

MENTAL HEALTH

- Changing Options.....760-789-7299
*adults treatment for schizophrenia & other mental disorders.
Aurora Behavioral Health.....888-565-4228
*24hr Psych Evaluation & Referral Services
County Mental Health.....888-724-7240
Rady's Children's' Behavior Crisis Ctr.....
.....760-730-5900
San Diego Psychiatric Hospital...619-692-8200
3853 Rosecrans St 92110
Exodus Walk-in Assessment Center
.....760-871-2020
1520 South Escondido Blvd 92025
MHS Kinesis..... 760-480-2255
474 W. Vermont Ave #102 Escondido 92025
Learning Assistance Center.....760-788-9724
*Counseling Services for children Pre-K - age 22 with Medi-Cal
or uninsured

Psychologist

- Kenneth W. Searcy PhD..... 760-789-6389
Karen Hawthorne.....#1.....760-765-3578
Licensed Clinical Social Workers
Peter Michael Baratta760-788-1003

Marriage and Family Therapist

- Karen Loftis.....760-415-3585
Valerie Lucio.....760-789-2937
Meagan McBride.....619-884-8219
Lindsay Watson.....760 419-1353
Deb Gernandt.....#2.....760-765-3578
Palomar Family Counseling.....858-748-3610
helptherapy.com

Medi-Cal Behavioral Health

- Beacon (Blue Shield Promise).....855-321-2211
DHCS Substance Use Resource.....800-879-2772
Community Health Group (CHG)...800-404-3332
Molina (requires referral)..... 888-665-4621

ADDITIONAL RESOURCES:

- Psych Emergency Response Team..... 911
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
Safe Helpline.....877-995-5247
RAIINN..... 800-656 HOPE (4673)
Eating Disorder Hotline.....800-931-2237
Monday-Friday
Peer Warm Line..... 855-845-7415
M-F 7am-9pm, Saturday 7am-3pm, Sunday 7am-9pm
Nami.org800-950-NAMI
Text "nami" to741741

Non-EMERGENCY SERVICES

Crisis Lines

- Info Line..... 211
Child Abuse Hotline.....1-800-344-6000
Adult Abuse Hotline.....1-800-510-2020
Teen Crisis Hotline.....1-800-843-5200
Ramona Sheriff Dispatch.....858-565-5200

Domestic Violence & Abuse

- Women's Resource Center.....760-757-3500
Community Resource Center.....760-633-1111
Center for Community Solutions760-747-6282

Shelters

- 2-1-1858-300-1211
Interfaith760-489-6380 x276
550 W. Washington Ave. Ste. B
Dreams for Change.....619-497-0236
(Safe overnight parking for car. Cannot accommodate RV's)
Youth Emergency Services.....619-325-3527

Medi-Cal HMO Transportation

- Blue Shield Promise.....877-433-2178
Molina.....844-292-2688
Community Health Group.....800-224-7766

Resource Guide Ramona



Your appointment is on

Behavioral Health Consultants:
Karen Paauwe - (760) 803-1336

Behavioral Health Educators:
Beverly Perez - (760) 834-1338
Jackie Reyes - (760) 690-7828
Tawnya Torres - (760) 803-8707

TrueCare - Ramona Health Center
220 Rotanzi St. Ramona
(760) 736-6767

SmartCare - Administrative Office
1012 Main Street, Suite 101
(760) 788-9725

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SUBSTANCE USE & ABUSE

Teen Recovery

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

MHS Teen Recovery Center....(760) 744-3672

Adult Recovery

MHS Recovery Center.....760-741-7708
200 E. Washington, #100, Escondido, Ca 92025

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. - www.restorationranch.com

Victory Outreach 760-754-5253

Women & Children Recovery

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

Detox

211 San Diego.....858-300-1211
Adult Detox.....619-442-0277

KIVA Womens Detox619-465-7303
(Non-Medical Residential Detox)

EDUCATION

Ramona Unified School District.760-787-2000
720 9th Street ...www.ramonausd.net

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

LEGAL

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

Social Security/SSDI.....800-772-1213

HOUSING

Low income apartments

Montecito Village Apart..... 760-789-6666
Pepper Tree Apartments.....760-789-5110

Countryside Apartments.....760-789-6093

HEALTH/ MEDICAL

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

Health Care Options.....800-430-4263

AGING & SENIOR SERVICES

Aging & Independent Svcs.....800-510-2020

FACT transportation Svcs.....888-924-3228

For those 65+

Ramona Senior Center.....760-789-0440

YANA (you are not alone) Senior Sheriff

Ramona..... 760-789-9157

Julian.....760-765-4780

Poway.....858-513-2800

Santee.....619-956-4000

UPAC-Positive Solutions.....760-736-8373

Project Care (Interfaith).....760-504-8301

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

Ctr for Compassionate Care/Bereavement.....

.....x2101.....760-431-4100

UTILITY ASSISTANCE

SDG&E800-411-7343

**Utility bill assist. for qualifying low -income fam.*

Campesinos Unidos Inc.....619-391-9790

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

San Diego County Library.....760-788-2434

1275 Main Street, . Ramona, CA 92065

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

LGBTQQIP2SA A

The Center www.thecentersd.org...619-692-2077

**Support services for parents, families and allies.*

TransFamily Support Services.....

www.transfamilysos.org 858-382-9156

PFLAG www.pflag.com.....888-398-0006

San Diego Youth Services....619-525-9903

FOOD & CLOTHING ASSISTANCE

Ramona Food & Clothes Closet...760-789-4458

**Emergency Food Boxes & Seniors Food for a Week*

Mobile Pantry 3rd Friday of each month.

NCHS WIC.....888-477-6333

**Assistance for pregnant women & parents w/children under 5 years.*

CalFresh.....877-847-3663

Ramona Senior Center.....760-789-0440

Free Dinner -Grange Hall– Mondays 6pm

215 7th Street, Ramona

Free Breakfast– Grange Hall—8am

Last Saturday of each month.