



# ***Resource Directory***

## **2018 Revision**

**2015 Revisions by Lori Coccodrilli and Michelle Walsh  
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

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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

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### **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](http://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](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.survivorsof suicide.com](http://www.survivorsof suicide.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/](http://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](http://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.

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**DRUG AND ALCOHOL SERVICES**

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**HELPLINES**

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**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](http://www.4rehabilitation.com/financing/?apcid=2938&keyword=drug%20rehab)

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**Meth Hotline 877-662-6384**

Drugs/meth, referral service, drug disturbances

[www.no2meth.org](http://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](http://www.californiasmokershelpline.org)

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

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

For immediate assistance, 24 hours a day.

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#### REHABILITATIONS

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

975 and 993 Postal Way, Vista, CA 92083

[www.alphaproject.org](http://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

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1100 Sportfisher Drive Oceanside, CA 92054  
<http://www.mhsinc.org/family-recovery-center>

**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/>

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**SUPPORT GROUPS**

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**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](http://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 866-242-2248**

[www.casandiego.org](http://www.casandiego.org)  
 Self-help groups, referral and fellowship for men and women who are recovering addicts.

**Marijuana Anonymous 800-766-6779**

[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)  
 12-step fellowship for the family and friends of marijuana addicts. Meetings are both in-person and online.

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**Narcotics Anonymous 866-331-1958**

<http://www.sandiegona.org/area/northcoastal/meeting-schedule/>

12-step fellowship for those suffering from addiction.

**Nar-Anon 800-477-6291**

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

[www.naranon.org](http://www.naranon.org)

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

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### SUPPORT GROUPS (NON 12-STEP)

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**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](mailto:john@smartrecovery.org)**

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

Support groups for addictive behavior.

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### DRUG TESTING

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**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](http://www.nchs-health.org)

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

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**Vista Community Clinic 760-631-5000**

1000 Vale Terrace, Vista, Ca 92084

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

Call to check cost and availability.

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**INTENSIVE OUTPATIENT**

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**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](http://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](http://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/>

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

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## INPATIENT

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### **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/](http://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

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

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

**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](http://www.teenchallenge.com)

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***MEDICAL DETOX CENTERS***

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**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](http://www.hazeldenBettyFord.org/SanDiego)

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

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**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.

**Volunteers of America 619-232-9343**

101 16th Street

San Diego, CA 92101

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**TOBACCO PREVENTION EDUCATION**


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**American Cancer Society 800-227-2345**[www.cancer.org/Healthy/StayAwayfromTobacco/index?ssSourceSiteId=null](http://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/](http://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](http://www.californiasmokershelpline.org)**Great American Smokeout 800-227-2345**[www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index](http://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](http://www.smokefree.gov)**SmokefreeTXT**<https://smokefree.gov/smokefreetxt>

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

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## OUTPATIENT BEHAVIORAL/PSYCHIATRIC

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### **Aurora Behavioral Health (888) 565-4228**

11878 Ave. of Industry

San Diego, CA 92128

<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](http://www.sandiegocounty.gov/hhsa/programs/bhs/mental_health_services_children/outpatient_services.html)

### **Kaiser Permanente Mental Health and Emotional Wellness 619-528-5000**

780 Shadowridge Drive

Vista, CA 92083

You don't need a referral for mental health services.

<https://healthy.kaiserpermanente.org/southern-california/doctors-locations/how-to-find-care/behavioral-health>

### **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

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### **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](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/inpatient_health_services_psychiatric_hospital.html)

### **Sharp Mesa Vista 858-836-8434**

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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.

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## PSYCHIATRIC EVALUATIONS/ MEDICATION

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**Children's Hospital Outpatient Psychiatry 760-758-1480**  
 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

**Kaiser Permanente Mental Health and Emotional Wellness 619-528-5000**  
 780 Shadowridge Drive  
 Vista, CA 92083  
 You don't need a referral for mental health services.  
<https://healthy.kaiserpermanente.org/southern-california/doctors-locations/how-to-find-care/behavioral-health>

**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>

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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

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### **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

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>

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Court-ordered and self-help classes.

**Kaiser Permanente Mental Health and Emotional Wellness 619-528-5000**

780 Shadowridge Drive

Vista, CA 92083

You don't need a referral for mental health services.

