Behavioral Health Clinics



Behavioral health clinics provide care in an office setting to help treat and manage ongoing mental health or co-occurring conditions for adults ages 18+. All programs offer appointments and walk-in hours, including support for people who are experiencing a crisis. Services are available in multiple languages via bilingual staff or interpreter services and focus on the unique needs of each client.

Services Offered

Depending on the need, services may include:

- Behavioral health screening and assessment
- Individual, family, and group therapy
- Medication management
- Crisis intervention
- Case management
- Outreach services
- Connection to resources (i.e., physical health services, help with Medi-Cal enrollment, CalFresh and SSI applications, housing services, and other supports)

Who is Eligible?

Participants must be ages 18+ with a serious mental illness or co-occurring disorder, and receive Medi-Cal, Medicare, or have no insurance.

Learn More

To see if Behavioral Health Clinics are right for you or a loved one, contact:

- The **Access and Crisis Line at (888) 724-7240,** or
- Any of the clinics directly

For a complete list of Behavioral Health Clinics for adults and clinical services for children and youth, visit our website: **bit.ly/outpatientBHC**

Connect to Resources

Call 888-724-7240 to connect to the **San Diego Access and Crisis Line** for free and confidential support and help navigating services, available 24/7 in over 200 languages.

Call 988 to connect to the national **Suicide & Crisis Lifeline** network of crisis call centers.

Behavioral Health Clinics

Region & Neighborhood	Program	Address and Phone
North Central, Mira Mesa	Douglas Young Wellness Recovery Center	10717 Camino Ruiz, Suite 207, San Diego, CA 92126 Phone: (858) 695-2211
North Central, Bay Park	North Central Behavioral Health Clinic	1250 Morena Blvd, 1st Floor, San Diego, CA 92110 Phone: (619) 692-8750
North Central, Kearny Mesa	UPAC Counseling & Treatment Center	7830 Clairemont Mesa Blvd, Suite 100, San Diego, CA 92111 Phone: (619) 229-2999
North Coastal, Vista	BPSR Vista Clinic	550 W. Vista Way, Suite 407, Vista, CA 92083 Phone: (760) 758-1092
North Coastal, Oceanside	North Coastal Mental Health Center	1701 Mission Ave, Suite 210, Oceanside, CA 92058 Phone: (760) 712-3535
North Inland, Central Escondido	North Inland Mental Health Center	221 W. Crest St., Suite 210, Escondido, CA 92025 Phone: (760) 747-3424
North Inland, Escondido	Kinesis North Escondido	474 W. Vermont Ave, Escondido, CA 92025 Phone: (760) 480-2255
South, West Chula Vista	South Bay Guidance Wellness Recovery Center	1196 3rd Ave, Chula Vista, CA 91911 Phone: (619) 427-4661
South, South San Diego/Nestor	Maria Sardiñas Wellness Recovery Center	1465 30th St, Suite K, San Diego, CA 92154 Phone: (619) 428-1000
East, El Cajon	East County Behavioral Health Clinic	1000 Broadway, Suite 210, 2nd Floor, El Cajon, CA 92021 Phone: (619) 401-5500
	Heartland Wellness Recovery Center	460 N. Magnolia Ave, Suite 110, El Cajon, CA 92020 Phone: (619) 440-5133
Central, East Village	Jane Westin Center	1045 9th Ave, San Diego, CA 92101 Phone: (619) 235-2600
Central, Bankers Hill	Areta Crowell Wellness Recovery Center	1963 4th Ave, San Diego, CA 92101 Phone: (619) 233-3432
Central, Lincoln Park	Healing Oaks Clinic	286 Euclid Ave, Suite 102, San Diego, CA 92114 Phone: (619) 859-6270
Central, Mount Hope	Southeastern Behavioral Health Clinic	5101 Market St, Suite 2300, San Diego, CA 92114 Phone: (858) 351-6000
Central, Barrio Logan	Promise Wellness Center (Main site)	995 Gateway Center, Suite 106, San Diego, CA 92102 Phone: (619) 772-2579
Central, College Area	Promise Wellness Center (Satellite site)	3280 Main St, Suite 7C, San Diego, CA 92113 Phone: (619) 772-2579
Central, College East	Alianza Wellness Center	5555 Reservoir Dr, Suite 204 A, San Diego, CA 92120 Phone: (619) 822-1800
Central	Survivors of Torture International	Contact Program for address Phone: (619) 278-2400