

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