<https://healthy.kaiserpermanente.org/southern-california/doctors-locations/how-to-find-care/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

**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](http://www.jfssd.org/site/PageServer?pagename=programs_counseling_counseling)

**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.

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

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**ABUSE AND VIOLENCE PREVENTION**

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

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**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](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](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](http://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**

3878 Old Town Ave.  
Suite 100

San Diego, CA 92110

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

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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.

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## RAPE/DOMESTIC VIOLENCE

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**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

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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.siaawso.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) 760-739-2150**

[http://www.sandiegocounty.gov/hhsa/programs/phs/emergency\\_medical\\_services/sexual\\_assault\\_response\\_team.html](http://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](http://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

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

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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/>

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

**NCHS Encinitas Health Center (760) 736-6767**

<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

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DENTAL CARE

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**Denti-Cal (800) 322-6384**

[www.denti-cal.ca.gov](http://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/SanDiego.pdf)

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

[cal.ca.gov/DC\\_documents/beneficiaries/provider\\_referral\\_list/FQHC/SanDiego\\_FQHC.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.

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San Marcos, CA 92069

**Share the Care 619-692-8858**

[http://sharethecaredental.org/STC\\_V2/](http://sharethecaredental.org/STC_V2/)

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.

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HEARING

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**Deaf Community Services of San Diego 619-398-2441**

[www.deafcommunityservices.org](http://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](http://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

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VISION

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**Family Health Centers of San Diego 619-515-2300**

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

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

1385 Bonair Road  
Vista, California 92084

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

**San Diego Medi-Cal Vision Providers:**

[http://www.dhcs.ca.gov/provgovpart/pharmacy/Vision\\_Providers/SanDiego.pdf](http://www.dhcs.ca.gov/provgovpart/pharmacy/Vision_Providers/SanDiego.pdf)

Vista Community Clinic Optometry 844-308-5003

VCC Vale Terrace

VCC Grapevine

1000 Vale Terrace Drive

134 Grapevine Road

Vista, CA 92084

Vista, CA 92083

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

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## EMERGENCY AND FOOD SERVICES

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**211 OR 800-227-0997**

[www.211sandiego.org](http://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/>

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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**

<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](http://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/>

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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

**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

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## RUNAWAYS

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**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/](https://sdyouthservices.org/what-we-do/programs/)

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

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**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](http://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](mailto: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>

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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](http://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 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.

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## EATING DISORDERS

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**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](http://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

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

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

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## AIDS/HIV

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**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>

**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](http://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

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A private nonprofit health care center that provides HIV services.

## **IMMIGRANT ASSISTANCE**

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### **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

[http://www.alliance-for-africa.org/programs\\_sub.php?id=6](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](http://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 3<sup>rd</sup> Ave #A

Chula Vista, CA 91911

[www.uscis.gov](http://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**

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**The Abortion Survivors Network**

info@theabortionsurvivors.com

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

**Alternatives Women Center 760-741-9796**

257 East 2<sup>nd</sup> 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

Vista, CA 92084

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

**American Red Cross - WIC 800-500-6411**

[www.sandiegowic.org](http://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

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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**

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/>

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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

**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](http://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](http://www.nchs-health.org)

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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

**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.

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## LEGAL AID

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### **Legal Aid Society of San Diego - North County 1⓪877⓪534⓪2524**

216 South Tremont St

Oceanside, CA 92054

[www.lassd.org](http://www.lassd.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 - 619⓪235⓪5656**

[info@sdvlp.org](mailto:info@sdvlp.org)

707 Broadway, Suite 1400

San Diego, CA 92101

[www.sdvlp.org](http://www.sdvlp.org)

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](http://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.sdcda.org/office/contact/office-locations.html>

### **Victim/Witness Assistance: 619-531-4041**

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

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

## OTHER RESOURCES

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

4305 University Ave, Suite 300

San Diego, CA 92105

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<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/>

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## Vista Unified School District Resource Directory

