

Low-Cost Individual Counseling 2013-2014

- Catholic Charities** 619-231-2828 349 Cedar St., SD, CA 92101
Psychological counseling (l-t), food bank, social services. Bilingual services available. Sliding fee scale based on income reported (starts at 15\$). Eligibility restrictions (no court ordered or ongoing DV). Waitlist is currently closed and opening in mid-June.
- Center for Community Solutions** 619-697-7477 460 N. Magnolia Ave., Ste. A, El Cajon 92020
Psychotherapy for sexual assault, sexual abuse, and domestic and relationship violence. Offer group and individual counseling and assist with advocacy and legal matters. Sliding fee scale. Coastal and North County locations have 3-4 month waitlist.
- First Avenue** 619-685-0041 2333 1st Ave., Ste 204, SD, CA 92101
Individual, couple and family counseling. Cost is based on a sliding scale. Individual sessions start at \$40. Couple and family sessions start at \$50. Anger Management (\$25 per session) and Domestic Violence (\$25 per session) groups.
- Intrapsychic** 619-234-7970 3636 Camino Del Rio North, Ste 230 SD, CA 92108
General individual and family counseling. Group counseling for domestic violence (including Levels I and II), anger management/violent offender treatment, parenting/child abuse. All groups are offered at location above. Sessions cost between \$30-60 per session.
- Jewish Family Services** 858-637-3319 8804 Balboa Ave., SD, CA 92123
Individual, couples, and family counseling (s-t/l-t). Group counseling. Psychological testing. Support groups throughout SD County: Separation and divorce, stress reduction, survivors of family violence, mood disorder. Most insurance accepted. Sliding fee scale (starting at \$25-35) if not insured.
- La Maestra Counseling Center** 619-564-8765 4060 Fairmount Ave., SD, CA 92105
Individual and couples therapy for children & adults. Individual sessions – start at \$60 for 1st session and start at \$35 for following sessions. Couples sessions – start at \$90 for 1st session and start at \$60 for following sessions. La Maestra offers 16 free sessions for low-income individuals with depression or anxiety. Call for additional details. Long wait list currently.
- Logan Heights Counseling Center** 619-515-2355 2204 National Ave., SD, CA 92113
Individual, Couples & Group Counseling, Adult and Child Psychiatry. Counseling sessions - \$50 for 1st session and \$25 for following sessions. Psychiatrist sessions - \$160 for 1st session and \$40 for following sessions. Accepts Medi-Cal and Medicare.
- North County TAY Program** 760-758-1092 550 W. Vista Way Ste 407, Vista CA, 92083
The TAY program is a case management wraparound program designed to provide mental health and rehabilitation services specifically for young adults ages 18-24, diagnosed with serious mental illness.
- Operation Samahan** 619-474-2284 2743 Highland Ave., SD, CA 91950
Individual Counseling and Low-Cost Medical Clinic with Primary Care Provider (can prescribe medication for depression and anxiety in certain cases) and OBGYN (\$45 intake, \$35/session). Only open on Saturday. 2-3 week waitlist.
- San Diego Youth Services** 619-525-9903 2250 4th Ave, Ste 301, SD., CA 92101
Take Wing is a transitional living community specifically designed to break the cycle of homelessness for youth between the ages of 16 and 24 (youth under the age of 18 must be legally emancipated). <http://www.sdyouthservices.org/takewing>.
- Sharp Mesa Vista Research** 858-836-8350 www.depressionstudies.com
Offers participation in studies related to depression. Participation provides study medication at no cost, medical care at no cost, and study-related health care by doctors. Qualifications include adults between ages 18-65, currently experiencing symptoms of depression, and willing to take the study medication along with a prescribed antidepressant medication.
- The LGBT Center** 619- 692-2077 x 208 3930 Centre St., SD, CA 92103

Individual, couple, family and group counseling and, the Relationship Violence Treatment and Intervention Program. Not exclusively for LGBT community members. Intake takes 1-2 days. Individual sessions are free for individuals with HIV (no waitlist) or from San Diego (4 month waitlist). If not, sessions start at \$25.

YWCA **619-239-0355 x 252** **1012 C Street, SD CA, 92101**
Individual, couples and family counseling, especially for those experiencing domestic violence. Sliding fee scale based on income reported (starts at 20\$). Free group therapy for DV victims. Call for appointment, may have waitlist.

