



***Resource
Directory***
2018 Revision

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2018 Revisions by Monette Leyva**

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Alphabetical Listing of All Resources is Found at the End of the Guide

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IMPORTANT NOTICE

The options listed in this document are local resources provided for the convenience of families and parents who are seeking services they deem necessary for their child. **These are not referrals** and should not be construed as medical or legal advice. Participation in any of the included or similar programs is not a requirement of the school district. The Vista Unified School District does not recommend or endorse any of the listed facilities, service providers, support groups, or any programs not included herein. The District does not pre-screen or evaluate the facilities, providers, or their licensing or credentials in any way, nor does it warrant or guarantee that any of these options will serve your child's unique needs. The families are solely responsible for screening these programs and upon reviewing program guidelines and services, make their own informed decision surrounding placement of their child at their sole discretion and expense.

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YOUTH CRISIS/SUICIDE PREVENTION AND INTERVENTION

National Suicide Prevention Lifeline 800-273-8255

<https://suicidepreventionlifeline.org/>

Provides 24/7, free and confidential support for people in distress and prevention and crisis resources.

San Diego Access & Crisis Line 888-724-7240

Provides 24-hour, 7-day a week, Free, Confidential, Crisis Intervention, Suicide Prevention, Suicide Intervention, Suicide Postvention and Access to Mental Health and Alcohol & Drug Services.

Aurora Behavioral Health (888) 565-4228

11878 Ave. of Industry
San Diego, CA 92128

<http://www.aurorasandiego.com>

Provides inpatient care and partial hospitalization for children ages 5-12 whose acute symptoms require a safe and therapeutic environment. Provides inpatient care and partial hospitalization for acute mental health issues and chemical dependency intensive outpatient programs for adolescents ages 13 through 17.

Crisis Text Line TEXT 'Help' to 741741

Free, 24/7 support for those in crisis.

Girls and Boys Town National Hotline 800-448-3000

www.boystown.org/national-hotline

Short-term crisis line. Provides referrals for youth and families.

Oceanside Sheriff Psychological Evaluation Response Team (PERT) 760-435-4900

3855 Mission Avenue
Oceanside, CA 92056

Dispatch contacts the officer if they are available.

It's Up to US San Diego Access and Crisis Line 888- 724-7240

http://www.up2sd.org/?utm_Source=google&utm_Medium=cpc&utm_campaign=SuicidePreventionSD&utm_term=access%20and%20crisis%20hotline%20san%20diego

Crisis intervention, suicide intervention, referrals to mental health and drug/alcohol services and information about a wide variety of resources in San Diego. Multi-lingual capacity.

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Survivors of Suicide Support Group 619-482-0297

P.O. Box 4325

La Mesa, CA 91944

www.survivorsofsuicide.com

Offers countywide support groups for people affected by the aftermath of a suicide.

Trauma Intervention Program (TIP) 855-847-7343

4140 Oceanside Blvd.

Suite 159-321

Oceanside, CA 92056

www.tipsandiego.org/

24 hour/7 days a week crisis response team in conjunction with law enforcement agencies, fire departments and hospitals. They provide information and support to victims of tragedies. Their mission is to prevent a second injury.

Vista Sheriff Psychological Evaluation Response Team (PERT) 760-643-3766

325 S. Melrose Ave., Suite 210

Vista, CA 92081

Dispatch contacts the officer if they are available. Services available after 2:30 p.m.

Yellow Ribbon Suicide Prevention Program 1-800-273-TALK (8255)

P.O. Box 644

Westminster, CO 80036

<http://www.yellowribbon.org>

A comprehensive program for schools and communities on suicide prevention.

Youth Crisis Line 800-843-5200 (Toll-free helpline)www.youthcrisisline.org

Operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis.

DRUG AND ALCOHOL SERVICES

HELPLINES

4Rehabilitation.com 877-726-3352

Use this service to determine eligibility for Drug Rehabilitation/Referral Services:

www.4rehabilitation.com/financing/?apcid=2938&keyword=drug%20rehab**Meth Hotline 877-662-6384**

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Drugs/meth, referral service, drug disturbances

www.no2meth.org

NATIONAL REFERRAL SERVICE 1-800-662- HELP (4357)

<http://www.niaaa.nih.gov/alcohol-health/support-treatment>

For local substance abuse treatment referral information in your state.

California Smokers' Helpline 800-662-8887

Spanish 800-456-6386

Tobacco Chewers 800-844-2439

www.californiasmokershelpline.org

Cocaine Anonymous of San Diego Helpline (866) 242-2248

<http://www.casandiego.org/>

For immediate assistance, 24 hours a day.

REHABILITATIONS

Alpha Project: for the Homeless/Casa Raphael 760-630-9922

975 and 993 Postal Way, Vista, CA 92083

www.alphaproject.org

Bethesda Recovery Center: Choices in Recovery/Hill House 760-945-5290

733 South Santa Fe Avenue, Vista, CA 92083

<http://www.choicesinrecovery.org/>

Choices in Recovery Center Bethesda Recovery Center/Humble House 760-945-5290

248 Hill Drive, Vista, CA 92083

<http://www.choicesinrecovery.org>

Choices in Recovery Center: Bethesda Recovery Center/New House 760-945-5290

747 Melrose Place, Vista, CA 92084

<http://www.choicesinrecovery.org>

Choices in Recovery Center: Foundation House 760-945-5290

619 Civic Center Drive, Vista, CA 92083

<http://www.choicesinrecovery.org>

Mental Health Systems: Family Treatment Center (760) 439-6702

Children's Services, Counseling Residential Treatment

1100 Sportfisher Drive Oceanside, CA 92054

<http://www.mhsinc.org/family-recovery-center>

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Mental Health Systems: North County Center For Change 760-940-1836

504 West Vista Way, Vista, CA 92083

<https://www.mhsinc.org/listing/north-county-center-for-change-2/>**Mental Health Systems: BPSR Vista 760-758-1092**

550 W. Vista Way, Suite 407, Vista, CA 92083

<https://www.mhsinc.org/listing/bpsr-vista-clinic-2/>

SUPPORT GROUPS

Alcoholics Anonymous - North County 760-758-2514

604 E. Vista Way

Vista, CA. 92084

<https://nosdco-aa.org/>**North San Diego Young People in Alcoholics Anonymous 760-758-2514**

4003 Vista Way

Oceanside, CA 92056

<https://www.centerforchildren.org/resources/alcoholics-anonymous-all-north-county-young-peoples-group/>

AA meeting for young people. Meetings are on Fridays and Saturdays from 7:30-9:00pm

Al-anon & Alateen 800-690-2666

3108 Fifth Ave #E

San Diego, CA 92103

www.alanonsandiego.org/index.html

12-step fellowship for the family and friends of those suffering from addiction. Referrals to local meeting places (information available 24 hours a day).

Cocaine Anonymous 866-242-2248www.casandiego.org

Self-help groups, referral and fellowship for men and women who are recovering addicts.

Marijuana Anonymous 800-766-6779www.marijuana-anonymous.org

12-step fellowship for the family and friends of marijuana addicts. Meetings are both in-person and online.

Narcotics Anonymous 866-331-1958<http://www.sandiegona.org/area/northcoastal/meeting-schedule/>

12-step fellowship for those suffering from addiction.

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Nar-Anon 800-477-6291

<http://www.naranoncalifornia.org/socal/index.html>
www.naranon.org

12-step fellowship for the family and friends of drug addicts.

SUPPORT GROUPS (NON 12-STEP)

Vista Hill 858-514-5100

8910 Clairemont Mesa Blvd
 San Diego, CA 92123

Call for locations and times for support groups.

<http://www.vistahill.org/programs-services/s-a-f-i-r/>

Support groups for recovering adolescents and their parents. Must bring one adult to groups.

Self Management & Recovery Training (SMART), john@smartrecovery.org

<https://www.smartrecovery.org/>

Support groups for addictive behavior.

