

In person Services= 

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Community Medical & Public Health Clinics

Clinic	Phone #	Address	Website			
Medi-Cal	866-262-9881		https://www.medi-cal.ca.gov/			
CMS - County Medical Services (U.S. citizens who've been denied Medi-Cal)	800-587-8118		https://www.sandiegocounty.gov/			
211 San Diego	Call 211		https://211sandiego.org/			
American Indian Medical Clinic M-F: 8am-5pm Free to verified American Indians	619-234-2158	2630 First Ave. San Diego, CA 92103	https://www.sdaihc.org/service/medical/			
Beach Area Family Health Center M-F: 830am - 530pm	619-515-2444	3705 Mission Blvd. San Diego, CA 92109	https://www.fhcsd.org/			
Chula Vista Family Health Center M-F: 830am - 530pm	619-515-2500	251 Landis Ave. Chula Vista, CA 91910	https://www.fhcsd.org/			
Comprehensive Health Center M-F: 8am - 5pm	619-231-9300	3177 Ocean View Blvd. San Diego, CA 92113	https://www.syhealth.org/			
FamilyHealth at City College W-F: 8am -	619-515-2525	1550 Broadway San Diego, CA 92101	https://www.fhcsd.org/			

Updated: January 2026

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430pm					
East Public Health Center M-F: 8am - 5pm	619-401-3995	367 North Magnolia Ave El Cajon, CA 92020	https://www.sandiegocounty.gov/		
Family PACT No cost family planning services(for low income)	916-650-0414		https://familypact.org/		
Hearing Aid Store (Costco)	858-270-6920	4605 Morena Blvd San Diego, CA 92117	https://www.costco.com/		
Imperial Beach Health Center M-T: 830am-4pm W-F: 830am-5pm S: 9am-2pm	619-429-3733	949 Palm Ave Imperial Beach, CA 91932	https://www.ibclinic.org/		
Jane Westin Center Walk-in clinic specialized in adults with serious mental illness or SA M-F: 8am - 6pm (walk-in)	619-235-2600	1045 9th Ave. San Diego, CA 92101	http://comresearch.org/serviceDetails.php?id=MTc=		
Linda Vista Health Care Center	858-279-0925	6973 Linda Vista Road San Diego, CA 92111	https://sdfamilycare.org/		
Logan Heights Family Health Center M-S: 8am - 5pm	619-515-2300	1809 National Ave. San Diego, CA 92113	https://www.fhcsd.org/		

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<p>Mid City Community Clinic Low-cost medical, dental, and mental health clinic M-F:8-5pm;S:8am-2pm</p>	619-563-0250	4290 Polk Ave. San Diego, CA 92105	https://sdfamilycare.org/			
<p>Neighborhood Healthcare M-F:8am - 5pm (closed 12pm-1pm)</p>	619-440-2751	855 E Madison Ave. El Cajon, CA 92020	https://www.nhcare.org/			
<p>Operation Samahan Medical M-S: 8am - 5pm</p>	844-200-2426	2743 Highland Ave National City, CA 91950	https://www.opsam.org/			
<p>Planned Parenthood</p>	888-743-7526	2017 First Ave, Suite 301 San Diego, CA 92101	https://www.plannedparenthood.org/			
<p>San Ysidro Health Center</p>	619-662-4100	Various Locations	https://www.syhealth.org/			
<p>STD Clinic (County of San Diego)</p>	619-229-5400	5101 Market St San Diego, CA 92114	https://www.sandiegocounty.gov/			

