

On-Campus Resources at Palomar College

Campus Police-

- Dispatch: (760) 891-7273 or (760) 744-1150 Ext. 2289
- Text-A-Tip: (760) 891-6154

Food and Nutrition Center-SU 40, Hours: Monday-Thursday 8:30am-4:30pm & Friday 8:30am-3:30pm

- 15 pounds of free food for Palomar College students & staff
- [CalFresh](#) information and assistance with applying
- **Grab 'n' Go cooler locations**
- Free diapers for students and staff, free hygiene products
- Textbook and emergency loans
- Case manager: Assistance with connecting to on-campus and off-campus resources

Student Health Centers- HC Building, San Marcos Campus Monday-Thursday 8am-7pm & Friday 8am-3:30pm; Escondido Center, room 203, Tuesday & Thursday 9:30am-6pm; Rancho Bernardo Center, Tuesday & Wednesday 9:30am to 6pm

- No cost appointments to eligible students (students who have paid their student health fee)
- Immunizations, lab tests & medications available for a [fee](#)
- [Family Pact](#): no cost family planning, STI testing and treatment, HIV and cervical cancer screening services to eligible students

Behavioral Health Counseling Services-NB Building: Room 2, (760) 891-7531, Services offered at the San Marcos, Escondido, Rancho Bernardo and Fallbrook [locations](#)

- Individual, couples and group counseling services are available.

DRC-Disability Resource Center-DSPS Building- (760) 744-1150 ext. 2375

- Specialized instruction and services to students with various documented disabilities
 - Academic and personal counseling
 - Provide individualized accommodations and services to promote student success

EOP&S/CARE/CalWorks- Building AA-141, (760) 744-1150 ext. 2449

- Book vouchers, priority registration, tutoring, academic-career-personal counseling, parking/transit passes

Veteran's Resource Center- (760) 744-1150 ext. 2608, Building AA/ST: ST-52 1st Floor

- Assistance to Veterans using VA Education benefits, Veteran counseling appointments, mental health resources, community resources, computer use, free Veteran printing, Veteran's lounge

Title IX Resources and Support-

- Title IX Office: (760) 744-1150 ext. 2608

Off Campus Resources/ Call 2-1-1 for Resources in San Diego County

[Access and Crisis Line](#)- (888) 724-7240 Confidential and free of charge, the line is immediately answered 7 days a week, 24 hours a day by Master's-level and Licensed Clinicians.

Crisis Text Line-Text NAMI to 741-741 to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message

[The National Suicide Prevention Lifeline](#): 1 (800)-273-TALK (8255) Provides free and confidential 24/7 support to people in crisis. If you or someone you know needs help.

Child Welfare Services 1(800) 344-6000, report child abuse 24/7 hotline

Adult Protective Services 1 (800) 510-2020, report elder abuse (65 years and older), or abuse to a disabled adult 18-64 year old, 24/7 call center

San Diego County Comprehensive Resource lists

- [https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/MCFHS/DV%20Resource%20Guide%20\(Self%20Help%20Guide\).pdf](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/MCFHS/DV%20Resource%20Guide%20(Self%20Help%20Guide).pdf)
- <http://sdrcc.org/wp-content/uploads/2019/10/IntakeResourceList2019.pdf>

[North County Health Services](#)-San Marcos Health Center 150 Valpreda Road, [various locations](#)

- Adult medicine, behavioral health, dental, lab, x-ray, pediatric care, pharmacy & women's health

[MHS-Mental Health Services](#)-125 W. Mission Ave, Escondido, (760)747-0205, [Various locations](#) , main phone number (858)573-2600

- Case management, medication management, children's services, employment services, co-occurring disorders services, individual counseling

[San Diego Regional Center](#)-Services to persons with developmental disabilities

- Assessment and Individual Program Plan (IPP)
- Case Management Services
- Purchase of Services: adult day programs, Independent living services, supported employment, licensed residential placement, transportation to work/day program

[YMCA: Youth and Family Services](#)- 1050 North Broadway, Escondido (760) 271-7511

- Housing, employment, case management, basic needs assistance, overnight lodging (Wednesdays only)

[Lifeline](#): 3142 Vista Way, Suite 400, Oceanside, CA 92056 (760)726-4900

- Housing resources, domestic violence resources, behavioral health services, Human Trafficking resources

[Jewish Family Services-Safe Parking Program \(858\) 637-3373](#)

- Housing assistance, basic needs assistance, employment, financial education, credit repair.

