

# East Region A/OAMH Urgent Walk-In Services



## East County Mental Health Center

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**

<b>91901</b>	<b>91935</b>	<b>91977</b>
<b>91905</b>	<b>91941</b>	<b>91978</b>
<b>91906</b>	<b>91942</b>	<b>91980</b>
<b>91916</b>	<b>91945</b>	<b>92021</b>
<b>91917</b>	<b>91948</b>	<b>92040</b>
<b>91931</b>	<b>91962</b>	<b>92071</b>
<b>91934</b>	<b>91963</b>	

## CRF Heartland BPSR Center

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

**Mon, Tue, Thurs: 9:00 - 11:00 am**

**Wed & Fri: 9:00 am - Noon**

**92019**  
**92020**  
**92022**



If you need further assistance, please call the  
**Access and Crisis Line 1-800-479-3339**