DRUG TESTING

Drug Testing Network, Inc. 760-940-2015

958 Postal Way, Suite 6B
 Vista, CA 92083

<https://drugtestingnetwork.com/at-home-quick-screen-panels>

To order at-home, quick screen panels.

North County Health Services – San Marcos Clinic 760 · 736 · 6767

150 Valpreda Road
 San Marcos, CA 92069

www.nchs-health.org

Cost of care is based a sliding scale, which is computed based on your income and family size.

Vista Community Clinic 760-631-5000

1000 Vale Terrace, Vista, Ca 92084

<http://www.vistacommunityclinic.org/>

Call to check cost and availability.

INTENSIVE OUTPATIENT

Aurora Behavioral Health (858) 675-4228

11878 Ave. of Industry

San Diego, CA 92128

<http://www.aurorasandiego.com>

Provides inpatient care and partial hospitalization for acute mental health issues and chemical dependency intensive outpatient programs for adolescents ages 13 through 17. Treatment length varies.

Hazelden Betty Ford 866-261-3734

11720 El Camino Real

Suite 200

San Diego, CA 92130

www.hazeldenBettyFord.org/SanDiego

Patient Aid funds are available on a limited basis for qualifying patients.

MHS North Inland Teen Recovery Center 760-744-3672

340 Rancheros Drive Ste 166

San Marcos, CA 92069

www.mhsinc.org/teen-recovery-center-north-inland

Provides outpatient substance abuse services to adolescents, offering counseling, education and support.

Sharp Mesa Vista - Changes Program 858-836-8434

7850 Vista Hill Ave.

San Diego, CA 92123

<http://www.sharp.com/mesa-vista/changes-program.cfm>

A 12-step program for teens.

Union of Pan Asian Communities Teen Recovery Program 619-521-5720

3288 El Cajon Blvd. #13

San Diego, Ca 92104

<http://www.upacsd.com/index.php/services-2/addiction-treatment-and-recovery/teen-recovery-center/>

Offers outpatient adolescent treatment programs geared towards Asians and Pacific Islanders.

INPATIENT

Aurora Behavioral Health (888) 565-4228

11878 Ave. of Industry

San Diego, CA 92128

<http://www.aurorasandiego.com>

Provides inpatient care and partial hospitalization for children ages 5-12 whose acute symptoms require a safe and therapeutic environment. Provides inpatient care and partial hospitalization for acute mental health issues and chemical dependency intensive outpatient programs for adolescents ages 13 through 17.

Green Oak Ranch (Adults Only) 760-727-0251

1237 Green Oak Road

Vista, CA 92081

<https://www.greenoakranchministries.org/>

Residential coed program with Christian orientation. Residents are clients who have had substance problems. Treatment includes emphasis on spiritual needs and growth. Fees

House of Metamorphosis (HOM) 619-236-9492

2970 Market Street

San Diego, CA 92101

www.houseofmetamorphosis.org/

Long term residential treatment for adults.

Substance Abuse and Mental Health Services Administration 1-800-662-HELP (4357)

5600 Fishers Ln

Rockville, MD 20852

<https://findtreatment.samhsa.gov/>

A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

Sharp McDonald Center 858-637-6920

7850 Vista Hill Ave.

San Diego, CA 92123

<https://www.sharp.com/hospitals/mcdonald/>

Offering adult inpatient, partial hospital and outpatient chemical dependency recovery services.

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Sharp Mesa Vista - Children and Teen Mental Health Services 858-836-8434

7850 Vista Hill Ave.

San Diego, CA 92123

<https://www.sharp.com/hospitals/mesa-vista/programs/child-teen.cfm>

Offers inpatient programs include treatment for depression, anxiety, challenges with family or school, substance abuse and some developmental disabilities such as Asperger's syndrome.

Teen Challenge of Southern California - 18 and up males**San Diego 619-265-0337****Riverside 951-682-8990**

5445 Chicago Ave.

Riverside, CA 92507

San Diego County Facility holds 52

1 year residential, with self-sufficiency programs

www.teenchallenge.com

MEDICAL DETOX CENTERS

Aurora Behavioral Health 888-565-4228 (Adult Programs)

11878 Ave. of Industry

San Diego, CA 92128

<http://www.aurorasandiego.com>**Fellowship Center 760-745-8478 (18+ males)**

737 East Grand Avenue

Escondido, CA 92025

Hazelden Betty Ford 866-261-3734

11720 El Camino Real

Suite 200

San Diego, CA 92130

www.hazeldenBettyFord.org/SanDiego

An in-network provider of substance use disorders treatment as an affiliate in the Scripps Health network

Sharp McDonald Center 858-637-6920

7850 Vista Hill Ave.

San Diego, CA 92123

<https://www.sharp.com/hospitals/mcdonald/>

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Offering adult inpatient, partial hospital and outpatient chemical dependency recovery services.

Volunteers of America 619-232-9343

101 16th Street
San Diego, CA 92101

TOBACCO PREVENTION EDUCATION

American Cancer Society 800-227-2345

www.cancer.org/Healthy/StayAwayfromTobacco/index?ssSourceSiteId=null

12405 Rancho Bernardo Road, Suite A
San Diego, CA 92103

American Lung Association 800-LUNGUSA or 800-586-4872

www.lungusa.org/stop-smoking/

Information and referrals, health education on lung disease prevention.

California Smokers' Helpline 800-662-8887

Spanish 800-456-6386

www.californiasmokershelpline.org

Great American Smokeout 800-227-2345

www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index

National Great American Smokeout takes place on the 3rd Thursday of November yearly.

Smokefree.gov 800-QUITNOW

www.smokefree.gov

SmokefreeTXT

<https://smokefree.gov/smokefreetxt>

The text messages provide tips, advice, and encouragement to help you overcome challenges and stay motivated.

OUTPATIENT BEHAVIORAL/PSYCHIATRIC

Aurora Behavioral Health (888) 565-4228

11878 Ave. of Industry
San Diego, CA 92128

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<http://www.aurorasandiego.com/programs/san-diego-outpatient-services>

Child, Youth & Families System of Care, Outpatient Services, 619-563-2700

3177 Oceanview Blvd

San Diego, CA 92113

http://www.sandiegocounty.gov/hhsa/programs/bhs/mental_health_services_children/outpatient_services.html

Sharp Mesa Vista 858·694·8434

7850 Vista Hill Ave.

San Diego, CA 92123

<https://www.sharp.com/hospitals/mesa-vista/index.cfm>

Inpatient and intensive outpatient programs.

INPATIENT BEHAVIORAL/PSYCHIATRIC

Aurora Behavioral Health 858·675·4284

11878 Ave. of Industry

San Diego, CA 92128

<http://www.aurorasandiego.com/>

San Diego County Psychiatric Hospital 1-888-724-7240

3853 Rosecrans

San Diego, CA 92110

http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/inpatient_health_services_psychiatric_hospital.html

Sharp Mesa Vista 858·836·8434

7850 Vista Hill Ave.

San Diego, CA 92123

<https://www.sharp.com/hospitals/mesa-vista/>

Teen Adolescent Placement Services (TAPS) 760·439·2087

1-888-975-SAVE (7283)

<http://taps14.org/>

TAPS is devoted to providing assistance to families with troubled and out of control youth.

