

# Adult/Older Adult Mental Health Outpatient Clinics

## Urgent Walk-in Services Schedule and Contact Information

The hours posted below are for urgent walk-in services only at regional clinics which provide psychiatric outpatient services, including medication.

The programs serve Medi-Cal beneficiaries and uninsured adults, age 18 and over. Insured persons are referred to their own providers.

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) AVAILABLE FOR WALK-IN	TIME(S) AVAILABLE FOR WALK-IN	ADDRESS	PHONE / FAX NUMBER	PROGRAM MANAGER
Central	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 FAX: (619) 696-9573	Kenna Mauhili
	Neighborhood House Assn, Inc. / Project Enable	Mon - Fri	10:00 AM - 2:00 PM	286 Euclid Avenue Suite 102 San Diego, CA 92114	(619) 266-2111 FAX: (619) 266-0496	Bernard Carrasco, MFT
	Alianza Wellness Center	Mon-Fri	8:30 AM - 5:00 PM	5555 Reservoir Drive Suite 204A San Diego, CA 92120	(619) 839-1800	Kristine Villanueva
	UPAC Community Wellness Clinic	Mon - Fri	8:30 AM - 5:00 PM Urgent Walk-In Services Hours: M-F 8:30 AM - 12:30 PM	5348 University Ave., Suite 108 San Diego, CA 92105	(619) 255-7550 FAX: (619) 255-7838	Joshua Zang, MFT
	Southeast Mental Health Center	Mon, Tues, Thurs, & Fri	8:30 AM - 11:30 AM  1:00 PM - 3:00 PM	3177 Ocean View Blvd. San Diego, CA 92113	(619) 595-4400 FAX: (619) 595-7927	Diana Cobb

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North Central	CRF/Douglas Young BPSR Center	Mon - Wed, & Fri	9:00 AM - 11:00AM	10717 Camino Ruiz Suite 207 San Diego, CA 92126	(858) 695-2211 FAX: (858) 695-3521	Laura Talbott
		Thurs	12:00 PM - 2:00 PM			
	North Central Mental Health Center	Mon - Fri	8:30 AM - 3:30 PM	1250 Morena Blvd. 1st Floor San Diego, CA 92110	(619) 692-8750 FAX: (619) 692-8779	Lisa Thiel
East	CRF/Heartland BPSR Wellness Recovery Center	Mon	9:00 AM -11:00 AM	460 N. Magnolia Ave. Suite 110 El Cajon, CA 92020	(619) 440-5133 FAX: (619) 440-8522	Grace Odyek
		Wed & Fri	9:00 AM -Noon			
		Tues & Thurs	9:00 AM - 4:00 PM			
	East County Mental Health Center	Mon, Tues, Wed, Fri	9:00 AM - Noon, 1:00 PM - 4:00 PM	1000 Broadway Suite 210 El Cajon, CA 92021	(619) 401-5500 FAX: (619) 401-5454	Michelle Raby
		Wed & Fri	1:00 PM - 4:00 PM			

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

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