

Mental Health

Changing Options.....760-789-7299
*treatment for adults with schizophrenia & other mental disorders.
Aurora Behavioral Health....888-565-4228

*24hr Psych Evaluation & Referral Services

County Mental Health.....888-724-7240

*AB2726 assessment and resources

Rady’s Children’s’ Behavior Crisis Ctr...
.....760-730-5900

San Diego Psychiatric Hospital.....
3853 Rosecrans St 92110 (619) 692-8200

Exodus Walk-in Assessment Center.....
1520 South Escondido Blvd 92025
(760) 796-7760.....(760) 796-7758

MHS Kinesis..... 760-480-2255
474 W. Vermont Ave #102 Escondido 92025
Walk-in triage Monday’s at 9am.

Vista Hill.....760-788-9724

Learning Assistance Center

*Counseling Services for children Pre-K - age 22

Psychologist

Cyrus Nakhshab PhD760-789-7080

Kenneth W. Searcy PhD..... 760-789-6389

Karen Hawthorne.....760-765-3578 #1

Licensed Clinical Social Workers

Peter Michael Baratta760-788-1003

Marriage and Family Therapist

Karen Loftis.....760-415-3585

Valerie Lucio.....760-789-2937

Meagan Searcy..... .619-385-0638

Lindsay Watson.....760 419-1353

Deb Gernandt.....760-765-3578 #2

Domestic Violence & Abuse

Women’s Resource Center.....760-757-3500

Community Resource Center.....760-633-1111

Center for Community Solutions ..760-747-6282

EMERGENCY SERVICES

Crisis Lines

Info Line..... 211

Access & Crisis Line..1-888-724-7240
Suicide Prevention.....1-800-273-8255
Texting Line: text “START” to 741-741
Veterans: (press 1).....1-800-273-8255
Veterans Texting Line: ... 838-255
Trevor Project866-488-7386

Child Abuse Hotline.....1-800-344-6000

Adult Abuse Hotline.....1-800-510-2020

Teen Crisis Hotline.....1-800-843-5200

Psych Emergency Response Team..... 911

Julian Sheriff 760-765-4718

Shelters

Inclement Weather Shelter

2-1-1858-300-1211

Interfaith(760) 489-6380

550 W. Washington Ave. Ste. B

Additional Resources:

Julian Resource Guide



Behavioral Health Consultant:

Christy Findeisen, AMFT

(760) 504-1407

Behavioral Health Educators:

Joanna Yanez

(760) 803-1336

Julian Medical Clinic

2721 Washington St.

(760) 789-1223

Julian Smart Care Office

2907 Washington St.

(above Poncho Villa’s Mexican Restaurant)

Smart Care Administrative Office

1012 Main St, Ste 101

(760) 788-9725

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Substance Use & Abuse

Teen Recovery

McAllister Institute.....619-442-0277
www.mcalisterinstitute.org

Adult Recovery

MHS Recovery Center.....760-741-7708
200 E. Washington, #100, Escondido, Ca 92025
McAlister Institute.....619-465-7303
(Non-Medical Residential Detox)
1400 N. Johnson Ave. Ste.101 El Cajon, CA 92020
Green Oak Ranch.....760-727-0251
1237 Green Oak Rd. Vista, CA 92081

Homeless Recovery

Alpha Project..... 760-630-9922
993 Postal Way Vista, CA 92083
www.alphaproject.org

Male Recovery

The Fellowship Center..... 760-745-8478
737 E. Grand Ave. Escondido, CA 92025
Restoration Ranch.....760-787-9432
940 Montecito Rd. Ramona, CA 92065
www.restorationranch.com

Women & Children Recovery

NC Serenity House..... 760-741-5098
In His Steps760-789-5988

San Diego County Library.....760-738-2434
1275 Main Street, . Ramona, CA 92065

Ramona Unified School District

720 9th Street..... 760-787-2000

www.ramonausd.net

Adult School/ ROP

ROP Office.....760-787-4036

Legal

Legal Aid.....877-534-2524
Disability Help Center....888-418-8860

HEALTH/ MEDICAL

Medical Info Line.....800-880-5305

Aging and Senior

Aging & Independent Svcs...800-510-2020
FACT transportation Svcs...888-924-3228
For those 65+
Ramona Senior Center.....760-789-0440
** Activities throughout the day for seniors.*

Hospice & Bereavement

Elizabeth Hospice.....760-737-2050
Scripps Hospice.....858-748-3030
Hospice Support Group.....760-737-2050
Grief Share Support Group..760-805-5722
Hospice of the North Coast.....760-431-4100
Center for Compassionate
Care/Bereavement...760-431-4100 x2101

Utility Assistance

California Lifeline Program
English.....866-272-0349
Spanish.....866-272-0350
www.californialifeline.com
**Basic, single line phone service or cell phone for qualifying homes.*
SDG&E800-411-7343
**Utility bill assist. for qualifying low -income fam.*

Other

Smoker's Hotline.....800-766-2888
www.californiasmokershelpline.org
800-NO-BUTTS..... 800-662-8887
American Cancer Society.....800-227-2345
www.cancer.org
American Diabetes Assoc.....619-234-9897
www.diabetes.org
Immunizations (CDC).....800-232-4636

YOUTH SERVICES

After School & Recreation

Boys & Girls Club.....760-789-7564
622 E. St. Ramona, CA 92065 www.bgca.org

YMCA Childcare Resource Services

Child Care Referral Line.....800-481-2151
Head Start760-789-2087
Nuevo Head Start.....760-789-1093
Preschool for children ages 2-5

Family Planning

Ramona Pregnancy Care Clinic 760-789-7059
1530 Main St. Suite 6 Ramona, CA 92065
Planned Parenthood.....888-743-7526
www.plannedparenthood.org

Gay, Lesbian, Bisexual & Transgender

The Center www.thecentersd.org619-692-2077
**Support services for parents, families and friends lesbians and gays*

Food & Clothing Assistance

Ramona Food & Clothes Closet...760-789-4458
**Emergency Food Boxes & Seniors Food for a Week
Mobile Pantry 3rd Thurs of each month.*
NCHS WIC.....888-477-6333
**Assistance for pregnant women & parents w/children
under 5 years.*

Food Stamps (SNAP)..... 760-738-2438
Ramona Senior Center..... 760-789-0440
Free Dinner -Grange Hall- Mondays 6pm
626 E StreetJune-Oct.
215 7th Street..... Nov-May
Fresh Rescue Produce Distribution
1619 La Brea Street.....Tues& Fri (1:30-3)
Bread Distribution.....Wednesday (8am)
S.O.W.E.D at Calvary Chapel every other Sat.9am