PSYCHIATRIC EVALUATIONS/ MEDICATION

Children's Hospital Outpatient Psychiatry 760·758·1480

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3605 Vista Way Suite 258
 Oceanside, CA 92056
<https://www.rchsd.org/programs-services/psychiatry/>

Douglas Young BPSR Clinic 858 · 695 · 2211
 10717 Camino Ruiz Suite 207
 San Diego, CA 92126
<http://www.comresearch.org/serviceDetails.php?id=NQ==>
 Adult outpatient mental health clinic

North County Health Services 760 · 736 · 6767
 150 Valpreda Rd.
 San Marcos, CA 92069
<http://www.nchs-health.org/health-services/behavioral-health/>

Neighborhood Health Care
<https://www.nhcare.org/services/behavioral-health-services>

728 E. Valley Parkway
 Escondido, CA 92025
 Phone: (760) 737-6900

425 N. Date St.
 Escondido, CA 92025
 Behavioral Health, Suite 219
 Phone: (760) 520-8340

460 N. Elm St.
 Escondido, CA 92025
 Phone: (760) 520-8100

COUNSELING

Community Resources Center - Counseling Program
Phone: (760) 753-2919 ext. 1384 or ext. 1504
<http://www.communityresourcecenter.org/>

1055 Carlsbad Village Drive
 Phone: (760) 729-5209

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1331 Encinitas Blvd
Phone: (760) 753-8222

210 S. Rancho Santa Fe Rd.
Phone: (760) 734-3872

Hospice of the North Coast – Hope Bereavement Center 760-431-4100

2525 Pio Pico Drive, Suite 301
Carlsbad, CA 92008-1568

<https://hospicenorthcoast.org/bereavement/>

Counseling for grieving students, minimum or no charge.

IMPACT programs 619-465-9260

Vagabond Inn

230 Broadway Suite #139

Chula Vista, CA 91910

<http://www.impact-rtc.com/about-us.html>

Court-ordered and self-help classes.

Neighborhood Health Care

<https://www.nhcare.org/services/behavioral-health-services>

728 E. Valley Parkway
Escondido, CA 92025
Phone: (760) 737-6900

425 N. Date St.
Escondido, CA 92025
Behavioral Health, Suite 219
Phone: (760) 520-8340

460 N. Elm St.
Escondido, CA 92025
Phone: (760) 520-8100

Jewish Family Services (open to anyone) 858-637-3210

Turk Family Center

8804 Balboa Ave.

San Diego, CA 92123

http://www.jfssd.org/site/PageServer?pagename=programs_counseling_counseling

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North County Lifeline 760-757-0118

<https://www.nclifeline.org/mental-health-counseling>

200 Michigan Avenue
Vista, CA 92084
760-726-4900

707 Oceanside Blvd.
Oceanside, CA 92054
760-757-0118

Palomar Family Counseling Service

<http://www.palomarfamilycounseling.com/>

1002 East Grand Ave.
Escondido, CA 92025
760-741-2660

945 Vale Terrace Dr.
Vista, CA 92084
760-630-3505

Neighborhood Health Care

<https://www.nhcare.org/services/behavioral-health-services>

728 E. Valley Parkway
Escondido, CA 92025
Phone: (760) 737-6900

425 N. Date St.
Escondido, CA 92025
Behavioral Health, Suite 219
Phone: (760) 520-8340

460 N. Elm St.
Escondido, CA 92025
Phone: (760) 520-8100

North County Health Services 760-736-6767

150 Valpreda Rd.
San Marcos, CA 92069

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<http://www.nchs-health.org/health-services/behavioral-health/>

ABUSE AND VIOLENCE PREVENTION

CHILD ABUSE HOTLINE – 1-800-344-6000
858-560-2191 (PRESS 4 FOR BILINGUAL)

CENTER FOR MISSING/EXPLOITED CHILDREN - (800) 843-5678
<http://www.missingkids.com/>

Adult Protective Services 800-510-2020

9335 Hazard Way
 San Diego, CA 92123

http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/adult_protective_services.html

Investigates reports of abuse of dependant or disabled adults ages 18 and over.

Anti-Defamation League

<http://sandiego.adl.org/>

Child Welfare Services 858 · 514 · 6995

http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_welfare_services.html

CWS investigates reports of suspected child abuse and neglect and intervenes with families who do not meet the minimum community standards of health and safety as required by law.

1320 Union Plaza Ct.
 Oceanside, CA 92054

463 N. Midway Drive
 Escondido, CA 92027

Casa De Amparo 760 · 754 · 5500

325 Buena Creek Road
 San Marcos, CA 92069

www.casadeamparo.org

Residential facility offering prevention services, parenting classes and crisis child care. Also offers support to children who have been abused or neglected.

Casey Family Programs 619-543-0774
888-281-5389

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3878 Old Town Ave.
Suite 100
San Diego, CA 92110

<https://www.casey.org/san-diego-field-office/>

Provides foster home placement and a long-term foster care program for youth and families.

Childhelp USA 800-422-4453

<https://www.childhelp.org/>

Dedicated to the treatment, prevention and research of child abuse and neglect. Finances several villages and a toll free, anonymous hotline.

Children's Hospital - Chadwick Center for Children and Families 858-966-5814

3020 Children's Way, MC 5016
San Diego, CA 92123

<http://www.chadwickcenter.com/>

Forensic and medical services, Kids and Teens in Court Program, professional education services, trauma counseling services.

RAPE/DOMESTIC VIOLENCE

Center for Community Solutions (Rape Crisis Helpline) 1-888-385-4657 - 24 hr.

<http://www.ccssd.org/>

4508 Mission Bay Dr
San Diego, California 92109

Support and referrals for those who have experienced assault, rape, or domestic violence.

National Hotline for Domestic Violence 800·799·SAFE (800·799·7233) - 24 hr

<http://www.thehotline.org/>

Provides crisis intervention, information, and referrals for individuals and families recovering from domestic violence.

Community Resource Center – 877-633-1112

760-753-1156

650 Second Street
Encinitas, CA 92024

<http://crcncc.org/domestic-violence-program/>

Assists women experiencing domestic violence.

Children's Hospital - Chadwick Center for Children and Families 858-966-5814

3020 Children's Way, MC 5016

San Diego, CA 92123

<http://www.chadwickcenter.com/>

Trauma counseling services specializing in helping children and their families heal from traumatic events.

Department of Defense Sexual Assault Prevention & Response (SAPR) Helpline: 877-995-5247<http://www.sapr.mil/>

SAPRO works hand-in-hand with the Services and the civilian community to develop and implement innovative prevention and response programs.

District Attorney Victim Assistance Program: 619-531-4041<http://www.sdca.org/helping/victims/victim-services.html>

The Victim Assistance Program offers comprehensive services to victims of all types of crimes. Victim Advocates assist victims from all walks of life and experiences, regardless of age, background, and/or immigration status. All services are free of charge.

Incest Survivors Anonymous

1050 Regal Road

Encinitas, CA 92024

<http://www.siawso.org/Sys/PublicProfile/28711226/7166>

12 step program for survivors of incest, rape, and physical abuse. Also offers over-the-phone counseling.

Rape Abuse Incest National Network (RAINN): 24 hour - 1-800-656-HOPE (4673)<https://www.rainn.org/>

RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Sexual Assault Response Team (SART) 760 · 739 · 2150http://www.sandiegocounty.gov/hhsa/programs/phs/emergency_medical_services/sexual_assault_response_team.html

Assists victims of rape, sexual assault, and children experiencing abuse.

Stalking Unit - Stalking - San Diego County District Attorney**Stalking Information Line 619-515-8900**<http://www.sdca.org/preventing/stalking/>

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Women's Resource Center - North County 760·757·3500 - 24 hr.

1963 Apple St.
Oceanside, CA 92054

<http://www.wrcsd.org/>

Offers counseling for rape, domestic violence, etc. Also provides emergency shelter and transitional living assistance.

YWCA 619·234·3164 - 24 hr

www.ywcasandiego.com

Immediate shelter for women, and children under 18, who are experiencing domestic violence. Also provides job placement assistance, counseling, and legal aid.

HEALTH CARE

CalWORKs 1-866-262-9881

<http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/calworks.html>

Gives financial and medical assistance to low-income families with children under 18, or 18 year old full-time students expected to complete high school before 19.

County Medical Services 1-800-587-8118

http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/county_medical_services.html

A program that funds medical care for uninsured indigent adult county residents. While not a health insurance program, County Medical Services (CMS) funds services through a network of community health centers, private physicians and hospitals.

