



counseling & mental health

CONTINUING CARE SERVICES

Kaiser Permanente Services

Caregiver Support Groups.....	619-641-4456
Psychiatry and Addiction Medicine.....	877-496-0450
Behavioral Health Care Helpline (24 hour).....	800-900-3277
Chemical Dependency.....	619-221-6550
Emergency Psychiatric Services.....	619-528-5151
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	
Community Research Foundation	
www.comresearch.org/services.php	
Courage to Call (For active duty, veterans and their families)	877-698-7838
www.vvvd.net	
Crisis Text Line (text “start” to 741741)	741741
www.crisistextline.org	
Empty Cradle (For families who have lost an infant).....	619-595-3887
www.emptycradle.org	

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



Friendship Line for the Elderly (Institute on Aging)	800-971-0016
<i>www.ioaging.org</i>	
Harmonium Inc.....	858-684-3080
<i>www.harmoniumsd.org</i>	
HELP Behavioral Counseling & Psychological Testing	858-481-8827
<i>https://helptherapist.com</i> (can come to you; accept Medi-Cal)	
IHOT North (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.	
<i>www.mhsinc.org/listing/ihot-north-2</i>	
It's Up to Us (San Diego mental health resources)	
<i>www.Up2SD.org</i>	
Jewish Family Service.....	877-537-1818
<i>www.jfssd.org</i>	
	858-637-3210
Mental Health America.....	800-969-6642
<i>www.mentalhealthamerica.net</i>	
Mental Health America of San Diego County	619-543-0412
<i>www.mhasd.org</i>	
National Alliance for the Mentally Ill (NAMI of San Diego).....	800-523-5933
<i>www.namisandiego.org</i>	
National Institute of Mental Health.....	866-615-6464
<i>www.nimh.nih.gov</i>	
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
<i>www.rchsd.org/programs-services/psychiatry</i>	
San Diego Center for Children.....	858-277-9550
<i>www.centerforchildren.org</i>	
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 Veteran Center	858-642-1500
San Diego Youth Community Services	619-221-8600
<i>www.sdyouthservices.org</i>	
SIDS (Sudden Infant Death Syndrome) information	
<i>www.sandiegosids.org</i>	

Social Advocates for Youth..... 858-565-4148
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 Center619-692-2077
www.thecentersd.org

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

YMCA Youth and Family Services 619-543-9850
 Kinship-Navigator - kinship support services program

YWCA Counseling Center619-239-0355
 Domestic Violence (Battered Women’s Services) hotline619-234-3164
www.ywcasandiego.org

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