

Resource Guide

Organization	Service	Phone Number
Healthcare		
La Maestra	Offers a wide range of medical services. Call for more information on all current services. Bi-lingual services available (Spanish)	(619) 255-9155
San Ysidro Health	Offers multiple healthcare services, great for folks living in South Bay. Bi-lingual services (Spanish) available	619-662-4100
Family Healthcare Centers	Broad range of medical services, accepts all insurances, also there are many locations across San Diego county	(619) 515-2300
My Doctor Medical Center	Great option for individuals who don't have insurance.	(619) 263-5485
Mental Health		
Douglas Young Clinic	Psychiatry, Accepts Medical/Medicare	858-695-2211
Family Health Centers	Offers therapy and psychiatry accepts all insurances, also there are many locations across San Diego county	(619) 515-2300
Project Enable	Offers Therapy, Psychiatry and group therapy	(619) 266-2111
Bayview Psychiatric hospital	Inpatient, psychiatry and therapy	(619) 426-6310
P.E.R.T.	Psychiatric emergencies	9-1-1 or Non Emergency - (858) 565-5200
Crisis and Access Line	24-hour crisis line	888-724-7240 or 619-641-6992 TTY
Warm line	Peer-to-peer phone line	1 (800) 930-WARM. (9 2 7 6)
Housing		
Path	Support for those experiencing homelessness	(619) 810-8600
San Diego Rescue Mission	Provides shelter and food distribution	(619) 687-3720
Rachels House	Emergency housing for women	(619) 696-0873
Alpha Project	Emergency housing	(619) 542-1877
Neil good Day Center	Shelter, 3 meals a day, health and wellness programs	(619) 223-8500
Big Sister League of San Diego	Housing for women	(619) 297-1172

Benefits Assistance		
Western University Community Law Project	Free legal support; this program is driven by law students from Western University	(619) 780-7498
Department of Rehab	Provides services related to employment, education and benefits counseling	(619) 767-2100
Workforce Partnership	Provides benefits counseling	(619) 228-2900
CalWORKS	Assistance with applying for benefits	https://www.benefitscal.org/
Legal Aid Society	Provides benefits counseling	(877) 534-2524
Case Management		
Emerald's Lighthouse	Provide case management and housing support focused mostly on people with developmental disabilities but they work with S.M.I as well. Participants must be part of the San Diego Regional Center, but Emerald's Lighthouse helps with that.	(619) 755-6344
County of San Diego Mental Health Services	Offers field-based case management services to adults with long-term behavioral problems to maintain housing, obtain financial assistance, and maintain medical and psychiatric treatment.	(619) 692-8715
Hannah's House	Helps families navigate unexpected challenges	(858) 300-2730
Legal		
Western University Community Law Project	They provide free legal support; this program is driven by law students from Western University	619-780-7498
Finance		
Operation Hope	Provides financial literacy for all	(760) 536-3880