

**Behavioral Health Community Referrals**

TYPE OF SERVICE	PROGRAM	PHONE	HOURS	LOCATION	POPULATION/FEE
<b>WEBSITE RESOURCES:</b>					
www.Up2SD.org (It's Up to Us)				http://www.sdcounty.ca.gov/hhsa/ (Health & Human Services Agency)	
www.sdchip.org (CHIP: Community Health Improvement Partners)				https://spillnow.com/ (Spill -Confidential online student counseling -ACHA)	
www.activeminds.org/ (Active Minds)				www.nami.org/ (NAMI: National Alliance on Mental Illness)	
<b>HOTLINES:</b>					
Domestic Violence Hotline/Community Resource Center	Hotline	(760) 633-1111	24-hour services	N/A	Women and children
Poison Control	Poison Control	(800) 222-1222	Hotline	N/A	Poison Control
Phone Crisis Intervention/ Info and Referral	San Diego Access & Crisis Line	(888) 724-7240	24-hour services	N/A	All
Psychiatric Crises	Psychiatric Emergency Response Team	911 (ask for PERT)	24-hour services	N/A	All
Phone Crisis Counseling & Suicide Prevention	Heidorn Lifeline	(858) 212-5433 (LIFE)	24-hour services	N/A	LGBTQ community/ All ages
Rape & Domestic Violence Hotline	Hotline	(858) 272-1767	24-hour services	N/A	All
S.D. County Domestic Violence Hotline	Hotline	(888) 385-4657 (DVLINKS)	24-hour services	N/A	English/Spanish
Substance Abuse	Alcoholics Anonymous	(760) 758-2514	Mon-Fri. 9-5pm, Sat. 9-1pm	North County	AA/English/Spanish
Substance Abuse	Narcotics Anonymous	(619) 584-1007 or toll-free (800) 479-0062 (619) 546-0774 (Spanish)	Varies	San Diego	NA/English/Spanish
Substance Abuse	CA Smokers Helpline	English (800) 662-8887 Spanish (800) 456-6386	Mon-Fri. 7-9pm, Sat. 9-1pm	N/A	Smoking Cessation

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Referral to Licensed Social Workers	Nina Stark, Psychotherapist	(760) 633-2437	24-hour services	N/A	Referral
<b>CARLSBAD:</b>					
Grief-Loss Counseling/ In-Home Care	S.D. Hospice	(619) 688-1600 or toll-free (866) 688-1600	Varies	1950 Calle Barcelona, Carlsbad	Terminally ill and who recently lost a loved one
<b>ENCINITAS:</b>					
Counseling/Stress Management/Parenting	North Coast Counseling Center	(760) 436-1883	Varies	826 Second Street, Encinitas	Children/Seniors
Marriage & Family Counseling	Community Resource Center	(760) 753-8300	Mon-Fri. 8-5pm	650 Second Street, Encinitas	All
<b>ESCONDIDO:</b>					
All-Counseling	North Inland Mental Health Center	(760) 747-3424	Mon-Wed. 8-6pm, Thurs. 8-5pm	125 West Mission Ave., Suite 103, Escondido	Adults 18 and older/ Sliding Scale Fees
All-Counseling	Palomar Family Counseling Service Inc	(760) 741-2660	Varies	1002 E. Grand Ave. Escondido	All/Sliding Scale Fees
Mental Health Clinic	Exodus Recovery	(760) 796-7760	Mon-Fri. 11-6:30pm	660 East Grand Ave. Escondido	Walk-in "Crisis" Assessment Center
Psychiatric/ Behavioral Health	Ray M. Dickinson Wellness Center	(760) 520-8300 Counseling: (760) 520-8340	Mon-Fri. 8-6:30pm, Sat. 8-2pm	425 N. Date Street, Suite 203, Escondido	All/Sliding Scale fees
Psychiatric/ Behavioral Health	Neighborhood Healthcare - Women's Center	(760) 737-6900	Mon-Fri. 8-5pm	215 S. Hickory Street, Suite 212, Escondido	Women's Health, Family Planning & Teen Clinic
Psychiatric/ Behavioral Health	Neighborhood Healthcare	(760) 520-8100	Mon-Wed 8-8pm, Thurs-Fri 8-5pm, Sat 8-2pm	460 N. Elm Street, Escondido	All

