

East Region AOABH Urgent Walk-In Services

East County Mental Health Center

1000 Broadway, Suite 210
El Cajon, CA 92021
(619) 401-5500

Mon - Thurs: 9:00 am - 12:00 pm
1:00 pm - 3:30 pm
Friday: 9:00 am - 12:00 pm
1:00 pm - 2:30 pm

91901	91935	91977
91905	91941	91978
91906	91942	91980
91916	91945	92021
91917	91948	92040
91931	91962	92071
91934	91963	

CRF Heartland Wellness Recovery Center

460 N. Magnolia Avenue, Suite 110
El Cajon, CA 92020
(619) 440-5133

Mon: 9:00 - 11:00 am
Tues & Thurs: 9:00 am - 4:00 pm
Wed & Fri: 9:00 am - Noon

92019
92020
92022

If you need further assistance, please call the
Access and Crisis Line 1-888-724-7240