240

Crisis Text Line

Free 24 hour confidential crisis line

Text "HELLO" to 741741

[#CuyamacaCares](#)

Medical Resources

Family Health Centers of San Diego

Mental and physical health services. Accepts Medi-Cal.

+1 (619) 515.2300

fhcsd.org/contact-us

Volunteers in Medicine (VIM) San Diego

Medical care for low-income, uninsured families.

+1 (619) 440.4591

vim-sandiego.org

Family Health Centers of San Diego

Mental and physical health services. Accepts Medi-Cal.

+1 (619) 515.2300

fhcsd.org/contact-us

#CuyamacaCares

Food & Transportation Resources

Feeding San Diego

Drive-thru food banks and food distribution

+1 (858) 452-3663

<https://feedingsandiego.org/get-help/>

San Diego Food Bank

List of food programs operating during COVID-19

+1 (858) 452-3663

<https://sandiegofoodbank.org/gethelp/>

FACT San Diego

Free transportation for San Diego residents with any essential need (groceries, doctor visits, etc.)

+1 (888) 924-3228 8am-3pm, Monday - Friday

San Diego Rescue Mission - Emergency Food & Shelter

Food distribution + emergency night shelter for single women and women with children.

+1 (619) 687-3720 8am-3pm, Monday - Friday



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CUYAMACA CARES

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Mental Health Resources

Women's Resource Center

Services for women and teens experiencing domestic
violence or sexual abuse
Hotline (760) 757-3500
www.wrcsd.org

Family Health Centers of San Diego

Mental and physical health services. Accepts Medi-Cal.
+1 (619) 515.2300
fhcsd.org/contact-us

San Diego LGBT Community Center

Resources for LGBTQIA+ individuals
+1 (619) 692-2077 ext. 208
www.thecentersd.org/

San Diego Volunteer Lawyers

Pro bono legal services
(619) 235-5656
www.sdvlp.org/contact-us/

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Legal and specialized resources

Veterans Village of San Diego

Services and support for military veterans & their families

+1 (619) 393.2000

www.vvvd.net/contact/

Jewish Family Services

Free immigration/DACA legal services for Cuyamaca Students

+1 (858) 637-3345

<https://www.jfssd.org/our-services/refugees-immigration/higher-education-legal-services/>

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