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 “HOME” 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 ........................................... 855-760-4357

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............................... 800-273-8255
www.suicidepreventionlifeline.org

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

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
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) ......................... 855-384-4468
County funded in-home outreach to adults with serious mental illness who are resistant to receiving mental health services..... 760-591-0100
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……………………………………(main office) ….. 858-565-4148
www.saysandiego.org …...........(family resource center) ..… 619-283-9624

Survivors of Incest Anonymous
www.siawso.org

Survivors of Suicide Loss…………………………………………………………619-482-0297
www.soslsd.org

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 ………… 800-930-9276
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 ……………………..…(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

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