



San Diego County Crisis Stabilization Units (CSU)

Crisis Stabilization Units (CSUs) provide immediate mental health support and treatment services in a calming setting to individuals with serious behavioral health needs. CSUs can help to de-escalate a person’s level of distress, prevent or treat a behavioral health crisis, and reduce acute symptoms of a mental health condition. Individuals may be admitted voluntarily or may be brought in on a Welfare & Institutions Code (WIC) 5150 hold. The goal of CSUs is to connect individuals to ongoing care and avoid the need for higher levels of care.



North Coastal CSU (Oceanside)

Who Can Access a CSU?

The County of San Diego (County) offers crisis stabilization services to children and adults at various locations countywide, see below for more details. County CSUs generally serve individuals who are Medi-Cal eligible or enrolled, uninsured, or very low income however anyone in need of services can access services at the CSU.

If you have any questions, contact your primary insurer, reach out directly to any of the CSU locations listed below, or call the San Diego Access and Crisis Line at (888) 724-7240.

Locations

The County currently has seven CSUs open for services – six for adults and one for children and adolescents. All CSU locations accept walk-ins. Services are tailored to each person and are provided on a short-term basis, up to 24 hours.



Location	CSU	Address & Phone
North Coastal, Vista	North Coastal Community-Based CSU	524 West Vista Way, Vista, CA 92083 (760) 305-4900
North Coastal, Oceanside	North Coastal Live Well Health Center Community-Based CSU	1701 Mission Avenue, Oceanside, CA 92058 (760) 712-3535
North Inland, Escondido	Palomar CSU	2185 Citracado Parkway, Escondido, CA 92029 (760) 739-3012
North Central, Midway District	San Diego Psychiatric Hospital Emergency Psychiatric Unit	3853 Rosecrans Street, San Diego, CA 92110 (619) 692-8222
South, Castle Park	Paradise Valley Bayview CSU	330 Moss Street, Chula Vista, CA 91911 (619) 585-4221
South, Chula Vista	Sharp CSU	751 Medical Center Ct, Chula Vista, CA 91911 (619) 502-5800
East, El Cajon	East CSU	Coming in 2026
Children & Adolescents (up to age 18)		
Central, Hillcrest	Children and Youth Crisis Stabilization Unit (CYCSU)	4309 Third Ave, San Diego, CA 92103 (619) 876-4502

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Connect to Resources

Call or text 9-8-8 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.