









CENTRAL REGION AOABH URGENT WALK-IN SERVICES

<p style="text-align: center;">CRF JANE WESTIN WALK-IN CENTER</p> <p>Operating Hours: Mon-Fri 8:00am-8:00pm</p> <p style="color: orange;"><u>Urgent Walk-in Services:</u> Mon-Fri: 8:00am-06:00pm</p> <p> <u>1045 9th Avenue</u> <u>San Diego, CA 92101</u></p> <p> (619) 235-2600</p> <table style="width: 100%; text-align: center;"> <tr> <td>92101</td> <td>92104</td> </tr> <tr> <td>92102</td> <td>92132</td> </tr> </table>	92101	92104	92102	92132	<p style="text-align: center;">NHA PROJECT ENABLE</p> <p style="color: teal;">Mon-Fri 10:00am-2:00pm</p> <p> <u>286 Euclid Avenue, Suite 102</u> <u>San Diego, CA 92114</u></p> <p> (619) 266-2111</p> <table style="width: 100%; text-align: center;"> <tr> <td>92112</td> <td>92114</td> <td>92139</td> </tr> </table>	92112	92114	92139					
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92102	92132												
92112	92114	92139											
<p style="text-align: center;">SOUTHEAST MENTAL HEALTH CENTER</p> <p style="color: teal;">Mon, Tues, Thurs, Fri 8:30am-12:00pm 1:00pm-3:30pm Wed 8:30am-11:30am</p> <p> <u>3177 Ocean View Blvd.</u> <u>San Diego, CA 92113</u></p> <p> (619) 595-4400</p> <p style="text-align: center;">92113</p>	<p style="text-align: center;">ALIANZA WELLNESS CENTER</p> <p style="color: teal;">Mon-Fri 8:30am-5:00pm</p> <p> <u>5555 Reservoir Dr, Suite 204A</u> <u>San Diego, CA 92120</u></p> <p> (619) 822-1800</p> <table style="width: 100%; text-align: center;"> <tr> <td>92101</td> <td>92105</td> <td>92116</td> </tr> <tr> <td>92102</td> <td>92113</td> <td>92120</td> </tr> <tr> <td>92103</td> <td>92114</td> <td>92136</td> </tr> <tr> <td>92104</td> <td>92115</td> <td>92139</td> </tr> </table>	92101	92105	92116	92102	92113	92120	92103	92114	92136	92104	92115	92139
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92103	92114	92136											
92104	92115	92139											

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

COUNTY OF SAN DIEGO


ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES




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


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

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|-------|-------|
| 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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