Low-Cost Mental Health Counseling Resources

Resource	Contact			
<p>AAKOMA 5 free teletherapy sessions Sign up on website</p> <p><u>Specializations:</u> Ages 12-30 Who come from a racially/culturally marginalized community and new to therapy</p>	<p>Phone: 571-486-3382</p> <p>Address: 4201 Wilson Blvd, Suite 300 Arlington, VA 22203</p> <p>Website: https://aakomaproject.org/</p>			
<p>Alliant Couple and Family Clinic Couples, individual, families, and children therapy on sliding scale fee. They do not take phone calls, but you can leave a voicemail for questions. Services offered in English, Spanish, Hindi, Mandarin, Taiwanese, and Tagalog</p>	<p>Phone: 858-547-9803</p> <p>Address: 10065 Old Grove Rd, Suite 102, San Diego, CA 92131</p> <p>Website: https://www.alliantcoupleandfamilyclinic.org/</p>			
<p>Center for Community Counseling (SDSU) Note: Go on their website and try to book an appointment online. Individual, couples, family, and group therapy. Group topics change based on community needs. Local residents may qualify for in-home services via Community Wellness Response Team (CWRT). Group fees are \$15/session. Services available in Spanish & other languages (based on therapists available).</p>	<p>Phone: 619-594-4918</p> <p>Address: 4283 El Cajon Blvd. Suite 215, San Diego, CA 92105</p> <p>Website: https://centerforcommunitycounseling.org/counseling-services/#individual-counseling</p>			
<p>Center for Community Solutions Specialize in sexual assault and sexual abuse, domestic violence and relationship violence. Leave voicemail with information for intake/requesting appointment. Individual, couples, family, and child therapy. Free legal services for survivors. Fees are free or sliding scale. Services in Spanish and ASL too.</p>	<p>Phone: 858-272-5777 (ext 7000)</p> <p>Address: 4508 Mission Bay Dr. San Diego, CA 92109 Monday - Friday: 8:30am - 5:30pm</p> <p>Website: https://www.ccssd.org/counseling</p>			

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<p>Center for Mindful Relationships Individual: (\$50+/session) Couples: (\$60+/session) Family: (\$60+/session)</p> <p>Groups: family/friends of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$35/session) domestic violence: (\$35/session)</p> <p>3 Support Groups Offered: Navigating Dating & Relationships, Parenting, and Unlearning “Not Enough.”</p>	<p>Phone: 619-685-0041</p> <p>Address: 2333 1st Ave, Suite 204, San Diego, CA 92101</p> <p>Monday-Friday: 9:00am-9:00pm Saturday: 9:00am-3:00pm</p> <p>Website: https://www.cfmsandiego.com/</p>			
<p>Family Health Centers of San Diego Price per session depends on income but it ranges from \$25 - \$135/session Provides numerous services and programs to address health care needs including: individual, couples, and group therapy; adult and child psychiatry; clinic, school and home-based services; psychological testing for children; geriatric program. Accepts Medi-Cal and Medicare otherwise fees are income-based sliding scale. Call for specific information.</p>	<p>Phone: 619-515-2300</p> <p>Various Locations around SD Hours: 8am - 5pm</p> <p>Website: https://www.fhcsd.org/</p>			
<p>Family Justice Center More than 25 agencies provide consolidated and coordinated legal, social, health, and mental health services to women, men, children, and families. They specialize in victims of family violence, elder abuse, sex trafficking, sexual assault.</p>	<p>Phone: 619-533-6000</p> <p>Address: 1122 Broadway, Suite 200, San Diego, CA 92101</p> <p>Monday-Friday: 8am-5pm</p> <p>Website: https://www.sandiego.gov/yoursafeplace</p>			
<p>Intrapsychic Individual therapy for court mandated groups: domestic violence, sex addiction/anger management/violent offender treatment, parenting/child abuse. Fees are income-based sliding scales and range from \$180-\$330/ session</p>	<p>Phone: 619-234-7970</p> <p>Address: 1333 Camino del Rio South #105, San Diego, CA 92108</p> <p>Website: https://www.jamesreavis.com/therapy-overview/</p>			

<p>Jewish Family Services Case Management; employment and career services; food assistance; parenting and youth services; refugee and immigration services. Military families are welcome. Groups: hope & help Al-Anon; mood management; parents, families, psychotherapy; aging well; bereavement. Accepts insurance otherwise fees are income-based sliding scale (some 0%)</p>	<p>Phone: 858-637-3210 Address: 8804 Balboa Ave, San Diego, CA 92123 Monday - Thursday: 8:30am - 5pm; Friday: 8:30am - 4pm Website: https://www.ifssd.org/our-services/</p>			
<p>La Maestra Counseling Center Help with substance abuse. Individual, couples, and family therapy. Accepts Medi-Cal otherwise fees are income-based sliding scale. Fees are based on income and can range from \$25 - \$269 / session.</p>	<p>Phone: 619-280-4213 Address: 4157 Fairmount Ave, San Diego, CA 92105 8am to 5pm Website: https://lamaestra.org/index.php/ccbhwc/</p>			
<p>LGBT Community Center Individual, couples, family, and group counseling to LGBT community members. Information, skills, and support are provided to assist in coping with trauma, stress, coming out issues, self-esteem, relationship problems, intimacy problems, bereavement, depression, anxiety, sexual concerns, and addictions. Fees are income-based sliding scale starting around \$25/session. Average approximate waitlist: 3 - 4 months (depends on situation) Support groups: trans positivity, victims of DV (men & women), men with HIV, relationship, meth relapse, grief and loss</p>	<p>Phone: 619-692-2077 Address: 3909 Centre St. San Diego, CA 92103 Monday-Friday 10am-7pm Website: https://thecentersd.org/</p>			
<p>The Loveland Foundation Provides up to 12 sessions of free therapy for Black women and girls. Vouchers are sent in batches of 4 if approved and they cover \$120 per session. Folks can ask for more after their first 4 vouchers are up</p>	<p>Phone: 309-264-4839 Address: 551 5th Ave, Suite 516 New York City, NY 10176 Website:</p>			

