

Adult/Older Adult Mental Health Outpatient Clinics

Urgent Walk-in Services Schedule and Contact Information

The hours posted below are for urgent walk-in services only at regional clinics which provide psychiatric outpatient services, including medication.						
The programs serve Medi-Cal beneficiaries and uninsured adults, age 18 and over. Insured persons are referred to their own providers.						
This schedule, arranged by Region, provides the Clinic's addresses, contact phone numbers, and urgent walk-in days/hours. Whenever possible, please call in advance to arrange an appointment.						
Region	CLINIC	DAY(S) AVAILABLE FOR WALK-IN	TIME(S) AVAILABLE FOR WALK-IN	ADDRESS	PHONE / FAX NUMBER	PROGRAM MANAGER
Central	UPAC/Promise Wellness Recovery Center	Mon, Wed, Fri Tues, Thurs	8:30 AM - 5:00 PM 10:00 AM - 6:30 PM	995 Gateway Center San Diego, Ca 92102	PH: (619) 232-6454 FAX: (619) 235-4607	Carlos (Charlie) Gonzales
	Alianza Wellness Center	Mon-Fri	8:30 AM - 5:00 PM	5555 Reservoir Drive Suite 204A San Diego, CA 92120	PH: (619) 822-1800 FAX: (619) 839-3872	Kristine Villanueva
	Neighborhood House Assn Inc/Healing Oaks Clinic	Mon, Tues, Thurs, Fri Wed Sat	8:00 AM - 6:00 PM 12:00 PM - 6:00 PM 9:00 AM - 5:30 PM	286 Euclid Ave Suite 102 San Diego, Ca 92114	PH: (619) 266-0496	Bernard Carrasco
	CRF/Jane Westin Walk-In Center	Mon - Fri	8:00 AM - 6:00 PM	1045 9th Avenue San Diego, CA 92101	PH: (619) 235-2600 X 201 FAX: (619) 696-9573	Laura Talbott
	Southeast Mental Health Center	Mon - Fri	8:00 AM - 12:00 PM 12:30 PM - 4:30 PM	3177 Ocean View Blvd San Diego, CA 92113	PH: (619) 595-4400 FAX: (619) 595-7927	Rachel Packer and Rosario Salangsang
North Central	CRF/Douglas Young BPSR Center	Mon - Wed, & Fri Thurs	9:00 AM - 11:00AM 12:00 PM - 2:00 PM	10717 Camino Ruiz Suite 207 San Diego, CA 92126	PH: (858) 695-2211 FAX: (858) 695-3521	Karen Hempstead (Interim)
	North Central Mental Health Center	Mon - Fri	8:00 AM - 12:00 PM 12:30 PM - 4:30 PM	1250 Morena Blvd 1st floor San Diego, CA 92110	PH: (619) 692-8750 FAX: (619) 275-7343	Brian Lerner
North Coastal	MHS, Inc. BPSR Vista	Mon - Fri	9:00 AM-12:00 PM 1:00 PM- 3:00 PM	550 W. Vista Way Suite 407 Vista, CA 92083	PH: (760) 758-1092 FAX: (760) 758-8481	Jennifer Osborn
	MHS, Inc. North Coastal Mental Health Clinic	Mon - Fri	9:00 AM - 3:00 PM	1701 Mission Ave. Suite 230 Oceanside, CA 92058	PH: (760) 712-3535 FAX: (760) 227-1490	Samantha Aument
North Inland	MHS Inc Kinesis North WRC	Mon - Fri	9:00 AM - 12:00 PM 1:00 PM - 3:00 PM	474 W. Vermont Avenue Suite 101 Escondido, CA 92025	PH: (760) 480-2255 ext. 105 FAX: (760) 741-6645	Anna Rainville
	MHS Inc North Inland Mental Health Clinic	Mon - Fri	9:00 AM - 12:00 PM 1:00 PM - 3:00 PM	125 W. Mission Avenue Suite 103 Escondido, CA 92025	PH: (760) 747-3424 FAX: (760) 747-3435	Vickie Knick
East	East County Mental Health Center	Mon - Fri	8:00 AM - 12:00 PM 12:30 PM - 4:30 PM	1000 Broadway Suite 210 El Cajon, CA 92021	PH: (619) 401-5500 FAX: (619) 401-5454	Michelle Raby
	CRF/Heartland BPSR Wellness Recovery Center	Mon, Wed, & Fri Tues & Thurs	9:00 AM - 12:00 PM 9:00 AM - 4:00 PM	460 N. Magnolia Ave. Suite 110 El Cajon, CA 92020	PH: (619) 440-5133 FAX: (619) 440-8522	Lindsey Jaffe
South	CRF/Maria Sardiñas BPSR Center	Mon, Tues, Thurs, Fri Wed	9:00 AM - 5:00 PM 11:00 AM - 7:00 PM	1465 30th Street Suite K San Diego, CA 92154	PH: (619) 428-1000 FAX: (619) 428-1091	Linda Ronquillo
	CRF/South Bay Guidance BPSR Center	Mon, Tues, Wed, Fri Thurs	9:00 AM - 5:00 PM 11:00 AM - 7:00 PM	1196 3rd Avenue Chula Vista, CA 91911	PH: (619) 427-4661 FAX: (619) 426-7849	Talissa Camacho