



# counseling & mental health

CONTINUING CARE SERVICES

## 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](http://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](http://www.a2isd.org) ..... 619-293-3500
- Catholic Charities..... 619-231-2828  
[www.ccdsd.org](http://www.ccdsd.org)
- Center for Community Solutions..... 858-272-5777  
[www.ccssd.org](http://www.ccssd.org) ..... 888-385-4657
- Community Research Foundation (data base of local crisis centers & programs)  
[www.comresearch.org/services.php](http://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](http://www.crisistextline.org)
- Empty Cradle (pregnancy and infant loss support) ..... 619-595-3887  
[www.emptycradle.org](http://www.emptycradle.org)
- Friendship Line (24-hr friendship line, age 60+) ..... 800-971-0016  
[www.ioaging.org](http://www.ioaging.org)

<http://continuingcare-sandiego.kp.org>



Harmonium Inc (counseling and youth programs) ..... 858-684-3080  
[www.harmoniumsd.org](http://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](http://www.Up2SD.org)

Jewish Family Service..... 858-637-3210  
[www.jfssd.org](http://www.jfssd.org) ..... Intake line ..... 877-537-1818

Mental Health America of San Diego County ..... 619-543-0412  
[www.mhasd.org](http://www.mhasd.org)

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

National Institute of Mental Health..... 866-615-6464  
[www.nimh.nih.gov](http://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](http://www.rchsd.org/programs-services/psychiatry)

San Diego Center for Children..... 858-277-9550  
[www.centerforchildren.org](http://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](http://www.telecarecorp.com/ihot)

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

San Diego Youth Community Services ..... 619-221-8600  
[www.sdyouthservices.org](http://www.sdyouthservices.org)

SIDS (Sudden Infant Death Syndrome) information  
[www.sandigosids.org](http://www.sandigosids.org)

Social Advocates for Youth..... 619-283-9624  
[www.saysandiego.org](http://www.saysandiego.org)

Survivors of Incest Anonymous  
[www.siawso.org](http://www.siawso.org)

Survivors of Suicide Loss.....619-482-0297

The Compassionate Friends (loss of a child)..... 619-583-1555  
[www.sdtcf.org](http://www.sdtcf.org)

The San Diego LGBT Community Center .....619-692-2077  
[www.thecentersd.org](http://www.thecentersd.org)

Warm Line (telephone peer support, info & resources for ..... 800-930-9276  
 non emergency mental health issues) ..... 619-295-1055

Women’s Resource Center (rebuilding lives, Oceanside) .....760-757-3500  
[www.wrcsd.org](http://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.ywcasandiego.org](http://www.ywcasandiego.org)

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