# Resource

# Guide



EQUITY, EXCELLENCE, AND SOCIAL JUSTICE THROUGH EDUCATION

### 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 3853 Rosecrans Street, San Diego, CA 92110 (619) 692-8200

Adult Protective Services (APS) County of San Diego (800) 510-2020

## Crisis Numbers

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

24/7 Domestic Violence Hotline +1 (888) 385.4657

2-1-1 San Diego (24 hours) Dial 2-1-1

Crisis Text Line (24 hours) Text "HELLO" to 741741

# Counseling Services

Borrego Health (619) 401-0404 Ext. 4228

Chaldean & Middle–Eastern Social Services Claudina Hanna (619) 631-7400

Deaf Community Services of San Diego (619) 398-2441

#### Family Health Centers of San Diego Chase Avenue Family Health Center (619) 515-2499

# Counseling Services

East County Family Counseling Center (619) 515-2385

Heartland Center (619) 440-5133 Neighborhood Healthcare (619) 440-2751

East County Mental Health Clinic For those with chronically illness (619) 401-5500

YMCA (619) 420-3620

Women's Resource Center (760) 757-3500 www.wrcsd.org

San Diego LGBT Community Center (619) 692-2077 ext. 208 www.thecentersd.org/

## Military Services

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

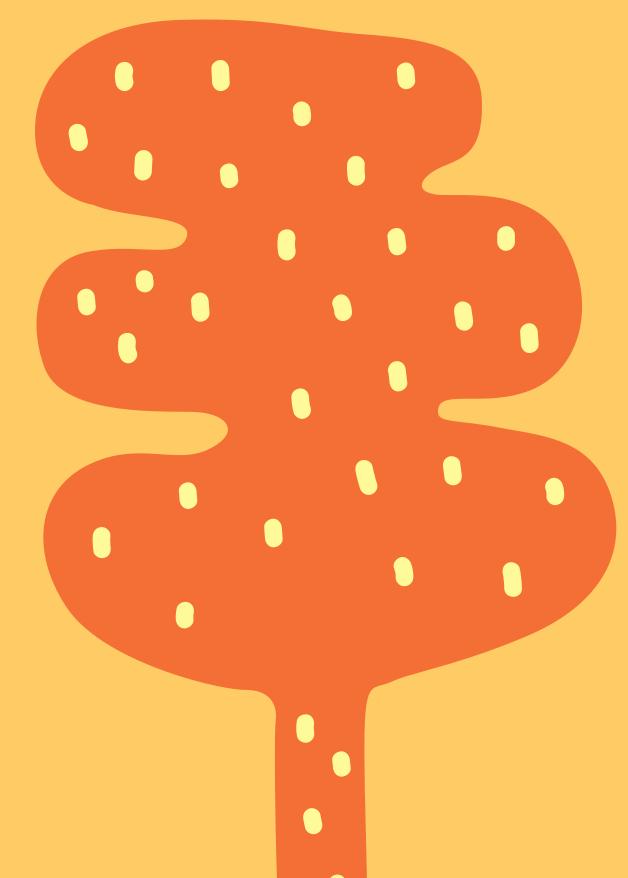
San Diego Headquarters (858) 751-5755

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



### Medical Services

Family Health Centers of San Diego Mental and physical health services Accepts Medi-Cal. (619) 515.2300 fhcsd.org/contact-us

Volunteers in Medicine (VIM) San Diego Medical care for low-income

uninsured families (619) 440.4591 vim-sandiego.org



#### Food & Transportation Services

San Diego Food Bank (858) 452–3663 https://sandiegofoodbank.org/gethelp/

Feeding San Diego Drive-thru food banks and food distribution (858) 452-3663 https://feedingsandiego.org/get-help/

