

Resource

Guide



C U Y A M A C A
· C O L L E G E ·

EQUITY, EXCELLENCE,
AND SOCIAL JUSTICE
THROUGH EDUCATION

Crisis Numbers

San Diego Access and Crisis Line
(24 hours) (888) 724-7240

TDD for hearing impaired
(619) 641-6992

Psychiatric Emergency Response Team
(PERT) 911

Center for Family Solutions
(24 hours) Imperial County
(760) 353-8530

County of San Diego Psychiatric Hospital
3853 Rosecrans Street, San Diego, CA 92110
(619) 692-8200

Adult Protective Services (APS)
County of San Diego
(800) 510-2020

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Crisis Numbers

Child Protective Services (CPS)

County of San Diego

(800) 344-6000

Emergency Screening Unit-Child & Adolescents

(24 hours) (619) 421-6900

National Domestic Violence Hotline

(24 hours) (800) 799-7233

Rape, Sexual Assault, & DV Hotline

(24 hours) (858) 272-1767

24/7 Domestic Violence Hotline

+1 (888) 385.4657

2-1-1 San Diego

(24 hours) Dial 2-1-1

Crisis Text Line

(24 hours) Text "HELLO" to 741741



Counseling Services

Borrego Health

(619) 401-0404 Ext. 4228

Chaldean & Middle-Eastern Social Services

Claudina Hanna

(619) 631-7400

Deaf Community Services of San Diego

(619) 398-2441

Family Health Centers of San Diego

Chase Avenue Family Health Center

(619) 515-2499



Counseling Services

East County Family Counseling Center
(619) 515-2385

Heartland Center

(619) 440-5133

Neighborhood Healthcare

(619) 440-2751

East County Mental Health Clinic

For those with chronically illness

(619) 401-5500

YMCA

(619) 420-3620

Women's Resource Center

(760) 757-3500

www.wrcsd.org

San Diego LGBT Community Center

(619) 692-2077 ext. 208

www.thecentersd.org/



Military Services

Military Crisis Line

(24 hours) (800) 273-8255 Press 1

San Diego Headquarters

(858) 751-5755

Naval Medical Center Healthy Living Services

(619) 532-8156

Navy/Marine Corps Relief Society

Financial Support

(619) 556-8283

Military Volunteer

Program

(619) 232-9084

Fleet and Family Support

Services

(866) 923-6478



Medical Services

Family Health Centers of San Diego
Mental and physical health services
Accepts Medi-Cal.
(619) 515.2300
fhcsd.org/contact-us

Volunteers in Medicine (VIM) San Diego
Medical care for low-income
uninsured families
(619) 440.4591
vim-sandiego.org



Food & Transportation Services

San Diego Food Bank

(858) 452-3663

<https://sandiegofoodbank.org/gethelp/>

Feeding San Diego

Drive-thru food banks and food distribution

(858) 452-3663

<https://feedingsandiego.org/get-help/>

San Diego Rescue Mission - Emergency

Food & Shelter

Food distribution and emergency night shelter for
single women and women with children

(619) 687-3720



Food & Transportation Services

FACT San Diego

Free transportation for essential needs
(groceries, doctor visits, etc.)

(888) 924-3228

SBCS: Strengthen Communities

(619) 420-3620

Porchlight Community

<https://porchlightcommunity.org/>

Legal Services

San Diego Volunteer Lawyers

Pro bono legal services

(619) 235-5656

www.sdvlp.org/contact-us/

Veterans Village of San Diego

(619) 393.2000

www.vvvd.net/contact/

Jewish Family Services

Free immigration/DACA legal services for

Cuyamaca Students

(858) 637-3345

San Diego Volunteer Lawyers

Pro bono legal services

(619) 235-5656

www.sdvlp.org

Women's Resource Center

(760) 757-3500

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