Escondido Family Medicine (CMS) 619.445.6200

<http://www.mtnhealth.org/locations/escondido-family-medicine.aspx>

255 N Ash St. Suite 101
Escondido, CA 92027

Provides high quality, comprehensive compassionate primary health care to the people in the community regardless of their ability to pay.

Medi-Cal 1-866-262-9881

http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html

Medi-Cal is California's Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income and resources.

NCHS Oceanside Specialty Health Center (760) 736-6767

<http://www.nchs-health.org/location/nchs-oceanside-specialty-health-center/>

619 Crouch St., Suite 100
Oceanside, CA 92054

NCHS Mission Mesa Women's Health – Satellite (760) 736-6767

<http://www.nchs-health.org/location/nchs-mission-mesa-womens-health-satellite/>

161 Thunder Drive, Suite #210
Vista, CA 92083

NCHS San Marcos Health Center (760) 736-6767

<http://www.nchs-health.org/location/nchs-san-marcos-health-center/>

150 Valpreda Road
San Marcos, CA 92069

NCHS Mission Mesa Women's Health Center (760) 757-5841

<http://www.nchs-health.org/location/nchs-mission-mesa-womens-health-center/>

2210 Mesa Drive, Suite #5
Oceanside, CA 92054

NCHS Mission Mesa Pediatrics (760) 736-6767

<http://www.nchs-health.org/location/nchs-mission-mesa-pediatrics/>

2210 Mesa Drive, Suite #300
Oceanside, CA 92054

NCHS Oceanside (Loma Alta) Health Center (760) 736-6767

<http://www.nchs-health.org/location/nchs-oceanside-health-center/>

605 Crouch St., Building C
Oceanside, CA 92054

NCHS La Mision Family Health Center (760) 736-6767

<http://www.nchs-health.org/location/nchs-la-mision-family-health-center/>

3220 Mission Avenue, Unit #1
Oceanside, CA 92058

NCHS Grand Ave Family Medicine (760) 736-6767

<http://www.nchs-health.org/location/nchs-grand-ave-family-medicine/>

727 W. San Marcos Blvd., Suite #112
San Marcos, CA 92078

NCHS Encinitas Health Center (760) 736-6767

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<http://www.nchs-health.org/location/nchs-encinitas-health-center/>

1130 2nd Street
Encinitas, CA 92024

NCHS Carlsbad Family Medicine (760) 736-6767

<http://www.nchs-health.org/location/nchs-carlsbad-family-medicine/>

1295 Carlsbad Village Drive, Suite 100
Carlsbad, CA 92008

Vista Community Clinic – Teen Clinic (844) 308-5003

<http://www.vistacommunityclinic.org/health-services/teen-clinic/>

1000 Vale Terrace
Vista, CA 92084

DENTAL CARE

Denti-Cal (800) 322-6384

www.denti-cal.ca.gov

San Diego Area Providers:

https://www.denti-cal.ca.gov/DC_documents/beneficiaries/provider_referral_list/SanDiego.pdf

https://www.denti-cal.ca.gov/DC_documents/beneficiaries/provider_referral_list/FQHC/SanDiego_FQHC.pdf

NCHS Oceanside Dental

<http://www.nchs-health.org/location/nchs-oceanside-dental/>

2216 El Camino Real, Suites #121-122
Oceanside, CA 92054

NCHS Oceanside Specialty Health Center (760) 736-6767

<http://www.nchs-health.org/location/nchs-oceanside-specialty-health-center/>

619 Crouch St., Suite 100
Oceanside, CA 92054

North County Health Services 760-736-6767

<http://www.nchs-health.org/location/nchs-san-marcos-health-center/>

150 Valpreda Rd.
San Marcos, CA 92069

Share the Care 619·692·8858

http://sharethecaredental.org/STC_V2/

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County of San Diego Health and Human Services Agency
3851 Rosecrans Street, Suite 522
San Diego, CA 92110

Provides linkage to emergency dental care due to pain or infection for qualified youth, ages 5-19, with no resources for dental care. No fee for dental services.

Vista Community Clinic 844-308-5003

<http://www.vistacommunityclinic.org/health-services/dental/>

1000 Vale Terrace
Vista CA 92084

The Dental Clinic serves primarily children; adult services are limited to pregnant women and emergencies.

HEARING

Deaf Community Services of San Diego 619-398-2441

www.deafcommunityservices.org

Helps clients one-on-one to overcome communication barriers, improve functioning and life skills, and educate the public.

The Hearing Foundation – Lions Club 800-327-8077

www.hearingfoundation.org

The Foundation has a hearing aid bank and supports patients who need hearing aids.

San Diego State University Audiology Clinic 619-594-6477

<https://slhs.sdsu.edu/audiology-speech-language-clinic/audiology-clinic/>

5245 Campanile Drive
San Diego, CA 92182

A donation-based system for some services directly related to hearing testing.

Signs of Silence 760-580-3562

<https://www.signsofsilence.net/>

1056 B Commerce Street
San Marcos, CA 92078

VISION

Family Health Centers of San Diego 619-515-2300

<http://www.fhcsd.org/vision-services/>

Diamond Neighborhoods Vision Clinic 619-269-5794

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4725 Market Street
San Diego, CA 92102

El Cajon Vision Clinic (619) 515-2498

525 E Main Street
El Cajon, CA 92020

Logan Heights Vision Clinic (619) 515-2521

1809 National Ave.
San Diego, CA 92113

San Diego Center for the Blind (Vista) 760-758-5956

1385 Bonair Road
Vista, California 92084

San Diego Medi-Cal Vision Providers:

http://www.dhcs.ca.gov/provgovpart/pharmacy/Vision_Providers/SanDiego.pdf

EMERGENCY AND FOOD SERVICES

211 OR 800-227-0997

www.211sandiego.org

Resource and information hub that connects people with community, health and disaster services.

Alliance for African Assistance 619 · 286 · 9052

5952 El Cajon Blvd.
San Diego, Ca 92115

<http://www.alliance-for-africa.org/>

Provides shelter referrals, furnishings, food, clothing and some emergency expenses for foreign refugees. Multiple languages spoken.

Brother Benno Foundation 760 · 439 · 1244

3260 Production Ave.
Oceanside, CA 92058

<https://www.brotherbenno.org/>

Provides food, clothing, haircuts, mailing address, showers and laundry, 40 lb. box of food 1/month for families w/children, assistance to replace lost or stolen ID, bus tickets and gas vouchers. 6:30am - 1pm daily

Friends of La Posada 760-929-2322

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<https://www.friendsoflaposada.org/>

2476-78 Impala Drive

Carlsbad, Ca 92008

Shelter and other services for homeless men and employed farm workers

Interfaith Community Services

www.interfaithservices.org

Offers free breakfast and sack lunches each weekday. Provides case management, clothing, blankets, showers, laundry, emergency shelter, mail, hotel vouchers for families.

Interfaith Community Services Carlsbad Service Center 760-448-5696

5731 Palmer Way, Suite A

Carlsbad, CA 92010

Interfaith Community Services Coastal Service Center 760-721-2117

4700 North River Road

Oceanside, CA 92057

Interfaith Community Services Inland Service Center 760-489-6380

550 W. Washington Ave.

Escondido, CA 92025

North County Lifeline 760-726-4900

<https://www.nclifeline.org/housing-and-stability>

200 Michigan Avenue

Vista, CA 92084

Operation Hope - 760-536-3880

<http://www.operationhopeshelter.org/>

859 East Vista Way

Vista, California 92084

Encinitas WIC Office 888-477-6333

NCHS Encinitas WIC

<http://www.nchs-health.org/location/encinitas-wic-office/>

285 N. El Camino Real #111

Encinitas, CA 92024

Valley Center WIC Office 888-477-6333

NCHS Valley Center WIC

<http://www.nchs-health.org/location/valley-center-wic-office/>

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(Inside the VC Community Hall)
28246 Lilac Rd.
Valley Center, CA 92082

San Marcos WIC Office 888-477-6333

NCHS San Marcos WIC

<http://www.nchs-health.org/location/san-marcos-wic-office/>

150 Valpreda Rd #102
San Marcos, CA 92069

Oceanside WIC Office 888-477-6333

NCHS Oceanside WIC (Mission Mesa)

<http://www.nchs-health.org/location/oceanside-wic-office/>

2210 Mesa Dr. #1
Oceanside, CA 92054

Escondido WIC Office 888-477-6333

NCHS Escondido WIC

<http://www.nchs-health.org/location/escondido-wic-office/>

649 West Mission Ave Suite 7
Escondido, CA 92025

Women's Resource Center - North County 760·757·3500 - 24 hr.