### Alphabetical Listing

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

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

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Childcare Services (Mission Valley Family Resource Center)	800-716-4300
Childhood Asthma Initiative	619-297-3901
<a href="http://sandiegohealth.org/disease/asthma/asthmadirectory4consumers_eng.pdf">sandiegohealth.org/disease/asthma/asthmadirectory4consumers_eng.pdf</a>	
Children Youth and Family Helpline	800-675BABY
Children's Hospital Center for Children & Families <a href="http://www.chadwickcenter.org">www.chadwickcenter.org</a>	760-967-7082
Children's Hospital Outpatient Psychiatry <a href="http://www.chsd.org">www.chsd.org</a>	760-758-1480
Christie's Place	619-702-4186
Citizenship and Immigration Services <a href="http://www.uscis.gov">www.uscis.gov</a>	800-375-5283
Cocaine Anonymous <a href="http://www.casandiego.org">www.casandiego.org</a>	866-242-2248
Codependents Anonymous <a href="http://www.coda.org">www.coda.org</a>	619-222-1244
Community Resource Center <a href="http://www.communityresourcecenter.org">www.communityresourcecenter.org</a>	760-753-2919
Community Resource Center – LIBRE Domestic Violence	760-633-1112
County Medical Services <a href="http://www.sdcounty.ca.gov/hhsa">www.sdcounty.ca.gov/hhsa</a>	858-492-4444
County Mental Health-Children <a href="http://www.sdcounty.ca.gov">www.sdcounty.ca.gov</a>	619-563-2750
Crisis Response and Advocacy Services	888-385-4657
<a href="http://www.sdcounty.ca.gov/hhsa/programs/phs/office_violence_prevention/domestic_violence.html">www.sdcounty.ca.gov/hhsa/programs/phs/office_violence_prevention/domestic_violence.html</a>	
Critical Hours	858-581-5886
<a href="http://www.thechildrensinitiative.org/pdfs/08pdfs/CHdirectory08-09.pdf">www.thechildrensinitiative.org/pdfs/08pdfs/CHdirectory08-09.pdf</a>	
CROP – From the Inside Out <a href="http://www.fromtheinsideoutinc.org">www.fromtheinsideoutinc.org</a>	760-754-0580
Deaf Community Services of San Diego	619-398-2441
Denti-Cal <a href="http://www.denti-cal.ca.gov">www.denti-cal.ca.gov</a>	800-322-6384
Diabetes Association <a href="http://www.diabetes.org">www.diabetes.org</a>	800-342-2383
Domestic Violence Hotline (San Diego)	619-683-2500
Douglas Young Clinic	858-695-2211
Drug Testing Network, Inc. <a href="http://www.drugtestingnetwork.com">www.drugtestingnetwork.com</a>	760-940-2015
Eating Disorders Hotline	800-362-2644
Employment Training <a href="http://www.cetweb.org/aboutcet/location/ca.html">www.cetweb.org/aboutcet/location/ca.html</a>	760-747-9115
Empty Cradle <a href="http://www.emptycradle.org">www.emptycradle.org</a>	619-595-3887
Escondido Family Medicine	760-745-5832
Escondido Police <a href="http://police.escondido.org/contact-information.aspx">police.escondido.org/contact-information.aspx</a>	760-747-4721
Family Caregiver Support Services.	800-510-2020
Family Empowerment Counseling Program	619-293-3500
Food Stamps <a href="http://www.sdcounty.ca.gov/hhsa/programs/ssp/food_stamps/">www.sdcounty.ca.gov/hhsa/programs/ssp/food_stamps/</a>	866-262-9881
Eldercare Locator <a href="http://www.eldercare.gov/">www.eldercare.gov/</a>	800-677-1116
Escondido Family Medicine (CMS)	760-745-5832
General Relief	866-262-9881
<a href="http://www.sdcounty.ca.gov/hhsa/programs/ssp/general_relief/">www.sdcounty.ca.gov/hhsa/programs/ssp/general_relief/</a>	
Girl Scouts <a href="http://www.sdgirlscouts.org">www.sdgirlscouts.org</a>	760-739-1935
Great American Smokeout <a href="http://www.cancer.org">www.cancer.org</a>	800-227-2345
Green Oak Ranch <a href="http://www.greenoakranch.org">www.greenoakranch.org</a>	760-727-0251
Harmonium, Inc. <a href="http://www.harmonium-inc.org">www.harmonium-inc.org</a>	858-566-5740
Health and Human Services Agency	760-967-4500
<a href="http://www.sdcounty.ca.gov/hhsa/regional_admin/north/healthlink.html">www.sdcounty.ca.gov/hhsa/regional_admin/north/healthlink.html</a>	
Health Dept. (Information for pregnant women and babies).	800-222-9999
Health Information Directory .	800-336-4797

