

RESOURCE LIST

- 211 San Diego County resources (www.211sandiego.org)
- 511 Transportation resources (www.511sd.com)
- 911 Emergencies

ADULT ABUSE

- 800-339-4661* Adult Protective Services – San Diego County (www.sdcounty.ca.gov/hhsa)
- 800-510-2020* Adult Protective Services – Outside San Diego County (www.sdcounty.ca.gov/hhsa)

ADVOCACY SERVICES

- 619-293-3500 Access to Independence (www.a2isd.org)
- 619-688-3323 California State Council on Developmental Disabilities (www.scdd.ca.gov)
- 619-239-7861 Disability Rights California (www.disabilityrightsca.org)
- 844-255-4477 American Advocacy Group (disabilities) (www.americanadvocacygroup.com)
- 619-233-4114 American Friends Service Committee (undocumented immigrants) (www.afsc.org/sandiego)
- 888-804-3536 Health Consumer Alliance (www.healthconsumer.org)
- 877-734-3258 Consumer Center for Health, Education & Advocacy (CCEA) (www.lasdsd.org)

ALCOHOL/SUBSTANCE ABUSE

- 619-296-2666 Alanon Family Groups of San Diego (www.alanonsandiego.org)
- 619-265-8762 Alcoholics Anonymous (www.aasandiego.org)
- 888-724-7240 Health & Human Service Agency (www.sdcounty.ca.gov/hhsa)
- 619-584-1007 Narcotics Anonymous (www.sandiegona.org)

ATTENDANT SERVICES

- 800-510-2020 In-Home Supportive Services, Health & Human Service Agency (www.sdcounty.ca.gov/hhsa)

CHILD ABUSE

- 858-560-2191 San Diego County Child Protective Services (www.sdcounty.ca.gov/hhsa)
- 760-337-7750 Imperial County Child Protective Services
- 760-312-6464 Imperial County Office of Education Child Development Services (www.icoe.k12.ca.us)
- 619-594-7416 (San Diego) Exceptional Family Resource Center (www.evrconline.org)

CRISIS HOTLINE

- 888-724-7240 Suicidal 24/7 Calls, Online Chatroom M-F from 4-10pm, Health & Human Service Agency (www.sdcounty.ca.gov/hhsa)

DENTAL

- 211 To find a dentist
- 619-205-1950 Anderson Dental Center – Rady Children’s Hospital (www.rchsd.org)
- 800-322-6384* Denti-Cal: To find a dentist if you are on Denti-Cal
- 619-234-8131 San Diego Children’s Dental Health Association (www.childrensdentalhealth.org)

DOMESTIC VIOLENCE

800-799-7233* National Domestic Violence Hotline (www.ndvh.org)
TTY 800-787-3224
760-353-8530 24/7 Emergency Shelter, Center for Family Solutions-Imperial County (www.womanhaven.org)
619-234-3164 YWCA 24-Hour Domestic Violence Hotline (www.ywcasandiego.org)
619-239-0355 YWCA Short Term Emergency Shelters (men accepted) (www.ywcasandiego.org)

FINANCIAL

800-772-1213* Social Security (apply for SSI or having a Social Security problem) (www.ssa.gov)
TTY 800-325-0778
866-262-9881* Department of Social Services (assistance programs & Medi-Cal) (www.sdcounty.ca.gov/hhsa)
TDD 619-589-4459
760-337-6800 Department of Social Services – Imperial County (www.co.imperial.ca.us)

FOOD

760-489-6380 North County Interfaith Crisis Center (all kinds of emergencies) (www.interfaithservices.org)
619-286-1100 Catholic Charities (In the University area) (www.ccdsd.org)
760-370-0966 Imperial Valley Food Bank

HEALTH

211 To find a doctor, including those who accept Medi-Cal
800-232-4636 AIDS/HIV Testing Hotline
800-222-1222* **California Poison Control System** 24/7 (www.calpoison.org)
619-528-4000 CCS (California Children's services) medically eligible birth to 21 (www.sdcounty.ca.gov)
619-692-8808 CHDP (Child Health & Disability Prevention Program) SD County (www.sdcounty.ca.gov/hhsa)
800-587-8118 CMS County Medical Services, services for low income residents (www.sdcounty.ca.gov/hhsa)
800-510-2020 HICAP (Health Insurance Counseling and Advocacy Program) – Seniors - (www.aging.ca.gov)
760-431-4100 Hospice Care-North County (www.hospicenorthcoast.org)
866-347-6319 Hospice Care-VITAS Healthcare (www.vitas.com/ca/southern-california-hospice)
619-450-4414 Hospice Care-Apreva Hospice (www.aprevahospice.com)
619-293-4700 Sexually Transmitted Disease Clinic (www.sdcounty.ca.gov/hhsa)
619-692-5565 Tuberculosis Control Program
(www.sdcounty.ca.gov/hhsa/programs/phs/tuberculosis_control_program/)

