



## SAN DIEGO COUNTY Self-Help Guide – Community Resources



### Mental Health & Substance Abuse Treatment

**Access and Crisis Line: 1-888-724-7240**, Toll-free 24-hour hotline, 140 other languages. (TDD: 619-641-6992)

Trained counselors are available to provide assistance in handling a mental health crisis and connection to services available throughout our county including mental health and alcohol/drug abuse services for those with Medi-Cal, no insurance, or private insurance.

**Referrals for Group, Individual and Family Counseling: Call 2-1-1**

211 San Diego is a free, 24 hours confidential phone service in 200+ languages and online database. <http://www.211sandiego.org/mental-health-services>

**Behavioral Health Services 1-888-724-7240**

A wide variety of services for people of any age are available for individuals who are experiencing mental health and/or addiction challenges such as urgent walk-in clinics, in-patient and out-patient treatment and more. Services are offered throughout San Diego County via contracts with local service providers: <http://www.sandiegocounty.gov/hhsa/programs/bhs/>

**Fee for Service Provider Directory** \*Note: The court does not endorse, evaluate, supervise, or monitor these programs

<http://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/documents/Homepage/Fee%20for%20Service/PS-3%20A%202-25-16.pdf>

**Substance Abuse Self-Help Meetings** \*Note: The court does not endorse, evaluate, supervise, or monitor these programs

Alcoholics Anonymous of SD: 619-265-2954; Marijuana Anonymous 1-800-766-6779; SD Crystal Meth Anonymous 619-342-1656

<http://www.sdcourt.ca.gov/pls/portal/docs/PAGE/SDCOURT/GENERALINFORMATION/RESOURCELISTS/PROGRAMRESOURCELIST/PRL/ADM219-12.PDF>

**Psychiatric Emergency Response Team (PERT): To access PERT, please call 911 or your local law enforcement agency**

Specially trained officers and mental health professional respond on-scene to situations involving people experiencing a mental health related crisis.

**National Domestic Violence Hotline: 1-800-799-7233 | 1-800-787-3224 (TTY)**, (24 hours a day)

Trained staff provides support and referrals for people who identify as abusive, or who are concerned about behaviors that may be unhealthy. Multiple languages spoken and/or interpreters available. <http://www.thehotline.org/help-for-abusive-partners/#top>

**Methamphetamine Hotline: 1- 877-662-6384** (24 hours a day)

Call for treatment referrals or to give anonymous tips about meth crimes. <http://www.no2meth.org/>

### Housing and Shelters, Food Resources & Healthcare

Call **2-1-1** for referrals to housing resources and emergency shelters, food assistance, utilities programs, and more. 211 San Diego is a free, 24 hour confidential phone service in 200+ languages and online database.

**E-Benefits Online Website:** <http://www.benefitscal.org/>

This site connects you to applications for Medi-Cal, County Medical Services Program (CMSP), CalFresh (formerly known as Food Stamps) and California Work Opportunity and Responsibility to Kids (CalWORKs) benefits in California.

**Family Health Centers of San Diego: 1-619-515-2300** (Central, South, East, North County)

No patient will be turned away based on an inability to pay. Services and programs include healthcare, dental, vision, HIV and Hepatitis, mental health and substance use treatment, behavior and early intervention services for children/youth, physical therapy, prenatal care, and more. <http://www.fhcsd.org/>

### Court Information & Legal Resources

**San Diego County Domestic Violence Treatment Providers Certified Program Listing**

DV offender programs are available for those who are court mandated and many of the providers also offer it for voluntary participants. 52 week programs including Level I, II, and III ranging from the basic 52 week program to DV programs that include some level of substance abuse treatment.

[http://www.sandiegocounty.gov/probation/docs/Certified\\_SD\\_DVRP\\_Providers.pdf](http://www.sandiegocounty.gov/probation/docs/Certified_SD_DVRP_Providers.pdf)

**Restraining Orders & Other Advisals**

A restraining order is a court order issued to prevent the recurrence of acts of abuse or harassment. If a Temporary Restraining Order (TRO), Restraining Order (RO) or Criminal Protective Order (CPO) has been issued, do not have any direct or indirect contact with the protected party even if you do not initiate the contact. If you own or possess a firearm and you are the restrained party of any restraining order, you must surrender the firearm to any local police station. Possession or ownership of a firearm while you are the restrained party of a restraining order is a crime.

[http://www.sdcourt.ca.gov/portal/page?\\_pageid=55,1524115&\\_dad=portal&\\_schema=PORTAL](http://www.sdcourt.ca.gov/portal/page?_pageid=55,1524115&_dad=portal&_schema=PORTAL)

**Homeless Court: 1-619- 338-4884**

The San Diego Homeless Court Program (HCP) is a special Superior Court session for homeless defendants — convened in a homeless shelter — to resolve outstanding misdemeanor offenses and warrants. <http://www.homelesscourtprogram.com/>

**Drug Court: 1-619-450-5732**

A Drug Court is a special court that hears selected felony and misdemeanor cases involving non-violent, drug-using offenders. The program includes frequent random drug testing, judicial supervision, drug treatment counseling, educational and vocational training opportunities, and the use of court-imposed sanctions and incentives. [http://www.sdcourt.ca.gov/portal/page?\\_pageid=55,1643578&\\_dad=portal](http://www.sdcourt.ca.gov/portal/page?_pageid=55,1643578&_dad=portal)

**Legal Aid Society of San Diego: 1-877-534-2524** (Central, North County)

Provides low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation.

