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.vvsd.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
www.ioaging.org

Harmonium Inc.......................................................... 858-684-3080
www.harmoniumsd.org

HELP Behavioral Counseling & Psychological Testing .............. 858-481-8827
https://helptherapist.com (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.
www.mhsinc.org/listing/ihot-north-2

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

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

Mental Health America.................................................... 800-969-6642
www.mentalhealthamerica.net

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

National Alliance for the Mentally Ill (NAMI of San Diego)........... 800-523-5933
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 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…………………………………………….. 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 Center .................................619-692-2077
     www.thecentersd.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

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