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Psychotherapy & Medication Management Outpatient	BPSR Kinesis North Clinic	(760) 480-2255	Varies	474 W. Vermont Ave., Suite 101, Escondido	Adults 18 and older in North Inland SD County/ Medi-Cal or no insurance
Shelter	Hidden Valley House	(760) 747-6282	24-hour services	106 S. Grape Street, Escondido	Women and children/English/ Spanish
Sexual Assault Services	Sure Helpline Crisis Center	(760) 352-7273 (RAPE)	24-hour services	210 Wake Ave., Suite B, El Centro	English/Spanish/ Free
<b>OCEANSIDE:</b>					
All-Counseling	North Coastal Mental Health Center	(760) 967-4475	Mon-Fri. 8-5pm	1701 Mission Ave., Suite A, Oceanside	Adults 18 and older/ Sliding Scale Fees
All-Counseling	Lifeline Coastal Community Services	(760) 757-0018	Mon-Fri. 8:30-5pm	707 Oceanside Blvd., Oceanside	English/Spanish
Sexual Abuse Counseling/ Domestic Violence	Women's Resource Center/Hotline	(760) 757-3500	Mon-Fri. 9-5pm 24-hour hotline	1963 Apple Street, Oceanside	Women, children and parties affected/Free
<b>SAN DIEGO:</b>					
All-Counseling	Harmonium	(858) 684-3080	9-5pm and evenings by appointment	9245 Activity Rd., Suite 200, San Diego	All
Emergency Psychiatric Screening/In-Patient	San Diego Psychiatric Hospital	(619) 692-8200	24-hour services	3853 Rosecrans Street, San Diego	Adults 18 and older
<b>SAN MARCOS:</b>					
All-Counseling	North County Health Services	(760) 736-6767 (760) 736-8656	Varies	150 Valpreda Rd. San Marcos	All/Sliding Scale Fees
<b>VISTA:</b>					
All-Counseling	Lifepoint Counseling Center	(760) 726-7016	Varies	973 Vale Terrace Dr., Suite 206, Vista	All
All-Counseling	Lifeline Community Services	(760) 726-4900	Mon-Fri. 8:30-5pm	200 Michigan Ave., Vista	English/Spanish

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All-Counseling	Palomar Family Counseling Service Inc	(760)630-3505	Varies	945 Vale Terrace, Vista	All/Sliding Scale Fees
Counseling	Vista Community Clinic	(760) 631-5220	Varies	1000 Vale Terrace, Vista	All/Sliding Scale Fees
Mental Health Clinic	Exodus Recovery	(760) 758-1150	Mon-Fri. 11-6:30pm	524 W. Vista Way, Vista	Walk-in "Crisis" Assessment Center
Psychotherapy & Medication Management Outpatient	BPSR Vista Clinic	(760) 758-1092	Varies	550 West Vista Way, Suite 407, Vista	Vista or San Marcos adults 18 and older/ Medi-Cal or no insurance
<b>OTHER LOCATIONS:</b>					
All-Counseling	Palomar Family Counseling Service Inc	<b>Fallbrook:</b> (760)731-3235 <b>Poway:</b> (858)748-3610	Varies	120 W. Hawthorne St., Fallbrook 12951 Metate Lane, Poway	All/Sliding Scale Fees
Psychotherapy & Medication Management Outpatient	BPSR Kinesis North	<b>Fallbrook &amp; Ramona:</b> (760) 480-2255	Varies	1328 S. Mission Rd., Fallbrook 1521 Main Street, Ramona	Adults 18 and older in North Inland SD County/ Medi-Cal or no insurance

Palomar College Health Services  
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