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Healthy Families ..	<a href="http://www.healthyfamilies.ca.gov/">www.healthyfamilies.ca.gov/</a>	800-880-5305
Healthy San Diego		619-515-6684
	<a href="http://www.sdcounty.ca.gov/hhsa/programs/ssp/healthy_san_diego/">www.sdcounty.ca.gov/hhsa/programs/ssp/healthy_san_diego/</a>	
Hillcrest Youth Center	<a href="http://www.youthcentersd.com">www.youthcentersd.com</a>	619-497-2920
HIV Testing Services( Clairemont Community Service Center )		858-490-4400
Hospice Link		800-331-1620
Hospice of the North Coast – Bereavement	<a href="http://www.hospicenorthcoast.org">www.hospicenorthcoast.org</a>	760-431-4100
House of Metamorphosis	<a href="http://www.houseofmetamorphosis.org">www.houseofmetamorphosis.org</a>	619-236-9492
Housing, U.S. Dept of (Discrimination line)		800-255-7688
	<a href="http://www.justice.gov/crt/about/osc/htm/engperliwdiss.php">www.justice.gov/crt/about/osc/htm/engperliwdiss.php</a>	
Immigration Services	<a href="http://www.ccdsd.org/immigration.php">www.ccdsd.org/immigration.php</a>	760-631-5890
Immunization Clinics		619-692-8661
Immunization Hotline (English)	<a href="http://www.hhs.gov/nvpo/law.htm">www.hhs.gov/nvpo/law.htm</a>	800-232-2522
Immunization Hotline (Spanish)	<a href="http://www.hhs.gov/nvpo/law.htm">www.hhs.gov/nvpo/law.htm</a>	800-232-0233
IMPACT programs		619-465-9260
Incest Survivors Anonymous	<a href="http://www.siawso.org">www.siawso.org</a>	858-541-0558
Independent Living Skills for Foster Youth		866-457-4636
	<a href="http://www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/independent_living_skills.html">www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/independent_living_skills.html</a>	
Interfaith Coastal	<a href="http://www.interfaithservices.org/contact.html">www.interfaithservices.org/contact.html</a>	760-721-2117
Interfaith Core Care Behavioral Health	<a href="http://www.interfaithservices.org">www.interfaithservices.org</a>	760-746-5857
Jewish Family Services	<a href="http://www.jfssd.org">www.jfssd.org</a>	760-944-7855
Kaiser Kares for Kids .		800-255-5053
	<a href="http://www.ladpss.org/dpss/health_care/children_youth/kaiser_permanente_cares_for_kids.cfm">www.ladpss.org/dpss/health_care/children_youth/kaiser_permanente_cares_for_kids.cfm</a>	
La Leche League.		800-525-3243
La Pasada de Guadalupe	<a href="http://www.ccdsd.org/homelessmen.php">www.ccdsd.org/homelessmen.php</a>	760-929-2322
Legal Aid Society of San Diego – North County		877-534-2524
Lifeline Coastal Youth Services	<a href="http://www.nclifeline.org/youth.htm">www.nclifeline.org/youth.htm</a>	760-757-0118
Marijuana Anonymous	<a href="http://www.marijuana-anonymous.org">www.marijuana-anonymous.org</a>	800-766-6779
McAlister Institute - Teen Recovery Center	<a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a>	858-578-5612
Medi-Cal	<a href="http://www.sdcounty.ca.gov/hhsa/programs/ssp/medi-cal_program/">www.sdcounty.ca.gov/hhsa/programs/ssp/medi-cal_program/</a>	866-262-9881
Medi-Cal Hotline		800-952-5294
Mental Health Administration...		619-563-2750
	<a href="http://www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_children/">www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_children/</a>	
Mental Health Systems: Family Treatment Center etc.	<a href="http://www.mhsinc.org">www.mhsinc.org</a>	760-630-4573
Meth Hotline	<a href="http://www.no2meth.org">www.no2meth.org</a>	877-662-6384
Mexican Consulate of San Diego	portal.sre.gov.mx/sandiego	619-231-8414
Mission Mesa Pediatrics, North County Health Services	<a href="http://www.nchs-health.org">www.nchs-health.org</a>	760- 966-3306
Narcotics Anonymous	<a href="http://www.sandiegona.org/area/ncoast/">www.sandiegona.org/area/ncoast/</a>	866-331-1958
Nar-Anon	<a href="http://www.naranoncalifornia.org">www.naranoncalifornia.org</a>	800-477-6261
National Clearing House for Alcohol and Drug Information		800-729-6686
National Hotline for Domestic Violence	<a href="http://www.ndvh.org">www.ndvh.org</a>	800-799-7233
National Referral Service		800-662-4357
National Runaway Switchboard		800-621-4000
NCI Cancer Information	<a href="http://www.cancer.gov/global/contact">www.cancer.gov/global/contact</a>	800-422-6237
Neighborhood Health Care	<a href="http://www.nhcare.org">www.nhcare.org</a>	760-746-5857

