

Resource List

Health Insurance - Check the information on the back of your insurance card for directions to mental health services.

Hotlines

Access & Crisis Line 888-724-7240

**Behavioral Health Emergency Contact Police
/Psychiatric Emergency Response Team (PERT)** 9-1-1

Child Protective Services 858-560-2191/800-344-6000

Emergency Screening Unit (ESU) 619-421-6900

General Resources 2-1-1

National Suicide Prevention Line 800-273-TALK (8255)

Optimum Health SD <https://svcrplv.uhc.com/sdchat/>

Poison Control (800) 222-1222

The Trevor Project 866-4-U-Trevor (488-73867)

Yellow Ribbon SD <http://www.yellowribbonsd.org/56-2/>

Youth Crisis Line 800-843-5200

Youth Suicide Prevention Program www.yspp.org

Temporary Shelter

Esperanza Crisis Center (over 18 only)
Short Term Acute Residential Treatment
490 N. Grape St.
Escondido, CA. 92025
760-975-9939

Turning Point Crisis Center (over 18 only)
Short Term Acute Residential Treatment
1738 S. Tremont St.
Oceanside, CA. 92054
760-439-2800

YMCA Oz San Diego

3304 Idlewild Way
San Diego, CA 92117
858-270-8213

Youth Emergency Shelter

(formerly known as Storefront)
Location Confidential
619-325-3527
24hr Crisis Hotline
866-752-2327

Hospital Screening Units

Aurora Behavioral Health
11878 Ave of Industry
San Diego, CA 92128
888-565-4228 or 858-487-3200

Emergency Screening Unit
730 Medical Center Court
Chula Vista, CA 91911
619-421-6900

Rady Children's Behavioral Health Urgent Care
4305 University Ave., Ste 150
San Diego, CA 92105
858-966-5484

**Rady Children's Child & Adolescent Psychiatry
Services (CAPS)**
8001 Frost St.
San Diego, CA. 92123
Nelson Pavilion (3rd Floor)

Rady Children's Medical Behavioral Unit
3010 Children's Way
San Diego, CA. 92123
Acute Care Pavilion (4th Floor)

Scripps Memorial Hospital, Encinitas
354 Santa Fe Dr.
Encinitas, CA 92024
760-633-6501

Sharp Mesa Vista Hospital
7850 Vista Hill Ave.
San Diego, CA 92123
858-836-8434

Tri-City Hospital (over 18 only)
4002 Vista Way
Oceanside, CA. 92054
858-576-1700