1963 Apple St.
Oceanside, CA 92054

<http://www.wrcsd.org/>

Provides emergency shelter and transitional living assistance.

YMCA – North Inland TAY Academy 760-908-9373

<https://www.centerforchildren.org/resources/ymca-north-inland-tay-academy/>

1050 N. Broadway, Building C
Escondido, CA 92025

RUNAWAYS

National Runaway Safeline 1-800-786-2929

<https://www.1800runaway.org/>

San Diego Youth Services Youth Emergency Shelter 619-325-3527

<https://sdyouthservices.org/what-we-do/programs/>

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3255 Wing Street
San Diego, CA 92110

Serves as the only emergency night shelter program and drop-in center for homeless and runaway youth, providing a safe home and comprehensive support services to help these youth return to their families or find alternative safe living arrangements.

LGBT

The North County LGBTQ Resource Center 760- 994-1690

3220 Mission Ave. Suite #2 Oceanside

<https://www.ncresourcecenter.org/>

Offers support groups, education, mental health services, HIV/AIDS testing and prevention.

PFLAG North San Diego 1-888-398-0006

www.pflag.com

Support groups for parents, friends and family of people in the LGBTQ community. Some support groups in Spanish.

Contact: northcountyinland@pflag.com or northcountycoastal@pflag.com

Trans Family Support Services 858-382-9156

<http://transfamilysos.org/#home>

TFSS provides services such as family coaching, assistance with healthcare and insurance issues, navigating the legal system and advocating for resources and support at schools.

Escondido Y - Our Safe Place 760-721-8930

1050 North Broadway, Escondido 92026

<https://www.ymca.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development>

A certified outpatient behavioral health program that provides a welcoming and supportive environment for LGBTQ youth ages 12-21 and their families.

Hillcrest Youth Center 619.692.2077

1807 Robinson Ave, Suite 106

San Diego, CA 92103

www.youthcentersd.com

Offers a social center with programs for individuals aged 14 to 20 years. Services include counseling; youth support groups, educational workshops, social activities, and HIV

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prevention. Provides case management; life skills (budgeting, etc); alcohol, tobacco, and other drug prevention; leadership development; computer lab and training; tutoring services for school or GED; and confidential HIV and STD testing and counseling.

EATING DISORDERS

Eating Disorders Hotline (24/7) 1-888-232-6949

<https://www.bulimia.com/topics/eating-disorder-hotline/>

National Eating Disorders Association 1-800-931-2237

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Helpline for support, resources and treatment options for yourself or a loved one.

ANAD 630-577-1330

www.anad.org

Provides support, information, and referrals for individuals with eating disorders. Also offers support for family and friends.

Overeaters Anonymous

<https://oa.org/find-a-meeting/?type=0&country=United%20States&state=CA&city=Vista&sort=ASC&distance=25&limit=100&submit=true>

12 step program for any eating disorder - anorexia, bulimia, anorexia/bulimia, or overeating.

Sharp Mesa Vista 858·836·8434

7850 Vista Hill Ave.

San Diego, CA 92123

<https://www.sharp.com/hospitals/mesa-vista/>

Treatment length varies. Partial-hospitalization treatment and intensive outpatient programs.

AIDS/HIV

HIV Nightline (24/7) 800·628-9240

<http://www.sfsuicide.org/our-programs/hiv-nightlines/>

AIDS Hotline 800·367-AIDS

<https://hab.hrsa.gov/get-care/state-hivaids-hotlines>

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Auntie Helen's

<http://www.auntiehelens.org/>

Founded to help those living with HIV/AIDS. We also provide services for low-income and the homeless.

Being Alive 619-291-1400

3940 Fourth Avenue

San Diego, CA 92103

<http://www.beingalive.org/>

A non-profit HIV/AIDS service provider, offering a variety of services.

Christie's Place 619 · 702 · 4186

2440 Third Ave

San Diego, CA 92101

www.christiesplace.org

Offers support group to families infected and affected by HIV/AIDS

Mama's Kitchen 619-233-6262

3960 Home Avenue

San Diego, CA 92105

Mama's Kitchen prepares and delivers food to men, women and children who are affected by AIDS.

Vista Community Clinic 844-308-5003

<http://www.vistacommunityclinic.org/health-services/hiv/>

1000 Vale Terrace

Vista CA 92084

A private nonprofit health care center that provides HIV services.

IMMIGRANT ASSISTANCE

Access-Immigration Services 858 · 560 · 0871

2612 Daniel Ave.

San Diego, CA 92111

Helps immigrant domestic violence victims obtain legal status to escape abusive relationships.

Alliance for African Assistance 619 · 286 · 9052

5952 El Cajon Blvd.

San Diego, Ca 92115

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http://www.alliance-for-africa.org/programs_sub.php?id=6

Provides professional and low-cost immigration and naturalization services

Casa Cornelia Law Center 8619-231-7788

2760 5th Ave, Suit 200

San Diego, CA 92103

www.casacornelia.org

Provides legal representation to indigent immigrant seeking asylum, spouses and children experiencing domestic violence, undocumented voc's, and children detained by the CIS.

Citizenship and Immigration Services 800 · 375 · 5283

1261 3rd Ave #A

Chula Vista, CA 91911

www.uscis.gov

Assistance in obtaining legal entry into the US, employment authorization, naturalization, travel documents, permanent residence, immigration benefits for families experiencing domestic violence

Mexican Consulate of San Diego 619 · 231 · 8414, info@consulmexsd.org

<https://consulmex.sre.gob.mx/sandiego/>

1549 India St.

San Diego, CA 92101

Advocacy for human and civil rights, child support, domestic violence support, immigration legal advice, referrals to law firm representation, help to obtain documents.

PREGNANCY/CHILD CARE CONCERNS

The Abortion Survivors Network

info@theabortionsurvivors.com

<http://theabortionsurvivors.com/survivor-support/>

Alternatives Women Center 760 · 741 · 9796

257 East 2nd Ave

Escondido, CA 92025

<https://www.awc-ca.com/>

Support group for women experiencing difficulty after an abortion

Vista Unified School District Teen Parent Program 760-724-3775

1575 Bonair Road

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Vista, CA 92084

<https://avhs-vistausd-ca.schoolloop.com/tpp>

American Red Cross - WIC 800 · 500 · 6411

www.sandiegowic.org

Offices located in Carlsbad and Oceanside.

Provides supplemental nutritious foods, nutritional counseling, and referrals for other social service agencies.

Children's Paradise East Vista 760-941-7578

990 Vale Terrace Dr.

Vista, Ca 92084

Low to no cost childcare programs available.

Children's Paradise Escondido 760-480-1300

986 W. El Norte Parkway

Escondido, CA 92026

Low to no cost childcare programs available.

Children's Paradise Oceanside 760-433-3800

2017-A Mission Avenue

Oceanside, CA 92058

Low to no cost childcare programs available.

Children's Paradise South Vista 760-724-5600

145 N. Melrose Dr., Ste 100

Vista, CA 92083

Low to no cost childcare programs available.