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Nineline (Runaways & “Home Free” help)	<a href="http://www.nineline.org">www.nineline.org</a>	800-999-9999
No Butts (Quit Smoking)	<a href="http://www.tobaccofreeca.com/where_to_get_help_resources.html">www.tobaccofreeca.com/where_to_get_help_resources.html</a>	800-662-8887
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	<a href="http://www.nchs-health.org">www.nchs-health.org</a>	760-736-6767
North County Lifeline	<a href="http://www.nclifeline.org">www.nclifeline.org</a>	760 -726-4900
North County LGBTQ Resource Center - Oceanside	<a href="http://www.ncresourcecenter.org">www.ncresourcecenter.org</a>	760-994-1690
North San Diego Young People in Alcoholics Anonymous	<a href="http://gonsdypaa.org">http://gonsdypaa.org</a>	760-758-2514
Oceanside Sheriff PERT		760-435-4911
Overeaters Anonymous (Help with all eating disorders)	<a href="http://www.oa.org">www.oa.org</a>	619-758-9507
Palavra Tree	<a href="http://www.palavratree.org">www.palavratree.org</a>	619-263-7768
Perinatal Care Network.	<a href="http://www.sdcounty.ca.gov/hhsa/programs/phs/perinatal_care_network/">www.sdcounty.ca.gov/hhsa/programs/phs/perinatal_care_network/</a>	800-675-2229
PFLAG	<a href="http://www.pflag.com">www.pflag.com</a>	619-579-7640
Phoenix House	<a href="http://www.phoenixhouse.org">www.phoenixhouse.org</a>	760-729-2830
Planned Parenthood	<a href="http://www.planned.org">www.planned.org</a>	760-757-7905
Planned Parenthood – Carlsbad or Escondido		888-743-7526
Poison Control Center	<a href="http://www.calpoison.com">www.calpoison.com</a>	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.....	<a href="http://www.sdcounty.ca.gov/hhsa/programs/phs/">www.sdcounty.ca.gov/hhsa/programs/phs/</a>	760-967-4410
Runaway Switchboard	<a href="http://www.1800runaway.org">www.1800runaway.org</a>	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	<a href="http://www.sdcounty.ca.gov/hhsa/programs/phs/san_diego_kids_health_assurance_network/">www.sdcounty.ca.gov/hhsa/programs/phs/san_diego_kids_health_assurance_network/</a>	800-675-2229
San Diego Mediation Center	<a href="http://www.sdmediate.com">www.sdmediate.com</a>	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	<a href="http://www.sdyics.org">www.sdyics.org</a>	619-221-8600
SANDAPP	<a href="http://www.sandi.net/sandapp">www.sandi.net/sandapp</a>	619-235-5000
SART (Sexual Assault Response Team)		760-739-2150
Scripps McDonald Center	<a href="http://www.scripps.org">www.scripps.org</a>	858-626-4300
Self Management & Recovery Training (SMART)	<a href="http://www.smartrecovery.org">www.smartrecovery.org</a>	858-546-1100X3
Share the Care	<a href="http://www.sharethecaredental.org">www.sharethecaredental.org</a>	619-692-8858
Sharp Mesa Vista- Changes Program	<a href="http://www.sharp.com">www.sharp.com</a>	800-827-4277
Shiners Hospital for Children	<a href="http://www.albahrshrine.org">www.albahrshrine.org</a>	888-267-4541
Signs of Silence	<a href="http://www.signsofsilence.org">www.signsofsilence.org</a>	760-744-1325(voice)760-744-3709(TDD)
Smokefree.gov	<a href="http://www.smokefree.gov">www.smokefree.gov</a>	800-QUITNOW
Social Advocates for Youth – SAY	<a href="http://www.saysandiego.org">www.saysandiego.org</a>	858-565-4148