<https://www.lassd.org/>

**San Diego Volunteer Lawyers: 1-619-235-5656** (Central)

Provides access to the justice system by serving as a bridge between indigent and other disadvantaged people in San Diego County and the volunteer lawyers and others who are willing to donate their time and resources. <http://www.sdvlp.org/>

**Parent & Child Resources**

**Chadwick Center for Children & Families, Trauma Counseling Program: 1-866-576-4011** (Central, North, South County)

Committed to treating the after-effects of a child's traumatic experience. In addition, the program works to support the recovery of family members and to improve their ability to support the child. Interventions include individual, group, and family therapy. <http://www.chadwickcenter.org/TCS/tcs.htm>

**Family Court Services (FCS) - Superior Court of California, County of San Diego (Central 619-450-7888, North 760-201-8300, East 619-456-4181, South County 619-746-6097)** FCS provides recommendations for child custody, based on what is in the best interest of the children, in family law cases when parents who are separating or divorcing cannot agree on a child custody sharing plan. Locations and orientation information:

[http://www.sdcourt.ca.gov/portal/page?\\_pageid=55,1524469&\\_dad=portal&\\_schema=PORTAL#familycourtservices](http://www.sdcourt.ca.gov/portal/page?_pageid=55,1524469&_dad=portal&_schema=PORTAL#familycourtservices)

**Department of Child Support Services (DCSS): 1-866-901-3212**

Establishes parentage (fatherhood); Locates parents for support establishment and enforcement; Establishes and enforces child and/or medical support orders; Modifies existing court orders for child and/or medical support; Enforces spousal support orders where there is also a child support order; and Collects and distributes support payments. DCSS provides these services: <http://www.sandiegocounty.gov/dcss/>

**Supervised Exchange - Visitation Monitoring Programs:**

*\*Note: The court does not endorse, evaluate, supervise, or monitor these programs*

<http://www.sdcourt.ca.gov/pls/portal/docs/PAGE/SDCOURT/GENERALINFORMATION/RESOURCELISTS/PROGRAMRESOURCELIST/PRL/ADM219-18.PDF>

**Paternal Opportunities Programs and Services (POPS): 619-683-9340**

Parenting support, counseling, classes and legal clinic. <http://www.sandiegopops.org/services.html>

**Dads Corps: 619-283-0044, Ext 274**

San Diego Dads Corps is a SAY San Diego program designed to help men thrive as parents, partners, and providers. Participation is voluntary and at no cost to eligible fathers. <https://www.saysandiego.org/program/healthy-start-military-familiesource-center/san-diego-dads-corps/>

**Child Welfare Services (CWS) - County of San Diego, Health and Human Services Agency: 858-694-5191**

CWS investigates reports of suspected child abuse and neglect and intervenes with families who do not meet the minimum community standards of health and safety as required by law. Investigations are conducted in a thorough & professional manner.

**Parenting Skills Classes & Co-Parenting Skills Classes**

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<http://www.sdcourt.ca.gov/pls/portal/docs/PAGE/SDCOURT/GENERALINFORMATION/RESOURCELISTS/PROGRAMRESOURCELIST/PRL/ADM219-7.PDF>

**Parent Education Program – San Diego Continuing Education**

Provides opportunities to learn about, and promote, the social, emotional, physical, and cognitive development of children at varying stages of life.

Classes to improve parenting skills. San Diego City: <http://www.sdce.edu/classes/parent-education> Chula Vista: <http://cva.sweetwaterschools.org/>

**Employment and Education**

**San Diego Workforce Partnership: 1-888-884-7397**

Countywide Career Centers, case management, disability services, training programs, and more: <http://workforce.org/>

**San Diego Jobs Corps: 619-429-8500**

Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 improve the quality of their lives through career technical and academic training. <http://sandiego.jobcorps.gov/home.aspx>

**Department of Rehabilitation (DOR): Central 619-767-2100, East 619-667-5649, North 760-510-4705, South 619-426-8720**

DOR provides vocational rehabilitation services for individuals with all types of disabilities who want to work. Our services include employment counseling training and education, mobility and transportation aids, job search and placement assistance.

<http://www.dor.ca.gov/DOR-Locations/code/county.asp?county=San-Diego>

**San Diego Continuing Education (SDCE)**

SDCE provides adult education programs (e.g. certified nurse assistant), English as a Second Language (ESL), Citizenship, Literacy, GED preparation, High School Diploma programs, and certificate programs (e.g. Business, Information Technology).

San Diego City: <http://www.sdce.edu> Chula Vista: <http://cva.sweetwaterschools.org/> Escondido: <http://www.euhdsd.org/domain/197>

County and City Libraries offer literacy services, computer and internet access, and other adult programs.