Lifeline Coastal Youth Services 760 · 757 · 0118

707 Oceanside Blvd.

Oceanside, CA

<https://www.nclifeline.org/youth-development>

Offers teen pregnancy education, prevention, and encourages healthy decision making. Assists teens in creating a life vision through individual and group mentoring, and family education. Educates high school aged students on the dangers of sexually transmitted diseases and the responsibilities, demands, and sacrifices involved in caring for a newborn baby.

Planned Parenthood Vista Isabella Health Center 888-743-7526

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1964 Via Centre
Vista, CA 92081

<https://www.plannedparenthood.org/health-center/california/vista/92081/vista-isabella-health-center-4186-90110>

Provides exams, lab tests (pap and STD's), birth control, emergency contraception, pregnancy testing, counseling, and family planning. Limited services for males available also.

Planned Parenthood Escondido Center 888·743·7526

347 W. Mission Avenue
Escondido, CA 92025

<https://www.plannedparenthood.org/health-center/california/escondido/92025/escondido-center-2331-90110>

Provides exams, lab tests (pap and STD's), birth control, emergency contraception, pregnancy testing, counseling, and family planning. Limited services for males available also.

North County Health Services – WIC

<http://www.nchs-health.org/community-resources/wic/>

Provides supplemental nutritious foods, nutritional counseling, and referrals for other social service agencies.

Encinitas WIC Office 888-477-6333

NCHS Encinitas WIC

<http://www.nchs-health.org/location/encinitas-wic-office/>

285 N. El Camino Real #111
Encinitas, CA 92024

Valley Center WIC Office 888-477-6333

NCHS Valley Center WIC

<http://www.nchs-health.org/location/valley-center-wic-office/>

(Inside the VC Community Hall)
28246 Lilac Rd.
Valley Center, CA 92082

San Marcos WIC Office 888-477-6333

NCHS San Marcos WIC

<http://www.nchs-health.org/location/san-marcos-wic-office/>

150 Valpreda Rd #102
San Marcos, CA 92069

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Oceanside WIC Office 888-477-6333**NCHS Oceanside WIC (Mission Mesa)**

<http://www.nchs-health.org/location/oceanside-wic-office/>

2210 Mesa Dr. #1

Oceanside, CA 92054

Escondido WIC Office 888-477-6333**NCHS Escondido WIC**

<http://www.nchs-health.org/location/escondido-wic-office/>

649 West Mission Ave Suite 7

Escondido, CA 92025

Mission Mesa Pediatrics, North County Health Services 760-966-3306

2210 Mesa Dr., Ste 12

Oceanside, CA 92054

www.nchs-health.org

Family planning services to teens, counseling, and sexually transmitted disease testing and treatment.

North County Health Services – San Marcos Pediatrics 760·736·6767

150 Valpreda Road

San Marcos, CA 92069

www.nchs-health.org

Cost of care is based a sliding scale, which is computed based on your income and family size.

North County Health Services Mission Mesa Pediatrics 760-736-6767

<http://www.nchs-health.org/location/nchs-mission-mesa-pediatrics/>

2210 Mesa Drive, Suite #300

Oceanside, CA 92054

North County Health Services Oceanside (Loma Alta) Pediatrics (760) 736-6767

<http://www.nchs-health.org/location/nchs-oceanside-health-center/>

605 Crouch St., Building C

Oceanside, CA 92054

North County Health Services La Mision Pediatrics (760) 736-6767

<http://www.nchs-health.org/location/nchs-la-mision-family-health-center/>

3220 Mission Avenue, Unit #1

Oceanside, CA 92058

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North County Health Services Grand Ave Pediatrics (760) 736-6767<http://www.nchs-health.org/location/nchs-grand-ave-family-medicine/>

727 W. San Marcos Blvd., Suite #112

San Marcos, CA 92078

North County Health Services Encinitas Pediatrics (760) 736-6767<http://www.nchs-health.org/location/nchs-encinitas-health-center/>

1130 2nd Street

Encinitas, CA 92024

North County Health Services Carlsbad Family Medicine (760) 736-6767<http://www.nchs-health.org/location/nchs-carlsbad-family-medicine/>

1295 Carlsbad Village Drive, Suite 100

Carlsbad, CA 92008

SANDAPP (San Diego Adolescent Pregnancy and Parenting Program) 619-344-6430<https://www.sandiegounified.org/san-diego-adolescent-pregnancy-and-parenting-program-sandapp>

5465 El Cajon Blvd, B2

San Diego, CA 92115

Provides case management services to pregnant and parenting youth throughout San Diego County.

LEGAL AID

Legal Aid Society of San Diego - North County 1 · 877 · 534 · 2524

216 South Tremont St

Oceanside, CA 92054

www.lasdsd.org

Provides legal services including counseling, advice, and representation to low-income individuals in areas such as health, housing, immigration rights, family law, and juvenile law.

San Diego Volunteer Lawyer Program - 619 · 235 · 5656info@sdvlp.org

707 Broadway, Suite 1400

San Diego, CA 92101

www.sdvlp.org

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Provides pro-bono legal advice and direct representation assistance to the indigent in family law, domestic violence prevention, AIDS law, guardianships, special education, immigration, and civil rights.

North County Regional Center 760-201-8600

www.sdcourt.ca.gov/portal/page?_pageid=55,1058990&_dad=portal&_schema=PORTAL

325 South Melrose Drive

Vista, CA 92081

District Attorney's Office: 760-806-4004

<http://www.sdca.org/office/contact/office-locations.html>

Victim/Witness Assistance: 619-531-4041

<http://www.sdca.org/helping/victims/victim-services.html>

Restraining Order Information

http://www.sdcourt.ca.gov/portal/page?_pageid=55,1524115&_dad=portal&_schema=PORTAL

<http://www.sdvlp.org/get-help/family-law/>

OTHER RESOURCES

1:1 Mentoring through Big Brothers Big Sisters San Diego, 858-536-4900, ext. 213

4305 University Ave, Suite 300

San Diego, CA 92105

<http://sdbigs.org/enroll/>

1:1 Mentoring through Girls Rising, 619-297-1135

PO BOX 161218

San Diego, CA 92176

<https://girlsrisingsd.org/little-sisters/>

Vista Unified School District Resource Directory

Alphabetical Listing

211	www.211sandiego.org	211 OR 800-227-0997
4-H	http://cesandiego.ucdavis.edu/4-H/	858-694-2861
4Rehabilitation.com		866-874-5728
Able-Disabled Advocacy	www.abledisabledadvocacy.org North County	760-439-7033
Abortion Survivors Anonymous		760-741-7050
Access	www.access2jobs.org	858-560-0871
Access Center of San Diego		760-435-9205
Access – Immigration Services		858-560-0871
Adoption Service	www.sdcounty.ca.gov/hhsa/programs/cs/adoptions_program/index.html	760-754-3456
Adult Mental Health Service		760-967-4475
	www.sdcounty.ca.gov/hhsa/programs/bhs/documents/13_Zip_Code_Directory_North_Coastal.pdf	
Adult Protective Service		800-510-2020
	www.sdcounty.ca.gov/hhsa/programs/ais/adult_protective_services/index.html	
AIDS/HIV Nightline	www.hivnightline.org	800-273-2437
AIDS Hotline		800-523-6444
AIDS/STDS Hotline		800-342-2437
Al Bahr Shrine	www.albahrshrine.org/	888-267-4541
Alanon/Alateen	www.al-anon.alateensandiego.org/	800-690-2666
Alcohol and Drug Services		619-584-5007
	www.sdcounty.ca.gov/hhsa/facilities/north_central/alcohol_drug_mental_health_administration.html	
Alcohol and Drug Treatment Hotline		800-252-6465
Alcoholics' Anonymous North County	www.alcoholics-anonymous.org	760-758-2514
Alliance for African Assistance (all foreign refugees)		619-286-9052
Alpha Project: for the Homeless/Casa Raphael	www.alphaproject.org	760-630-9922
Alternative Payment Program	www.cappaonline.com/	800-481-2151
Alternatives Pregnancy Care Clinic	www.pregnanciescondido.com/	760-741-9796
Alternatives Women Center	www.pregnanciescondido.com	760-741-9796
American Cancer Society	www.cancer.org/	800-227-2345
American Heart Association	www.heart.org/HEARTORG/	800-242-8721
American Lung Association		800-586-4872
	www.lungusa.org/associations/states/california/	
American Red Cross	www.sdarc.org/	760 757-5403
American Red Cross – WIC	www.sandiegowic.org	800-500-6411
ANAD	www.anad.org	847-831-3438
Anti-Defamation League	regions.adl.org/san-diego	619-293-3770
Arson Hotline		800-633-2836
Arthritis Foundation	www.arthritis.org/	800-283-7800
Assistive Technology Program		760-435-9205
Autism Society of America	www.sd-autism.org/	858.715.0678
Aurora Behavioral Health Care	www.aurorabehavioral.com/	888-565-4228
Battered Women Services		760-757-3500
Bethesda Recovery Center: Choices in Recovery	www.choicesinrecovery.org	760-945-5290