IMMUNIZATIONS: Call nearest public health department listed below:

866-358-2966 Public Health Department- County wide information
(www.sdcounty.ca.gov/hhsa/programs/phs/immunizations_clinic_schedule.html)
619-229-5400 Central Region
619-441-6500 East Region
858-573-7300 North Central
760-967-4401 North Coastal
760-740-3000 North Inland
442-265-1442 Imperial County (www.co.imperial.ca.us)
866-358-2966 Great Immunization information (www.sdiz.org)

LEGAL

- 619-231-8585 Attorney Referral Line (www.sdcba.org)
- 760-353-0220 California Rural Legal Assistance-Imperial County (www.crla.org)
- 877-534-2524* Legal Aid Society (www.lassd.org)
- 213-639-3900 National Immigration Law Center- Based in Los Angeles (www.nilc.org)
- 619-235-5656 San Diego Volunteer Lawyer Program (www.sdvlp.org)
- 619-260-7470 USD Legal Clinic (www.sandiego.edu/usdlaw)

LITERACY PROGRAM

- 858-481-7323 Family Literacy Foundation-Military Families Only (www.unitedthroughreading.org)
- 619-574-1641 Literacy Hotline (www.literacysandiego.org)
- 760-222-5425 Early Literacy Program- Imperial County (www.nhclx.org/early-literacy)

MENTAL HEALTH/COUNSELING

- 888-724-7240 Access And Crisis Hotline (www.sdcounty.ca.gov/hhsa/programs/bhs/)
- 442-265-1525 Imperial Co Behavioral Health Services Mental Health 24Hour Crisis Referral (www.dmh.ca.gov)
- 619-543-0412 Mental Health of America of San Diego (MHA) (www.mhasd.org)
- 619-543-1434 National Association of Mental Illness (NAMI) (www.namisaniego.org)
- 800-523-5933 Helpline for National Association of Mental Illness (NAMI)
- 760-489-6380 North County Interfaith Crisis Center (Behavioral Health Services) (www.interfaithservices.org)

MILITARY SERVICES

- 619-767-6800 Navy/Marine Corps Relief (Behavioral and Social Services) (www.nmrccs.org)
- 858-751-5755 YMCA Armed Services (Behavioral and Social Services) (www.asymca.org)

PARENTING

- 619-543-0412 Father2Child Program, Mental Health America of San Diego County (www.mhasd.org)
- 760-312-6464 Imperial County Office of Education Child Development Services (www.icoe.k12.ca.us)
- 619-594-7416 (San Diego) Exceptional Family Resource Center (www.effcsonline.org)

RECREATION/SOCIAL SERVICES

- 619-298-5021 Blind Community Center (www.bccsd.org)
- 866-739-6884 Boys & Girls Clubs (www.sdyouth.org)
- 619-235-1100 San Diego Parks & Rec (www.sandiego.gov/park-and-recreation)
- 619-525-8247 San Diego Parks & Rec Therapeutic Services (www.sandiego.gov/park-and-recreation)
- 619-525-8249 TDD- San Diego Parks & Rec Therapeutic Services (www.sandiego.gov/park-and-recreation)
- 951-240-0921 Southern California Equestrian Directory (Horseback Riding) (www.SoCalEquine.com)
- 619-283-6100 Special Olympics of San Diego County (www.sosc.org)
- 619-685-1175 The ARC of San Diego (Recreational Activities) (www.arc-sd.com)

SENIOR SERVICES

- 858-560-2507 Aging & Independence Services (www.sandiegocounty.gov/hhsa/programs/ais)
- 760-353-2748 El Centro Community Center – Senior Nutrition – Imperial County

SHELTER

211 Variety of Housing Resources (www.211sandiego.org/211)
760-357-0894 Catholic Charities-Imperial County (Men) Guadalupe's Men's Shelter (www.ccdsd.org)
760-352-1182 Catholic Charities-Imperial County (Women & Children) House of Hope (www.ccdsd.org)
760-357-2202 Neighborhood House-Imperial County (www.nhclx.org)
619-231-9400 San Diego Housing Commission- Emergency and/or Section 8 Housing (www.sdhc.org)

TRANSPORTATION

511 Metropolitan Transit System (MTS)/County Transit System (CTS)/Chula Vista (CVT)/National City Transit /San Diego Trolley/North County Transit District (NCTD) (www.sdcommute.com)
619-233-3004 MTS Access Service (www.sdmts.com)
619-234-6161 Yellow Cab (www.rideyellow.com)
760-592-4494 Imperial County Transportation Commission (www.imperialctc.org)
760-482-2900 Imperial Valley Transit
760-482-2908 IVT Access
760-337-1760 IVT Ride
760-337-1766 MedTrans

***TOLL FREE**