

# 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**

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

## 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**