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Birth Choice	www.birthchoice.net/	760-744-1313
Boy Scouts of America	www.sdicbsa.org/	619-298-6121
Boys and Girls Club (after school program)	www.bgcvista.com	760 -724-6606 ext. 24
Braille Institute	brailleinstitute.org/About_Us/Locations/San_Diego_County.aspx	858-452-1111
Brother Benno Foundation	www.brotherbenno.org/	760-439-1244
Cal Works	www.sdcounty.ca.gov/hhsa/programs/ssp/calworks/	760-754-5757
Cal Works Employment and other Resources	www.sdcounty.ca.gov/hhsa/regional_admin/documents/HHSARegionalContactSheet_NCNTY_2009-10-01_BlueENGLISH.pdf	760-754-6042
California Conservation Corps	www.ccc.ca.gov/locations/sandiego/Pages/sd.aspx	800-952-5627
California Healthy Families	www.healthy-family.us	800-880-5305
California Runaway (short term counseling, lists of shelters)	www.youthcrisisline.org/	800-843-5200
California Rural Legal Assistance (Citizenship)	www.crla.org/office-locations	800-242-2752
California SIDS Program	www.californiasids.com	800-369-7437
California Smokers' Helpline	www.californiasmokershelpline.org	800-NOBUTTS
California Smokers' Hotline	www.tobaccofreeca.com	800- 662-8887
Camp Fire Council	www.campfiresdi.org	619-291-8985
Cancer Connection		858-626-6762
Casa Cornelia Law Center	www.casacornelia.org	800-704-4041
Casa De Amparo	www.casadeamparo.org	760-754-5500
Casey Family Program	www.casey.org/Locations/California/SanDiego/	619-543-0774
Catholic Charities	www.ccdsd.org	619-231-2828
Center for Community Solutions	www.ccsd.org	888-272-1767
Center for Missing/Exploited Children		800-843-5678
Child Abuse Hotline	www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/child_abuse_hotline.html	800-344-6000
Child Care Connection		800-543-7793
Child Development Association	www.crs.ymca.org	800-481-2151
Child Health and Disability Prevention	www.sdcounty.ca.gov/hhsa/programs/phs/child_health_disability_prevention_program/kindergarten_first_grade_health_exam.html	800-675-2229
Child Help USA (child abuse hotline)	www.childhelp.org/pages/help-for-kids	800-422-4453
Child Mental Health Emergency Services	www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_children/emergency_and_crisis_mental_health_services.html	619-421-6900
Child Protective Services		800-344-6000
Childcare Services (Mission Valley Family Resource Center)		800-716-4300

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Childhood Asthma Initiative	sandiegohealth.org/disease/asthma/asthmadirectory4consumers_eng.pdf	619-297-3901
Children Youth and Family Helpline		800-675-BABY
Children's Hospital Center for Children & Families	www.chadwickcenter.org	760-967-7082
Children's Hospital Outpatient Psychiatry	www.chsd.org	760-758-1480
Christie's Place		619-702-4186
Citizenship and Immigration Services	www.uscis.gov	800-375-5283
Cocaine Anonymous	www.casandiego.org	866-242-2248
Codependents Anonymous	www.coda.org	619-222-1244
Community Resource Center	www.communityresourcecenter.org	760-753-2919
Community Resource Center – LIBRE Domestic Violence		760-633-1112
County Medical Services	www.sdcounty.ca.gov/hhsa	858-492-4444
County Mental Health-Children	www.sdcounty.ca.gov	619-563-2750
Crisis Response and Advocacy Services	www.sdcounty.ca.gov/hhsa/programs/phs/office_violence_prevention/domestic_violence.html	888-385-4657
Critical Hours		858-581-5886
	www.thechildrensinitiative.org/pdfs/08pdfs/CHdirectory08-09.pdf	
CROP – From the Inside Out	www.fromtheinsideoutinc.org	760-754-0580
Deaf Community Services of San Diego		619-398-2441
Denti-Cal	www.denti-cal.ca.gov	800-322-6384
Diabetes Association	www.diabetes.org	800-342-2383
Domestic Violence Hotline (San Diego)		619-683-2500
Douglas Young Clinic		858-695-2211
Drug Testing Network, Inc.	www.drugtestingnetwork.com	760-940-2015
Eating Disorders Hotline		800-362-2644
Employment Training	www.cetweb.org/aboutcet/location/ca.html	760-747-9115
Empty Cradle	www.emptycradle.org	619-595-3887
Escondido Family Medicine		760-745-5832
Escondido Police	police.escondido.org/contact-information.aspx	760-747-4721
Family Caregiver Support Services.		800-510-2020
Family Empowerment Counseling Program		619-293-3500
Food Stamps	www.sdcounty.ca.gov/hhsa/programs/ssp/food_stamps/	866-262-9881
Eldercare Locator	www.eldercare.gov/	800-677-1116
Escondido Family Medicine (CMS)		760-745-5832
General Relief	www.sdcounty.ca.gov/hhsa/programs/ssp/general_relief/	866-262-9881
Girl Scouts	www.sdgirlscouts.org	760-739-1935
Great American Smokeout	www.cancer.org	800-227-2345
Green Oak Ranch	www.greenoakranch.org	760-727-0251
Harmonium, Inc.	www.harmonium-inc.org	858-566-5740
Health and Human Services Agency	www.sdcounty.ca.gov/hhsa/regional_admin/north/healthlink.html	760-967-4500
Health Dept. (Information for pregnant women and babies).		800-222-9999
Health Information Directory .		800-336-4797
Healthy Families ..	www.healthyfamilies.ca.gov/	800-880-5305
Healthy San Diego		619-515-6684

