

## CENTRAL REGION AOABH URGENT WALK-IN SERVICES

<p style="text-align: center;"><b>CRF JANE WESTIN WALK-IN CENTER</b></p> <p><b>Operating Hours: Mon-Fri   8:00am-8:00pm</b></p> <p style="text-align: center;"><b><u>Urgent Walk-in Services:</u></b>  <b>Mon-Fri: 8:00am-06:00pm</b></p> <p> <a href="#">1045 9th Avenue</a>  <a href="#">San Diego, CA 92101</a></p> <p> (619) 235-2600</p> <p style="text-align: center;"><b>92101                      92104</b>  <b>92102                      92132</b></p>	<p style="text-align: center;"><b>UPAC COMMUNITY WELLNESS CLINIC</b></p> <p><b>Mon-Fri   8:30am-5:00pm</b></p> <p style="text-align: center;"><b><u>Urgent Walk-in Services:</u></b>  <b>Mon-Fri: 8:30am-12:30pm</b></p> <p> <a href="#">5348 University Avenue, Suite 108</a>  <a href="#">San Diego, CA 92115</a></p> <p> (619) 255-7550</p> <p style="text-align: center;"><b>92103      92105      92115</b></p>
<p style="text-align: center;"><b>NHA PROJECT ENABLE</b></p> <p><b>Mon-Fri   10:00am-2:00pm</b></p> <p> <a href="#">286 Euclid Avenue, Suite 102</a>  <a href="#">San Diego, CA 92114</a></p> <p> (619) 266-2111</p> <p style="text-align: center;"><b>92112      92114      92139</b></p>	<p style="text-align: center;"><b>ALIANZA WELLNESS CENTER</b></p> <p><b>Mon-Fri   8:30am-5:00pm</b></p> <p> <a href="#">5555 Reservoir Dr, Suite 204A</a>  <a href="#">San Diego, CA 92120</a></p> <p> (619) 822-1800</p> <p style="text-align: center;"><b>92101                      92105                      92116</b>  <b>92102                      92113                      92120</b>  <b>92103                      92114                      92136</b>  <b>92104                      92115                      92139</b></p>
<p style="text-align: center;"><b>SOUTHEAST MENTAL HEALTH CENTER</b></p> <p style="text-align: center;"><b>Mon, Tues, Thurs, Fri</b>  <b>8:30am-12:00pm   1:00pm-3:30pm</b></p> <p style="text-align: center;"><b>Wed   8:30am-11:30am</b></p> <p> <a href="#">3177 Ocean View Blvd.</a></p> <p> (619) 595-4400</p> <p style="text-align: center;"><b>92113</b></p>	

**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  
Mon-Fri | 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


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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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# 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 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-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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# 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 | 92178 |

## 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 |
| 92173 |

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