Kaiser Permanente Services

Caregiver Support Groups…………………………………………….. 619-641-4456
Psychiatry and Addiction Medicine…………………………………… 877-496-0450
  Addiction Medicine .............................................................. 619-221-6550
  Behavioral Health Care Helpline (24 hour).............................800-900-3277
  Pediatric Specialties (John Richards Learning Center) ............ 866-940-2218

Find Your Words (KP Thrive, start the discussion about depression)
  www.findyourwords.org

Community Services

This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

ACCESS and Crisis Line (24/7 help)........................................... 888-724-7240
Access to Independence .......................................................... 800-976-2776
  www.a2isd.org ................................................................ 619-293-3500
Catholic Charities .................................................................... 619-231-2828
  www.ccdsd.org
Center for Community Solutions .............................................. 858-272-5777
  www.ccssd.org ................................................................ 888-385-4657
Community Research Foundation (data base of local crisis centers & programs)
  www.comresearch.org/services.php
Courage to Call (24/7 staffed by vets for vets and family) .......... 877-698-7838
  http://courage2call.org
Crisis Text Line (text “start” to 741741) .......................................741741
  www.crisistextline.org
Empty Cradle (pregnancy and infant loss support) ................. 619-595-3887
  www.emptycradle.org
Friendship Line (24-hr friendship line, age 60+) ....................... 800-971-0016
  www.ioaging.org

http://continuingcare-sandiego.kp.org
Harmonium Inc (counseling and youth programs) ................. 858-684-3080
www.harmoniumsd.org

HELP Therapist (counseling comes to you in home/office) .......... 858-481-8827
https://helptherapist.com

It’s Up to Us (San Diego mental health resources)
www.Up2SD.org

Jewish Family Service........................................................... 858-637-3210
www.jfssd.org ...................................................... Intake line ........ 877-537-1818

Mental Health America of San Diego County ................. 619-543-0412
www.mhasd.org

National Alliance for the Mentally Ill (NAMI of San Diego)......... 619-543-1434
www.namisandiego.org

National Institute of Mental Health................................. 866-615-6464
www.nimh.nih.gov

National Suicide Prevention Lifeline..................................... 800-784-2433

Parents, Families & Friends of Lesbians and Gays.............. 888-398-0006

Rady Children’s Hospital Outpatient Psychiatry............... 858-966-5832
www.rchsd.org/programs-services/psychiatry

San Diego Center for Children......................................... 858-277-9550
www.centerforchildren.org

San Diego County Mental Health Clinic
East County................................................................. 619-401-5500
Central................................................................. 619-692-8750
North County Coastal.................................................. 760-967-4475
North County Inland (Escondido)...................................... 760-747-3424
South Bay.............................................................. 619-427-4661
South East ...................................................... 619-595-4400

San Diego IHOT (In-Home Outreach Team) ...................... 760-591-0100
County funded in-home outreach to adults with serious mental illness who are resistant to receiving mental health services; criteria must be met.
www.telecarecorp.com/ihot

San Diego Veteran Center .............................................. 858-642-1500

San Diego Youth Community Services ......................... 619-221-8600
www.sdyouthservices.org

SIDS (Sudden Infant Death Syndrome) information
www.sandiegosids.org

Social Advocates for Youth........................................... 619-283-9624
www.saysandiego.org

Survivors of Incest Anonymous
www.siawso.org
Survivors of Suicide Loss……………………………………………619-482-0297
The Compassionate Friends (loss of a child)…………………619-583-1555
www.sdtcf.org
The San Diego LGBT Community Center ……………………619-692-2077
www.thecentersd.org
Warm Line (telephone peer support, info & resources for non emergency mental health issues) ……………………619-295-1055
Women’s Resource Center (rebuilding lives, Oceanside) ………760-757-3500
www.wrcsd.org
YMCA Youth and Family Services ………………………………………619-543-9850
Kinship-Navigator - kinship support services program
YWCA Counseling Center ……………………………………………619-239-0355
Domestic Violence (Battered Women’s Services) hotline ………619-234-3164
www.ywcsandiego.org

For corrections or additions to this handout, please call (619) 641-4456