<p>and can receive up to 12 vouchers.</p>	<p>https://thelovelandfoundation.org/</p>			
<p>Narrative Initiatives San Diego (NISD) Relational/Family Therapy package: 5 sessions for \$150. Low-cost counseling for college students; \$40-\$120/session; Counseling focused on Narrative Therapy, taking into account how narratives are affecting your life; services offered in Cantonese, English, Farsi, French, German, Italian, Spanish, Toisanese, and Vietnamese. Email, call, or go on their website to request an appointment.</p>	<p>Phone: 619-272-4450 Address: 3636 Fifth Ave, Suite 203, San Diego, CA 92103 Website: https://www.nisd counseling.org/ info@nisd counseling.org</p>			
<p>Operation Samahan Needs referral from primary. Psychotherapy + psychiatrist services too. Call to make an appointment. Multi-service health center provides primary health care, health promotion and education, and social services to low-income families of diverse cultural and ethnic backgrounds throughout the county. Services available in English, Spanish, and Tagalog. Primary care can prescribe medication for depression and anxiety (on case by case basis). Accepts Medi-Cal, Molina, Medicare, and Blue Shield, otherwise fees are income-based sliding scale.</p>	<p>Phone: 844-200-2426 Address: 10737 Camino Ruiz, Suite 235, San Diego, CA 92126 Monday-Friday: 8am - 5pm Website: https://www.opsam.org/</p>			
<p>South Bay Community Services Children’s Mental Health Program for ages 5-21: Individual, couples, family, and group therapy; housing and support services for homeless families; homeless prevention. Groups: domestic violence, parenting. Accepts Medi-Cal. Services available in Spanish. The client needs to be living in the South Bay area. Call or come in person to make an appointment.</p>	<p>Phone: 619-420-3620 Address: 430 F St. Chula Vista, CA 91910 Monday - Thursday: 8:30am - 7:30pm; Friday: 8:30am - 5pm Website: https://sbcssandiego.org/</p>			

<p>San Diego Youth Services Individual and Family Therapy, group therapy, case management, Psychiatric evaluation (Medication is only provided in conjunction with psychotherapy) Short term therapy (up to 13 sessions) Specialize in LGBTQ+ or human trafficking. Accepts Medi-Cal. Plus, outpatient mental health services, trauma informed care and case management for youth ages 12-25 who are experiencing homelessness or running away from home. We also work with children and their families to improve adult-child relationships both at school and in the home.</p>	<p>Phone: 619-448-9700 Address: 1870 Cordell Court Suite 101 El Cajon, CA 92020 Monday-Friday: 9am-5pm Website: https://sdyouthservices.org/services/mental-health/</p>			
<p>Union of Pan Asian Communities Services for Adults(18+) from all backgrounds but especially AAPI & Hispanic backgrounds. Individual, couples, family, and group therapy; assessment; peer support; prevention education; case management; psychiatric medication management; employment program; psychoeducational classes; older adult mental health. Accepts Medi-Cal otherwise fees are income-based sliding scale.</p>	<p>Promise Wellness Center: 619-772-2579 995 Gateway Center Way, Suite 106 San Diego, CA 92102 Counseling & Treatment Center: 619-229-2999 7830 Clairemont Mesa Boulevard, Suite #100 San Diego, CA 92111 Website: https://www.upacsd.com/</p>			
<p>Urban Restoration Counseling Center Low-cost to no-cost therapy for individuals, couples, family, group. Qualifications: uninsured, undocumented, student, or unable to find a therapist of color with their insurance provider</p>	<p>Phone: 619-648-1158 Address: 1925 Euclid Ave, Suite 108 San Diego, CA 92105 Website: https://urbanrestorationcounseling.org/</p>			

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