

# San Diego Area Resource Guide

## **Emergency and Crisis Hotlines:**

**National Suicide Hotline (988): Dial 9-8-8 (Available 24/7)**

**The San Diego Access & Crisis Line (ACL): 888-724-7240 (Available 24/7)**

**San Diego County Helpline: Dial 2-1-1**

**Syringe Services Program (SSP): 619-380-0678**

## **Substance Use and Behavioral Health Services:**

### **Family Health Centers of San Diego:**

Locations throughout San Diego County | (619) 515-2300

Website: [www.fhcsd.org/substance-use-disorder-services](http://www.fhcsd.org/substance-use-disorder-services)

**ECS - Central East Regional Recovery Center:** 4443 30th St, San Diego, CA 92115 | (619) 597-7335

Adult and Transitional Age Youth (TAY) services

Website: [www.ecscalifornia.org/central-east-regional-recovery-center/](http://www.ecscalifornia.org/central-east-regional-recovery-center/)

**UPAC - Expanding Horizons:** 3539 College Ave, San Diego, CA 92115 | (619) 818-3788

Transitional Age Youth (TAY) services

Website: [www.upacsd.com](http://www.upacsd.com)

**McAlister Institute for Treatment & Education - MITE - East County Regional Recovery Center:**

1365 N Johnson Ave Suite 111, El Cajon, CA 92020 | (619) 440-4801

Website: [www.mcalisterinc.org/programs](http://www.mcalisterinc.org/programs)

**McAlister Institute for Treatment & Education - MITE - North Coastal Regional Recovery Center:** 1701

Mission Ave #310, Oceanside, CA 92058 and 1211 W Vista Way, BldgC, Vista, CA 92083 | (760) 721-2781 x 1402

Website: [www.mcalisterinc.org/programs](http://www.mcalisterinc.org/programs)

**McAlister Institute for Treatment & Education - MITE - North Inland Regional Recovery Center:** 200 E

Washington Ave #100, Escondido, CA 92025 | (760) 741-7708

Website: [www.mcalisterinc.org/programs](http://www.mcalisterinc.org/programs)

**McAlister Institute for Treatment & Education - MITE - South Bay Regional Recovery Center:** 1180 3rd Ave

Suite C-3, Chula Vista, CA 91911 | (619) 691-8164

Homeless support services provided

Website: [www.mcalisterinc.org/programs](http://www.mcalisterinc.org/programs)

**Interfaith Community Services Substance Use Outpatient Treatment:** 1820 S Escondido Blvd #100,

Escondido, CA 92025 | (760) 294-6356 x 231 or 233

Outpatient, intensive outpatient, and recovery services (aftercare) provided

Website: [www.interfaithservices.org](http://www.interfaithservices.org)

**South Bay Behavioral Health Center:** 740 10th Street, Imperial Beach, CA 91932 | (619) 906-5323

Website: [www.fhcsd.org/south-bay-behavioral-health-center/](http://www.fhcsd.org/south-bay-behavioral-health-center/)

**Solutions for Recovery at North Central Behavioral Health Center:** 4930 Naples St, San Diego, CA 92110 |

(619) 269-8969

Website: [www.fhcsd.org/north-central-behavioral-health-center/](http://www.fhcsd.org/north-central-behavioral-health-center/)

**NHA - Healing Oaks Clinic:** 286 Euclid Ave Suite 102, San Diego, CA 92114 | (619) 859-6270

Bio-Psychosocial Rehabilitation (BPSR) and co-occurring conditions program

Website: [www.neighborhoodhouse.org/healing-oaks-clinic/](http://www.neighborhoodhouse.org/healing-oaks-clinic/)

**MHS - ACTION Central:** 6244 El Cajon Blvd Suite 17, San Diego, CA 92115 Tel: (619) 287-8225

Mental health and substance use conditions

Website: [www.turnbhs.org/programs](http://www.turnbhs.org/programs)

**MHS - ACTION East:** 10201 Mission Gorge Rd, Santee, CA 92071 | (619) 383-6868

Mental health and substance use conditions

Website: [www.turnbhs.org/programs](http://www.turnbhs.org/programs)

**RESTORE:** Racial Equity in Systems to Treat Opioid Use Disorder for Everyone

Toll Free: 833-710-0723

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## Homeless Services:

**SAN DIEGO ACCESS & CRISIS LINE:** 888-724-7240 (Available 24/7)

**SAN DIEGO DAY CENTER FOR HOMELESS ADULTS** offers a safe place to rest during the day, along with other essential resources like restrooms, laundry, storage, showers, mail, phones, fax and access to employment and education services, including a computer lab. Individuals can also meet with case managers to figure out resources in the community and their next steps.

**LOCATION:** 299 17th St. San Diego, CA 92101

**PHONE:** (619) 230-7390

**GENERAL HOURS:** Monday – Friday 6 am – 4 pm; Saturday – Sunday 6 am – 2 pm

## TAY Services:

**TAY Academy Drop-in Center:** 2220 Broadway, San Diego, CA 92102 | (619)232-8126

## County Wide (Men's) Residential Services:

**House of Metamorphosis** 2970 Market St, San Diego, CA 92102 | (619) 236-9217

Website: [www.houseofmetamorphosis.org](http://www.houseofmetamorphosis.org)

**Alpha Project - Casa Raphael** 993 Postal Way, Vista, CA 92083 | (760) 630-9922

Website: [www.alphaproject.org/programs/residential-treatment](http://www.alphaproject.org/programs/residential-treatment)

**Amity Vista Ranch** 2260 Watson Way, Vista, CA 92083 | (760) 599-1892

Website: [www.amityfdn.org/vista-ranch](http://www.amityfdn.org/vista-ranch)

**CRASH - Short Term I** 4161 Marlborough Ave, San Diego, CA 92105 | (619) 282-7274

Website: [www.crashinc.org](http://www.crashinc.org)

**CRASH - Golden Hill House II** 835 25th St, San Diego, CA 92102 Tel: (619) 239-9691

Website: [www.crashinc.org](http://www.crashinc.org) Co-ed residential services

**San Diego Freedom Ranch** 1777 Buckman Springs Rd, Campo, CA 91906 | (619) 478-5696

Website: [www.sdfreedomranch.org](http://www.sdfreedomranch.org)

**The Way Back** 2516 A St, San Diego, CA 92102 | (619) 235-0592

Website: [www.thewaybacksd.org](http://www.thewaybacksd.org)

**Veterans Village of San Diego** 4141 Pacific Highway, San Diego CA 92110 | (619) 393-2000

Website: [www.vvvd.net](http://www.vvvd.net) Co-ed residential services

## County Wide (Women's) Residential Services:

**CRASH - Golden Hill House** 2410 E St, San Diego, CA 92102 Tel: (619) 234-3346

Website: [www.crashinc.org](http://www.crashinc.org)

### **Crossroads**

3594 4th Ave, San Diego, CA 92103 Tel: (619) 296-1151

Website: [www.crossroads4recovery.org](http://www.crossroads4recovery.org)

**MAAC Project - Casa de Milagros** 1127 S 38th St, San Diego, CA 92113 Tel: (619) 262-4002

Website: <https://www.maacproject.org/main/impact/healthy-homes-health-services/recovery-homes/>