#### San Diego Rescue Mission – Emergency Food & Shelter

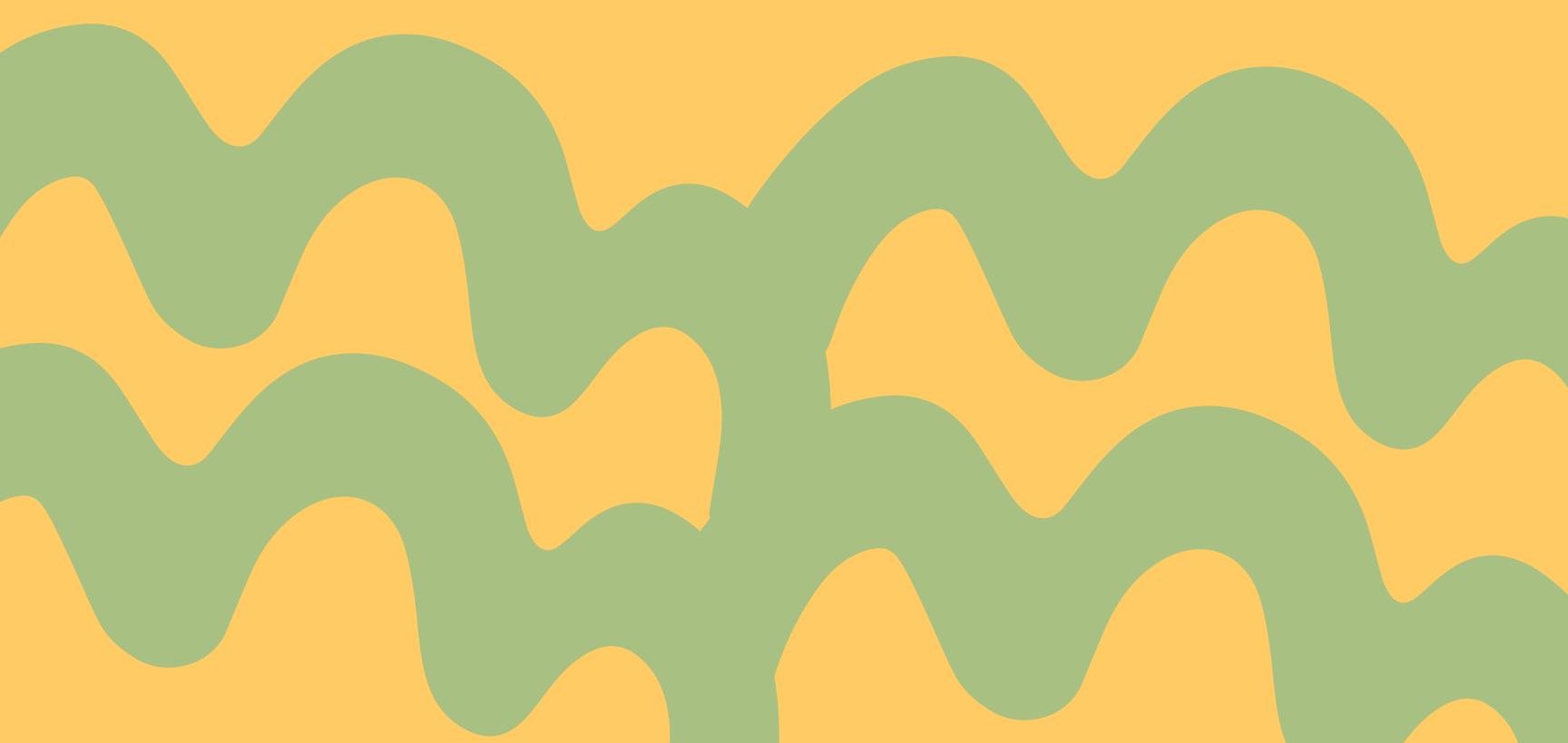
Food distribution and emergency night shelter for single women and women with children (619) 687-3720

#### Food & Transportation Services

FACT San Diego Free transportation for essential needs (groceries, doctor visits, etc.) (888) 924-3228

SBCS: Strengthen Communities (619) 420-3620

#### Porchlight Community https://porchlightcommunity.org/



## Legal Services

San Diego Volunteer Lawyers Pro bono legal services (619) 235-5656 <u>www.sdvlp.org/contact-us/</u>

Veterans Village of San Diego (619) 393.2000 www.vvsd.net/contact/

Jewish Family Services Free immigration/DACA legal services for Cuyamaca Students (858) 637-3345

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