

# Adult/Older Adult Mental Health Outpatient Clinics

## Urgent Walk-in Services Schedule and Contact Information

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**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)<br>AVAILABLE FOR<br>WALK-IN                  | TIME(S) AVAILABLE<br>FOR<br>WALK-IN  | ADDRESS   | PHONE / FAX<br>NUMBER                 | PROGRAM MANAGER                    |
|---------|--|---|--|---|---------------------------------------|------------------------------------|
| Central | CRF/Jane Westin<br>Walk-In Center                    | Operational:<br>7 days/wk<br>(holidays<br>included) | Su-Sa 8am-12am<br>Walk-In: 8am-10pm  | 1045 9th Avenue<br>San Diego, CA 92101                    | (619) 235-2600<br>FAX: (619) 696-9573 | Kenna Mauhili                      |
|         | Neighborhood House<br>Assn, Inc. / Project<br>Enable | Mon - Fri   | 10:00 AM -2:00 PM  | 286 Euclid Avenue<br>Suite 102<br>San Diego, CA 92114     | (619) 266-2111<br>FAX: (619) 266-0496 | Bernard Carrasco, MFT              |
|         | Alianza Wellness Center                              | Mon-Fri   | 8:30 AM - 5:00 PM  | 5555 Reservoir Drive<br>Suite 204A<br>San Diego, CA 92120 | (619) 839-1800                        | Kristine Villanueva                |
|         | UPAC Community<br>Wellness Clinic                    | Mon - Fri   | 8:30 AM - 5:00 PM<br>Urgent Walk-In Services<br>Hours: M-F 8:30 AM -<br>12:30 PM | 5348 University Ave.,<br>Suite 108<br>San Diego, CA 92105 | (619) 255-7550<br>FAX: (619) 255-7838 | Joshua Zang, MFT                   |
|         | Southeast Mental Health<br>Center                    | Mon, Tues, Thurs,<br>& Fri                          | 8:30 AM - 11:30 AM<br>& 1:00 PM to 3:00 PM                                       | 3177 Ocean View Blvd.<br>San Diego, CA 92113              | (619) 595-4400<br>FAX: (619) 595-7927 | Soudabeh Rahmankhah,<br>PsyD, LMFT |
| Wed     |  | 1:00 PM - 3:00 PM                                   |  |   |                                       |                                    |

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|---------------|---|------------------------------------|-------------------------------------|---|---------------------------------------|---------------------------|
| North Central | CRF/Douglas Young<br>BPSR Center                  | Mon - Wed, & Fri                   | 9:00 AM - 11:00AM                   | 10717 Camino Ruiz<br>Suite 207<br>San Diego, CA 92126   | (858) 695-2211<br>FAX: (858) 695-3521 | Laura Talbott             |
|               |   | Thurs                              | 12:00 PM - 2:00 PM                  |   |                                       |                           |
|               | North Central Mental<br>Health Center             | Mon - Fri                          | 8:30 AM - 3:30 PM                   | 1250 Morena Blvd.<br>1st Floor<br>San Diego, CA 92110   | (619) 692-8750<br>FAX: (619) 275-7343 | Rosario Salangasang, LMFT |
| East          | CRF/Heartland<br>BPSR Wellness<br>Recovery Center | Mon                                | 9:00 AM -11:00 AM                   | 460 N. Magnolia Ave.<br>Suite 110<br>El Cajon, CA 92020 | (619) 440-5133<br>FAX: (619) 440-8522 | Grace Odyek               |
|               |   | Wed & Fri                          | 9:00 AM -Noon                       |   |                                       |                           |
|               |   | Tues & Thurs                       | 9:00 AM - 4:00 PM                   |   |                                       |                           |
|               | East County<br>Mental Health Center               | Mon, Tues, Thurs,<br>Fri           | 9:00 AM - Noon                      | 1000 Broadway<br>Suite 210<br>El Cajon, CA 92021        | (619) 401-5500<br>FAX: (619) 401-5454 | Michelle Raby, LMFT       |
|               |   | Mon, Tues, Wed,<br>Thurs, Fri      | 1:00 PM - 4:00 PM                   |   |                                       |                           |

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| South         | CRF/Maria Sardiñas<br>BPSR Center                                  | Tues & Thurs                       | 9:00 AM - 3:00 PM                   | 1465 30th Street<br>Suite K<br>San Diego, CA 92154    | (619) 428-1000<br>FAX: (619) 428-1091 | Linda Ronquillo, PsyD |
|               | CRF/South Bay<br>Guidance<br>BPSR Center                           | Mon, Wed,<br>& Fri                 | 9:00 AM - 1:00 PM                   | 1196 3rd Avenue<br>Chula Vista, CA 91911              | (619) 427-4661<br>FAX: (619) 426-7849 | Michele Buland        |
| North Coastal | MHS, Inc.<br>BPSR – Vista  | Mon - Fri                          | 8:30 AM - 4:00 PM                   | 550 W. Vista Way<br>Suite 407<br>Vista, CA 92083      | (760) 758-1092<br>FAX: (760) 758-8481 | Kathy Robbins         |
|               | MHS, Inc.<br>North Coastal Mental<br>Health Clinic                 | Mon-Fri                            | 9:00 AM - 4:00 PM                   | 1701 Mission Ave.<br>Suite 210<br>Oceanside, CA 92058 | (760) 712-3535<br>FAX: (760) 439-6901 | Myesha Barton         |
|               | Exodus Recovery, Inc.<br>North County Walk-In<br>Assessment Center | Mon - Fri                          | 9:00 AM - 4:30 PM                   | 524 W. Vista Way<br>Vista, CA 92083                   | (760) 758-1150<br>FAX: (760) 758-1808 | Angela Romero         |

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|--------------|---|------------------------------------|-------------------------------------|--|---|-----------------|
| North Inland | MHS, Inc.<br>Kinesis North WRC                                  | Mon - Fri                          | 8:30 AM - 4:00 PM                   | 474 W. Vermont<br>Avenue<br>Suite 101<br>Escondido, CA 92025 | (760) 480-2255<br>ext. 105<br>FAX: (760) 741-6645 | Samantha Aument |
|              | MHS, Inc.<br>North Inland Mental<br>Health Clinic               | Mon - Fri                          | 8:30 AM - 4:00 PM                   | 125 W. Mission<br>Avenue<br>Suite 103<br>Escondido, CA 92025 | (760) 747-3424<br>FAX: (760) 747-3435             | RanDee McLain   |
|              | Exodus Recovery, Inc.<br>North County Walk-In<br>Assess. Center | Mon - Fri                          | 8:00 AM - 4:00 PM                   | 1520 S. Escondido<br>Blvd.<br>Escondido, CA 92025            | (760) 871-2020                                    | Jasmine Jackson |