



BEHAVIORAL HEALTH SERVICES	
IMPACT 619-398-0355	Must meet criterion of having mental illness and high utilizer of crisis centers
MCRT 888-724-7240	Mobile Crisis Response Team-provides mental health crisis help https://www.up2sd.org
NAMI San Diego 619-543-1434	Supports people with mental health challenges, and their families https://namisandiego.org
PERT 619-531-2000 or call 911	Responds to individuals who threaten to harm themselves or others. Law Enforcement will dispatch to an available PERT unit
PROJECT ONE FOR ALL 2-1-1	Provides intensive wraparound services to homeless individuals with serious mental illness https://www.sandiegocounty.gov/content/sdc/sdhcd/project-one-for-all/
Psychiatric Hospital of SD 619-692-8200	Walk-in emergency mental health services https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/inpatient_health_services_psychiatric_hospital.html
Suicide & Crisis Hotline 800-273-8255	Provides 24/7 free & confidential support for people in distress https://988lifeline.org/?ufm_source=-google&utm_medium=web&utm_campaign=one-box

CHILDCARE SERVICES	
Boys & Girls Club 858-273-1645	Serves afterschool kids 5 years and older https://www.sdyouth.org/clubs
CalWorks Childcare 800-543-7793	Assistance for current and former recipients of children through the age of 12 https://www.cdss.ca.gov/calworks-child-care
Chicano Federation 619-285-5600	Child Development Programs www.chicanofederation.org
CDA 619-427-4411	Child Development Associates provides subsidized childcare assistance for children aged 0-13 https://cdasd.org/families/childcare/
Children's Home Society 619-293-3411	Referral program for childcare options https://www.chs-ca.org/for-families/child-care-referrals
Head Start 888-873-5145	Provides high quality early childhood development for income eligible families https://www.neighborhoodhouse.org/nha-programs/head-start/
SAY SD Extended Day 858-565-4148	Before and after school childcare (5-12 yrs) https://www.saysandiego.org/program/preschool/ SAY SD Preschool - for childcare (aged 2-5) mbautista@saysandiego.org

SERVICES FOR PEOPLE WITH DISABILITIES	
Access to Independence 619-293-3500	Resources for persons with disabilities https://accesstoindependence.org/
CA Relay Service 7-1-1	Assistance for persons with hearing and speaking limitations
Deaf Community Srvc Ctr 619-398-2441	Advocate for the rights of full and equal access deafcommunityservices.org
FACT 888-924-3228	Facilitating Access to Coordinated Transportation for residents using a mobility device in need of a wheelchair accessible van https://factsd.org/
HOPWA 858-694-4801	Housing Opportunities for Persons with Aids https://www.sandiegocounty.gov/content/sdc/sdhcd/hopwa/overview.html
IHSS 800-339-4661	Provides personal care assistance to eligible individuals https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Services/In-Home-Supportive-Services.html
The ARC of San Diego 619-685-1175	Services for people with disabilities https://www.arc-sd.com/

CAREER BUILDER	
Abled Disabled Advocacy 619-231-5990 x309	Vocational skills training for youth, veterans adults with disabilities and others seeking employment https://www.able2work.org/
American Jobs Center 877-872-5627	Help with search for jobs, find training and answer job related questions https://www.careeronestop.org
Childcare Careers 877-222-6070	Gain experience in licensed childcare centers, preschools and after-school programs www.childcarecareers.net
Dreams for Change 619-497-0236	Workforce training program aims to support individuals facing significant obstacles to finding employment https://www.dreamsforchange.org/programs/

CITYWIDE SERVICES	
Clean and Safe 619-234-8900	Provides maintenance services for downtown SD (sidewalk sweeping, trash removal) etc https://downtownsandiego.org/clean-and-safe/
Code Enforcement 619-236-5500	Investigates reports of substandard housing, noise violations, etc
SDPD HOT Team 619-446-1010	Homeless Outreach Team-provides liaison for the homeless community sandiego.gov/police/services/neighborhood-policing-division
Metropolitan Transit System 619-557-4555	Transportation information. Search by bus, trolley line, location, etc https://www.sdmts.com/

DOMESTIC VIOLENCE INFO	
CCSD 888-385-4657	Center for Community Solutions - Project Safe House https://www.ccscsd.org
SA Door of Hope 562-264-3600	Helps women in crisis https://doorofhope.salvationarmy.org/
Your Safe Place 619-533-6000	Provides confidential comprehensive services https://www.sandiego.gov/yoursafeplace
YWCA Becky's House 619-234-3164	Provides shelter, housing and support services https://www.cpedv.org/member-service/ywca-san-diego-beckys-house

This is not an endorsement or recommendation by SDHC for any specific organization or organizations. SDHC is providing this information as a courtesy. Please contact 2-1-1 for additional resources.



