

COUNTY OF SAN DIEGO

ADULT & OLDER ADULT BEHAVIORAL HEALTH SERVICES




CENTRAL REGION AOABH URGENT WALK-IN SERVICES

CRF JANE WESTIN WALK-IN CENTER

Operational: 7 days/wk
(holidays included): 8am-12am
Walk-In: 8am-10pm

 [1045 9th Avenue](#)
[San Diego, CA 92101](#)


 (619) 235-2600
92101 92104
92102 92132


UPAC COMMUNITY WELLNESS CLINIC

Mon—Fri | 8:30am—5:00pm

Urgent Walk-in Services:


Mon-Fri: 8:30am-12:30pm


 [5348 University Avenue, Suite 108](#)
[San Diego, CA 92115](#)

 (619) 255-7550
92103 92105 92115

NHA PROJECT ENABLE


Mon—Fri | 10:00am—2:00pm

 [286 Euclid Avenue, Suite 102](#)
[San Diego, CA 92114](#)

 (619) 266-2111
92112 92114 92139

ALIANZA WELLNESS CENTER


Mon—Fri | 8:30am—5:00pm


 [5555 Reservoir Dr, Suite 204A](#)
[San Diego, CA 92120](#)

 (619) 822-1800

SOUTHEAST MENTAL HEALTH CENTER

Mon, Tues, Thurs, Fri
8:30am-11:30am | 1:00pm-3:00pm

 [3177 Ocean View Blvd.](#)
[San Diego, CA 92113](#)

 (619) 595-4400
92113

92101 92105 92116
92102 92113 92120
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 & 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

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

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| 92037 | 92119 |
| 92110 | 92108 |
| 92038 | 92120 |
| 92111 | 92109 |
| 92093 | 92121 |
| 92116 | |
| 92106 | |
| 92117 | |
| 92107 | |

CRF DOUGLAS YOUNG BPSR CENTER

Mon, Tues, Wed, Fri | 9:00am-11:00am
Thurs | Noon-2:00pm

 [10717 Camino Ruiz, Suite 207
San Diego, CA 92126](#)



 (858) 695-2211

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| 92122 |
| 92131 |
| 92123 |
| 92140 |
| 92124 |
| 92145 |
| 92126 |
| 92161 |
| 92130 |

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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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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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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 | |

CRF MARIA SARDIÑAS

WELLNESS RECOVERY CENTER

Tues & Thurs | 9:00am—3:00pm

 [1465 30th Street, Suite K](#)
[San Diego, CA 92154](#)

 (619) 428-1000

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| 91932 |
| 91933 |
| 92143 |
| 92153 |
| 92154 |
| 92155 |
| 92173 |

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