Urgent Walk-In Centers – County Mental Health

****Central Region****

1. CRF Jane Westin Walk-In Center (1 visit only): 92101, 92102, 92104

1045 9th Ave, San Diego, CA 92101 - (619) 235-2600

Monday – Friday: 10:00 am - 4:00 pm

2. UCSD Outpatient (Gifford) Clinic: 92103, 92115, 92105, 92116

140 Arbor Drive, San Diego, CA 92103 - (619) 543-6250

Monday – Friday: Noon - 4:30 pm

3. NHA Project Enable: 92113, 92114, 92139

286 Euclid Avenue, Suite 102, San Diego, CA 92114 - (619) 263-6155

Monday – Friday: 10:00 am - 2:30 pm

****North Central Region****

1. North Central Mental Health Center: 92037, 92038, 92093, 92106-92111, 92117, 92119-92121

1250 Morena Blvd, 1st Floor, San Diego, CA, 92110 - (619) 692-8750

Monday – Friday: 9:00 am – 4:00 pm

2. CRF Douglas Young Center: 92122-92124, 92126, 92130, 92131, 92140, 92145, 92161

10717 Camino Ruiz, Suite 207, San Diego, CA, 92126 - (858)-695-2211

Monday-Wednesday & Friday: 9:00 am – 11:00 am / Thursday: Noon-2:00pm

****East Region****

1. East County Mental Health Center: 91901, 91905, 91906, 91916, 91917, 91931, 91934, 91935, 91941, 91942, 91945, 91948, 91962, 91963, 91977, 91978, 91980, 92021, 92040, 92071

1000 Broadway, Suite 210, El Cajon, CA 92021 - (619) 401-5500

Mon - Thurs: 9:00 am - 4:00 pm / Friday: 9:00 am - 3:00 pm

2. CRF Heartland BPSR Center: 921019, 92020, 92022

1060 Estes Street El Cajon, CA 92020 - (619) 440-5133

Mon, Tue, Thurs: 9:00 - 11:00 am / Wed & Fri: 9:00 am – Noon

****South Region****

1. CRF South Bay Guidance BPSR: 91902, 91908-91913, 91915, 91921, 91950, 91951, 92118, 92135, 92155

835 3rd Ave, Suite C, Chula Vista, CA 91910 - (619) 427-4661

Mon, Wed, & Fri: 9:00 - 11:00 am

2. CRF Maria Sardiñas BPSR Center: 91932, 91933, 92143, 92153-92155, 92173

1465 30th Street, Suite J, K & L, San Diego, CA 92154 - (619) 428-1000

Tues & Thurs: 9:00 am – Noon

****North Inland Region****

1. Exodus Recovery, Inc., North County Walk-In Center: All N. Inland Zip Codes

660 E. Grand Avenue, Escondido, CA 92025 - (760) 796-7760

Mon - Fri: Noon - 7:00 pm

2. MHS, Inc. North Inland, Mental Health Clinic: 92003, 92004, 92025-92029, 92036, 92059-92061, 92064-92066, 92070

125 W. Mission Avenue, Suite 103, Escondido, CA 92025 - (760) 747-3424

Monday – Friday: 8:00 am - 4:00 pm

3. MHS, Inc., Kinesis North WRC: 92082, 92086, 92096, 92127-92129, 92136, 92259

474 W. Vermont Avenue, Suite 101, Escondido, CA 92025 - (760) 480-2255

Monday – Friday: 8:00 am - 4:00 pm

****North Coastal Region****

1. Exodus Recovery, Inc., North County Walk-In Center: All North Coastal Zip Codes

524 W. Vista Way - Vista, CA 92083 - (760) 758-1150

Monday - Friday: Noon - 7:00 pm

2. MHS, Inc. N. Coastal, Mental Health Center: 92007-92014, 92018, 92023, 92024, 92054-92058, 92067, 92075, 92091

1701 Mission Ave, Suite A, Oceanside, CA 92054 - (760) 967-4475

Monday – Friday: 8:30 am - 4:00 pm

3. MHS, Inc. BPSR Vista: 92068, 92069, 92081, 92083, 92084, 92091, 92672

550 W. Vista Way, Suite 407, Vista, CA 92083 - (760) 758-1092

Monday – Friday: 8:30 am - 4:00 pm