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Social Security Benefits.	<a href="http://www.ssa.gov/dibplan/d&amp;s1.htm">www.ssa.gov/dibplan/d&amp;s1.htm</a>	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
	<a href="http://www.sdcounty.ca.gov/hhsa/programs/ais/documents/Lilipad_brochure_11-28-06.pdf">www.sdcounty.ca.gov/hhsa/programs/ais/documents/Lilipad_brochure_11-28-06.pdf</a>	
Stalking Strike Force	<a href="http://www.sdca.org/rteting/staling.php">www.sdca.org/rteting/staling.php</a>	619-515-8900
Storefront Shelter		619-325-3527
Suicide Hotline	<a href="http://www.boystown.org/national-hotline">www.boystown.org/national-hotline</a>	800-448-3000
Survivors of Suicide Support Group	<a href="http://www.survivorsofsuicide.com">www.survivorsofsuicide.com</a>	619-482-0297
TAPS		760-439-2087
Teen Challenge of Southern CA	<a href="http://www.teenchallenge.com">www.teenchallenge.com</a>	951-682-8990
The Hearing Foundation – Lions Club	<a href="http://www.hearingfoundation.org">www.hearingfoundation.org</a>	800-327-8077
Trans Family Support Services	<a href="http://transfamilyos.org/#home">http://transfamilyos.org/#home</a>	858-382-9156
Trauma Intervention Program	<a href="http://www.tipsandiego.org">www.tipsandiego.org</a>	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)	<a href="http://www.trustline.org/basics.htm">www.trustline.org/basics.htm</a>	800-822-8490
Tuberculosis Control Program		619-692-5565
	<a href="http://www.sdcounty.ca.gov/hhsa/programs/phs/tuberculosis_control_program/clinic_services.html">www.sdcounty.ca.gov/hhsa/programs/phs/tuberculosis_control_program/clinic_services.html</a>	
UCSD – CAPS	<a href="http://www.health.ucsd.edu">www.health.ucsd.edu</a>	619-229-3700
UCSD – Teen Pregnancy Program		619-543-6790
Union of Pan Asian Communities	<a href="http://www.upacsd.com">www.upacsd.com</a>	619-521-5720
United Way Agency	<a href="http://www.uwsd.org/content/about-us">www.uwsd.org/content/about-us</a>	888-448-6673
Victim Resource Line		800-842-8467
Vista Community Clinic	<a href="http://www.vistacommunityclinic.org/">www.vistacommunityclinic.org/</a>	760-631-5000
Vista Hill – Bridges	<a href="http://www.vistahill.org/programs/bridges.htm">www.vistahill.org/programs/bridges.htm</a>	760-806-2317
Vista Hill – SAFIR	<a href="http://www.vistahill.org/programs/safir.org">www.vistahill.org/programs/safir.org</a>	800-668-4250
Vista Sheriff PERT		760-643-3766
WIC Works	<a href="http://www.wic-sdsu.org/breastfeeding">www.wic-sdsu.org/breastfeeding</a>	888-999-6897
Women’s Resource Center – North County		760-757-3500
Yellow Ribbon Suicide Prevention Program	<a href="http://www.yellowribbon.org">www.yellowribbon.org</a>	303-429-3530
Y.E.S (Youth Empowerment Services)	<a href="http://www.access2jobs.org/yes/">www.access2jobs.org/yes/</a>	858-560-0871
YMCA/YWCA	<a href="http://mottino.ymca.org/">mottino.ymca.org/</a>	760-758-0808
YWCA (Shelter for Women and Children)	<a href="http://www.ywcasandiego.com">www.ywcasandiego.com</a>	619-234-3164
YMCA Child Care Connection		619-521-3070
YMCA – OZ North Coast	<a href="http://www.yfs.ymca.org">www.yfs.ymca.org</a>	760-721-8930
YMCA - Our Safe Place(Support for LGBTQ youth)	<a href="https://www.ymca.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development">https://www.ymca.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development</a>	
		760-721-8930
Youth Crisis Line	<a href="http://www.youthcrisisline.org">www.youthcrisisline.org</a>	800-843-5200
Youth Development International – Youth Crisis Hotline	<a href="http://www.ydi.org">www.ydi.org</a>	800HITHOME
Youth Services Program		888-565-4228
	<a href="http://211sandiego.communityos.org/sys/profile.taf?profiletype=service&amp;recordid=652612">211sandiego.communityos.org/sys/profile.taf?profiletype=service&amp;recordid=652612</a>	

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