

## CENTRAL REGION AOABH URGENT WALK-IN SERVICES

### CRF JANE WESTIN WALK-IN CENTER

Operational: 7 days/wk  
(holidays included): 8am-12am

Walk-In: 8am-10pm



[1045 9th Avenue](#)  
[San Diego, CA 92101](#)



(619) 235-2600

92101      92104  
92102      92132

### SOUTHEAST MENTAL HEALTH CENTER

Mon, Tues, Thurs, Fri  
8:30am-11:30am | 1:00pm-3:00pm



[3177 Ocean View Blvd.](#)  
[San Diego, CA 92113](#)



(619) 595-4400

### NHA PROJECT ENABLE

Mon—Fri | 10:00am—2:00pm



[286 Euclid Avenue, Suite 102](#)  
[San Diego, CA 92114](#)



(619) 266-2111

92112      92114      92139

### UPAC Community Wellness Clinic

Mon—Fri | 8:30am—5:00pm

**Urgent Walk-in Services:**

**Mon-Fri: 8:30am-12:30pm**



[5348 University Avenue, Suite 108](#)  
[San Diego, CA 92115](#)



(619) 255-7550

92103      92105      92115

If you need further assistance , please call the  
Access and Crisis Line: 1-888-724-7240

# COUNTY OF SAN DIEGO


## ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES



### EAST REGION AOABH URGENT WALK-IN SERVICES

#### EAST COUNTY MENTAL HEALTH CENTER

**Mon, Tues, Thurs & Fri**  
**9:00am—Noon & 1:00pm— 4:00pm**  
**Wed | 1:00pm-4:00pm**


 [1000 Broadway, Suite 210](#)  
[El Cajon, CA 92021](#)


 (619) 401-5500

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

#### CRF HEARTLAND WELLNESS RECOVERY CENTER

**Mon | 9:00am-11:00am**  
**Tues & Thurs | 9:00am-4:00pm**  
**Wed & Fri | 9:00am-Noon**

 [460 N. Magnolia Avenue,](#)  
[Suite 110](#)  
[El Cajon, CA 92020](#)

 (619) 440-5133


92019
92020
92022

If you need further assistance , please call the  
Access and Crisis Line: 1-888-724-7240

# NORTH CENTRAL REGION AOABH URGENT WALK-IN SERVICES

## NORTH CENTRAL MENTAL HEALTH CENTER

Mon-Fri | 8:30am—3:30pm


 [1250 Moreno Blvd, 1st Flr  
San Diego, CA 92110](#)


 (619) 692-8750

- 92037      92119
- 92110      92108
- 92038      92120
- 92111      92109
- 92093      92121
- 92116
- 92106
- 92117
- 92107

## CRF DOUGLAS YOUNG BPSR CENTER

Mon, Tues, Wed, Fri | 9:00am-11:00am  
Thurs | Noon-2:00pm

 [10717 Camino Ruiz, Suite 207  
San Diego, CA 92126](#)

 (858) 695-2211

- 92122
- 92131
- 92123
- 92140
- 92124
- 92145
- 92126
- 92161
- 92130

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# COUNTY OF SAN DIEGO

ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES





## NORTH COASTAL REGION AOABH URGENT WALK-IN SERVICES

### EXODUS RECOVERY, INC.

NORTH COUNTY WALK-IN ASSESSMENT CENTER

**Mon-Fri | 9:00am-4:30pm**


 [524 W. Vista Way](#)  
[Vista, CA 92083](#)

 (760) 758-1150

All North Coastal Zip Codes

### MHS, Inc. Vista Wellness Recovery Center

**Mon-Fri | 8:30am-4:00pm**

 [550 W. Vista Way, Suite 407](#)  
[Vista, CA 92083](#)


 (760) 758-1092

92068	92078
92083	92091
92069	92081
92084	92672

### MHS, Inc. North Coastal Mental Health Center

**Mon-Fri | 9:00am-4:00pm**

 [1701 Mission Ave., Suite 210](#)  
[Oceanside, CA 92058](#)

 (760) 712-3535


92007	92009	92011
92014	92023	92054
92056	92058	92075
92008	92010	92013
92018	92024	92055
92057	92067	92091


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# NORTH INLAND REGION AOABH URGENT WALK-IN SERVICES

**EXODUS RECOVERY, INC.**  
**NORTH COUNTY WALK-IN ASSESSMENT CENTER**

**Mon-Fri | 8:00am-4:00pm**


 [1520 S. Escondido Blvd.](#)  
[Escondido, CA 92025](#)

 (760) 871-2020

All North Inland Zip Codes

**MHS, Inc. North Inland  
Mental Health Clinic**

**Mon-Fri | 8:30am-4:00pm**


 [125 W. Mission Avenue](#)  
[Suite 103](#)  
[Escondido, CA 92025](#)


 (760) 747-3424

92061	92026	92060
92029	92066	92070
92064	92069	92390
92025	92027	

**MHS, Inc.  
Kinesis North WRC**

**Mon-Fri | 8:30am-4:00pm**

 [474 W. Vermont Ave.,](#)  
[Suite 101](#)  
[Escondido, CA 92025](#)

 (760) 480-2255

92003	92129	92096
92065	92028	92536
92128	92086	92059
92004	92259	92127
92082	92036	92592


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## SOUTH REGION AOABH URGENT WALK-IN SERVICES

### CRF SOUTH BAY GUIDANCE WELLNESS RECOVERY CENTER

Mon, Wed, & Fri | 9:00am—1:00pm

 [1196 3rd Avenue](#)  
[Chula Vista, CA 91911](#)


 (619) 427-4661

- |       |       |
|-------|-------|
| 91902 | 91911 |
| 91915 | 92118 |
| 91908 | 91912 |
| 91921 | 92135 |
| 91909 | 91913 |
| 91950 | 92155 |
| 91910 | 91914 |
| 91951 |       |

### CRF MARIA SARDIÑAS WELLNESS RECOVERY CENTER

Tues & Thurs | 9:00am—3:00pm

 [1465 30th Street, Suite K](#)  
[San Diego, CA 92154](#)

 (619) 428-1000

- |       |
|-------|
| 91932 |
| 91933 |
| 92143 |
| 92153 |
| 92154 |
| 92155 |
| 92173 |

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Access and Crisis Line: 1-888-724-7240