Resource Directory



ELDER SERVICES

Adult Protective Services	833-401-0832
Helps abused adults (60+) and dependent adults with disabilities (18+) https://www.cdss.ca.gov/adult-protective-services	
CA Department of Aging	800-510-2020
Contracts with & oversees local Area Agencies on Aging (AAA) that coordinate services for seniors and disabled adults https://aging.ca.gov/Contact_Us	
Caring Places for Seniors	858-337-0420
Free placement and referral service https://www.cpforseniors.com/	
Elderhelp	619-284-9281
Helps seniors live independently in their homes https://www.elderhelpofsandiego.org/	
Seniors Helping Seniors	760-388-6840
Offers personalized in-home services provided by seniors https://homecarebyseniors.com/	
Serving Seniors	619-235-6572
Serves seniors (60+) in poverty live healthy fulfilling lives https://servingseniors.org/	

FOOD RESOURCES

Drive-Thru Food Pantry	619-233-8500
Non-perishable foods. Fridays from 12p-2pm 3350 E Street, San Diego (back of building)	
Feeding San Diego	858-452-3663
Provides free food distribution locations in SD https://feedingsandiego.org/	
Porchlight Community	
Offers free food baskets for low income residents of 92110, 92111, 92117 & 92123 https://porchlightcommunity.org	
SD Food Bank	866-350-3663
Provides food distribution locations in SD https://sandiegofoodbank.org/	

HOMELESS SERVICES - ADULT

Alpha Project	619-542-1877
Affordable Housing for families, seniors and individuals https://www.alphaproject.org	
Homeless Veteran Care	877-424-3838
Resource for homeless veterans https://www.va.gov/san-diego-health-care/health-services/homeless-veteran-care/	
Housing First – San Diego	619-578-7768
If you are experiencing housing instability or are at imminent risk of homelessness in the City of San Diego https://sdhc.org/homelessness-solutions/housing-first-san-diego/	
Joan Kroc Center	619-233-8500
Day Center for homeless adult with children my.neighbor.org/get-help	
Rachel Women's Shelter	619-696-0873
Day Center for women who are unhoused https://ccdsd.org/homeless-womens-services/	
SD Day Center Info Line	619-230-7390
Offers resources for homeless adults my.neighbor.org/get-help/	
SD Rescue Mission	619-687-3720
Shelter for men, women and children https://www.sdrescue.org/	
SDHC Housing Guide	619-231-9400
Directory of affordable rentals in City of SD sdhc.org/housing-opportunities/affordable-rentals/	
The Hub	211
The Hub provides a broad range of services to assist unhoused individuals and families https://sdhc.org/homelessness-solutions/thehub/	
Think Dignity	619-537-8736
Advance basic dignity for people experiencing homelessness through advocacy and innovation http://uptowncsc.org/services.html	
Townspeople	619-285-8802
Offers temporary housing for the homeless living with HIV/AIDS https://townspeople.org/	
Uplift San Diego	619-234-4504
Arranges free transportation to the DMV for homeless to apply for CA ID's https://www.upliftsandiego.org/triple-cross	
Uptown Community Svc	619-542-9344
Day Center for the homeless http://uptowncsc.org/services.html	
Veterans Village of SD	619-393-2000
Oversees and refers veterans to the most appropriate housing resources https://vvvsd.net	

LEGAL ASSISTANCE

CSA Fair Housing	619-444-5700
Advocacy against all forms of discrimination https://www.c4sa.org/fair-housing	
Disability Rights of CA	800-776-5746
Protects rights of individuals with disabilities https://www.disabilityrightscalifornia.org/	
Elder Law and Advocacy	858-565-1392
Provides legal services for seniors (60+) https://elaca.org/	
Jewish Family Services	858-637-3210
Offers free legal services for college communities https://www.jfssd.org/our-services/refugees-immigration/higher-education-legal-services/	
Legal Aid Society of SD	877-534-2524
Assists low-income individuals and families https://www.lassd.org/	
SD Clean Slate Clinic	
Provides free legal assistance with expungements, probation and felony reductions http://www.sd-csc.org/	
SD Volunteer Lawyers	619-235-5656
Provide legal assistance to low income San Diegans https://sdvlp.org	
USD School of Law	619-260-7470
Free legal clinics for qualified applicants https://www.sandiego.edu/law/donor-relations/funding-priorities/legal-clinics.php	

YOUTH SERVICES

Hillcrest Youth Center	619-692-2077
Resources for LGBTQ youth in San Diego https://thecentersd.org/youth-services/	
SD Youth Services	619-241-0608
Homeless housing and support services https://sdyouthservices.org/services/homeless-housing-and-support/	
SAY	858-565-4148
Social Advocates for Youth https://www.saysandiego.org	
Stand Up for Kids	619-302-4731
Empowering homeless and at-risk youth thru counseling, mentoring and life-skills training https://www.standupforkids.org/	
The Take Wing Program	619-221-8610
Transitional housing and support services for homeless and close to homeless young adults aged 16 to 24. 3255 Wing Street, 92110	
Urban Street Angels	619-415-6616
Provides supportive housing and job training to end youth homelessness https://urbanstreetangels.org/	