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	www.sdcounty.ca.gov/hhsa/programs/ssp/healthy_san_diego/	
Hillcrest Youth Center	www.youthcentersd.com	619-497-2920
HIV Testing Services(Clairemont Community Service Center)		858-490-4400
Hospice Link		800-331-1620
Hospice of the North Coast – Bereavement	www.hospicenorthcoast.org	760-431-4100
House of Metamorphosis	www.houseofmetamorphosis.org	619-236-9492
Housing, U.S. Dept of (Discrimination line)		800-255-7688
	www.justice.gov/crt/about/osc/htm/engperliwdiss.php	
Immigration Services	www.ccdsd.org/immigration.php	760-631-5890
Immunization Clinics		619-692-8661
Immunization Hotline (English)	www.hhs.gov/nvpo/law.htm	800-232-2522
Immunization Hotline (Spanish)	www.hhs.gov/nvpo/law.htm	800-232-0233
IMPACT programs		619-465-9260
Incest Survivors Anonymous	www.siaawso.org	858-541-0558
Independent Living Skills for Foster Youth		866-457-4636
	www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/independent_living_skills.html	
Interfaith Coastal	www.interfaithservices.org/contact.html	760-721-2117
Interfaith Core Care Behavioral Health	www.interfaithservices.org	760-746-5857
Jewish Family Services	www.jfssd.org	760-944-7855
Kaiser Kares for Kids .		800-255-5053
	www.ladpss.org/dpss/health_care/children_youth/kaiser_permanente_cares_for_kids.cfm	
La Leche League.		800-525-3243
La Pasada de Guadalupe	www.ccdsd.org/homelessmen.php	760-929-2322
Legal Aid Society of San Diego – North County		877-534-2524
Lifeline Coastal Youth Services	www.nclifeline.org/youth.htm	760-757-0118
Marijuana Anonymous	www.marijuana-anonymous.org	800-766-6779
McAlister Institute - Teen Recovery Center	www.mcalisterinstitute.org	858-578-5612
Medi-Cal	www.sdcounty.ca.gov/hhsa/programs/ssp/medi-cal_program/	866-262-9881
Medi-Cal Hotline		800-952-5294
Mental Health Administration...		619-563-2750
	www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_children/	
Mental Health Systems: Family Treatment Center etc.	www.mhsinc.org	760-630-4573
Meth Hotline	www.no2meth.org	877-662-6384
Mexican Consulate of San Diego	portal.sre.gov.mx/sandiego	619-231-8414
Mission Mesa Pediatrics, North County Health Services	www.nchs-health.org	760- 966-3306
Narcotics Anonymous	www.sandiegona.org/area/ncoast/	866-331-1958
Nar-Anon	www.naranoncalifornia.org	800-477-6261
National Clearing House for Alcohol and Drug Information		800-729-6686
National Hotline for Domestic Violence	www.ndvh.org	800-799-7233
National Referral Service		800-662-4357
National Runaway Switchboard		800-621-4000
NCI Cancer Information	www.cancer.gov/global/contact	800-422-6237
Neighborhood Health Care	www.nhcare.org	760-746-5857
Nineline (Runaways & “Home Free” help)	www.nineline.org	800-999-9999
No Butts (Quit Smoking)		800-662-8887
	www.tobaccofreeca.com/where_to_get_help_resources.html	

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North County Health Services – Carlsbad		760-720-7766
North County Health Services – Encinitas		760-753-7842
North County Health Services – Oceanside/Carlsbad		760-757-4566
North County Health Services – San Marcos Clinic	www.nchs-health.org	760-736-6767
North County Lifeline	www.nclifeline.org	760 -726-4900
North County LGBTQ Resource Center - Oceanside	www.ncresourcecenter.org	760-994-1690
North San Diego Young People in Alcoholics Anonymous	http://gonsdypaa.org	760-758-2514
Oceanside Sheriff PERT		760-435-4911
Overeaters Anonymous (Help with all eating disorders)	www.oa.org	619-758-9507
Palavra Tree	www.palavratree.org	619-263-7768
Perinatal Care Network.		800-675-2229
	www.sdcounty.ca.gov/hhsa/programs/phs/perinatal_care_network/	
PFLAG	www.pflag.com	619-579-7640
Phoenix House	www.phoenixhouse.org	760-729-2830
Planned Parenthood	www.planned.org	760-757-7905
Planned Parenthood – Carlsbad or Escondido		888-743-7526
Poison Control Center	www.calpoison.com	800-876-4766
Psychologist Referral Line (24 hour)		800-251-2937
Psychotherapist Referral Services		619-296-9011
Public Assistance Information.		866-262-9881
Public Health Clinics and Public Health Nursing.....		760-967-4410
	www.sdcounty.ca.gov/hhsa/programs/phs/	
Runaway Switchboard	www.1800runaway.org	800-621-4000
San Diego Access and Crisis Line		800-479-3339
San Diego County Superior Courthouse		760-726-9595
San Diego Kids Health Assurance Network		800-675-2229
	www.sdcounty.ca.gov/hhsa/programs/phs/san_diego_kids_health_assurance_network/	
San Diego Mediation Center	www.sdmediate.com	619-238-2400
San Diego State University Hearing Aid Program		619-594-6477
San Diego State University Psychology Clinic		619-594-5134
San Diego Volunteer Lawyer Program – North County		619-235-5656Ext100
San Diego Youth Services	www.sdyics.org	619-221-8600
SANDAPP	www.sandi.net/sandapp	619-235-5000
SART (Sexual Assault Response Team)		760-739-2150
Scripps McDonald Center	www.scripps.org	858-626-4300
Self Management & Recovery Training (SMART)	www.smartrecovery.org	858-546-1100X3
Share the Care	www.sharethecaredental.org	619-692-8858
Sharp Mesa Vista- Changes Program	www.sharp.com	800-827-4277
Shiners Hospital for Children	www.albahrshrine.org	888-267-4541
Signs of Silence	www.signsofsilence.org	760-744-1325(voice)760-744-3709(TDD)
Smokefree.gov	www.smokefree.gov	800-QUITNOW
Social Advocates for Youth – SAY	www.saysandiego.org	858-565-4148
Social Security Benefits.	www.ssa.gov/dibplan/d&s1.htm	800-772-1213
Solutions for Change (Temporary shelter for families in crisis)		760-941-6545
Special Education Services		760-752-4900
Spoke Shop (ACCESS)		619-296-8012

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www.sdcounty.ca.gov/hhsa/programs/ais/documents/Lilipad_brochure_11-28-06.pdf		
Stalking Strike Force	www.sdca.org/rteting/staling.php	619-515-8900
Storefront Shelter		619-325-3527
Suicide Hotline	www.boystown.org/national-hotline	800-448-3000
Survivors of Suicide Support Group	www.survivorsofsuicide.com	619-482-0297
TAPS		760-439-2087
Teen Challenge of Southern CA	www.teenchallenge.com	951-682-8990
The Hearing Foundation – Lions Club	www.hearingfoundation.org	800-327-8077
Trans Family Support Services	http://transfamilysos.org/#home	858-382-9156
Trauma Intervention Program	www.tipsandiego.org	760-931-2104
<i>Trish Greene Back to School Program for Children with Cancer</i>		858-277-1800Ext230
TOTLINE (Counseling Line)		858-541-5250
TrustLine (Background check for Nannies)	www.trustline.org/basics.htm	800-822-8490
Tuberculosis Control Program		619-692-5565
www.sdcounty.ca.gov/hhsa/programs/phs/tuberculosis_control_program/clinic_services.html		
UCSD – CAPS	www.health.ucsd.edu	619-229-3700
UCSD – Teen Pregnancy Program		619-543-6790
Union of Pan Asian Communities	www.upacsd.com	619-521-5720
United Way Agency	www.uwsd.org/content/about-us	888-448-6673
Victim Resource Line		800-842-8467
Vista Community Clinic	www.vistacommunityclinic.org/	760-631-5000
Vista Hill – Bridges	www.vistahill.org/programs/bridges.htm	760-806-2317
Vista Hill – SAFIR	www.vistahill.org/programs/safir.org	800-668-4250
Vista Sheriff PERT		760-643-3766
WIC Works	www.wic-sdsu.org/breastfeeding	888-999-6897
Women’s Resource Center – North County		760-757-3500
Yellow Ribbon Suicide Prevention Program	www.yellowribbon.org	303-429-3530
Y.E.S (Youth Empowerment Services)	www.access2jobs.org/yes/	858-560-0871
YMCA/YWCA	mottino.ymca.org/	760-758-0808
YWCA (Shelter for Women and Children)	www.ywcasandiego.com	619-234-3164
YMCA Child Care Connection		619-521-3070
YMCA – OZ North Coast	www.yfs.ymca.org	760-721-8930
YMCA - Our Safe Place(Support for LGBTQ youth)		
https://www.ymca.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development		760-721-8930
Youth Crisis Line	www.youthcrisisline.org	800-843-5200
Youth Development International – Youth Crisis Hotline	www.ydi.org	800HITHOME
Youth Services Program		888-565-4228
211sandiego.communityos.org/sys/profile.taf?profiletype=service&recordid=652612		

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