



Outpatient Behavioral Health Centers for Adults



Outpatient Behavioral Health Centers provide treatment, rehabilitation, and recovery services for adults who need care for mental health, co-occurring disorders, or a behavioral health crisis. Services are available in multiple languages via bilingual staff or interpreter services and focus on the unique needs of each client.



Services Offered

Outpatient Behavioral Health Centers provide a variety of services, which may include:

- Behavioral health screening and assessment
- Medication management
- Crisis intervention – all programs offer urgent walk-in hours
- Group and individual short-term therapy
- Case management
- Homeless outreach services
- Mobile outreach services

All programs offer appointments and walk-in hours.



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 Outpatient Behavioral Health Centers are right for you or a loved one, contact:

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



For a complete list of Behavioral Health Centers for adults and outpatient services for children, 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.

Outpatient Behavioral Health Centers for Adults



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 Center	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	125 W. Mission Ave, Suite 103, 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 Center	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 Center	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