



# 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 "HOME" 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
<i>www.harmoniumsd.org</i>	
HELP Therapist (counseling comes to you in home/office) .....	858-481-8827
<i>https://helptherapist.com</i> .....	855-760-4357
It's Up to Us (San Diego mental health resources)	
<i>www.Up2SD.org</i>	
Jewish Family Service.....	858-637-3210
<i>www.jfssd.org</i> .....	Intake line .....
	877-537-1818
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).....	619-543-1434
<i>www.namisaniego.org</i>	
National Institute of Mental Health.....	866-615-6464
<i>www.nimh.nih.gov</i>	
National Suicide Prevention Lifeline.....	800-273-8255
<i>www.suicidepreventionlifeline.org</i>	
Parents, Families & Friends of Lesbians and Gays.....	888-398-0006
<i>www.pflag.com</i>	
Positive Solutions through UPAC serving central & north SD Co ....	619-238-1783
For homebound or socially isolated seniors 60+ .....	760-736-8373
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 IHOT (In-Home Outreach Team) .....	855-384-4468
County funded in-home outreach to adults with serious mental ..	619-961-2120
illness who are resistant to receiving mental health services.....	760-591-0100
<i>www.telecarecorp.com/ihot</i>	
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.sandigosids.org</i>	

Social Advocates for Youth.....(main office) ..... 858-565-4148  
[www.saysandiego.org](http://www.saysandiego.org) .....(family resource center) ..... 619-283-9624

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

Survivors of Suicide Loss.....619-482-0297  
[www.sos/sd.org](http://www.sos/sd.org)

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 .....(ext 12440) .... 619-543-9850  
Kinship-Navigator - kinship support services program

YWCA Counseling Center .....619-239-0355  
Domestic Violence (Battered Women’s Services) 24-hr hotline ..619-234-3164  
[www.ywcasandiego.org](http://www.ywcasandiego.org)

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