

Mental Health

Crossroads Family Center.....619-441-1907
**outpatient 1679 E. Main St. Ste 102, El Cajon, CA 92021*

Alvarado Parkway Institute.....619-431-4877
**24hr Psych Evaluation & Referral Services*

Rady's Children's' Behavioral Urgent
Care.....858-966-5484

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

Sharp Grossmont.....619-740-4800

The Emergency Screening Unit for children and teens
.....619-876-4502

Children and teens

San Diego Youth and Family Services
Programs.....619-221-8600

CA Youth Hotline.....800-852-8336

Special Education Services–

East County SELPA.....619-590-3920

Director of Pupil Services and Special Education; Moun-
tain Empire.....619-473-8869

Alpine Youth Center.....619-659-5088
**Tues, Wed, Thurs. 2:00-6:00; 11 yrs old-18 years-Free*

Learning Assistance Center ..619-956-0615

**Counseling Services for children Pre-K - high school*

Children/teens Emergency Shelter

The Storefront.....619-325-3527

Cool Beds.....619-221-8600

Crisis house.....619-444-1194

LGBT and Peer Support

The Center.....619-692-2077

Pflag (Santee location).....888-398-0006

**Support services for parents, families & friends LGBTQ*

EMERGENCY SERVICES

Crisis Lines

Access & Crisis Line..1-888-724-7240

Suicide Prevention.....1-800-273-8255

Texting Line: text “START” to 741-741

Psych Emergency Response Team..... 911

Info Line..... 211

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

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

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

Domestic Violence & Abuse

Becky's House.....619-234-3164

Passages.....619-239-0355

Center for Community Solutions...888-385-4657

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

Community Resource Center.....760-753-8300

Short term Acute Residential Treatment

Halcyon Center, El Cajon619-579-8685

**Clients Experiencing Severe Mental Illness, Low Cost*

Food & Clothing Assistance

American Red Cross WIC.....800-500-6411

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

years.

CalFresh (EBT).....866-262-9881

220 S 1st St, El Cajon, CA 92019

**www.mybenefitscalwin.org*

Feeding San Diego.....858-452-3663

31115 Highway 94, Campo, CA 91906

2nd and 4th Monday (12pm-1pm)

2595 Broken Bone Ln., Portrero, CA 91963

1st and 3rd Thursday (12:00 –1:00)

Lake Morena Community Church Bread Shed.....619-478-5917

Hot lunch every Monday from (12pm-2pm)

29765 Oak dr, Campo, CA, 91906

Campo

SmartCare Resource Guide:

Your appointment is on:

Behavioral Health Consultant:



Behavioral Health Educator:



Sirena Griffin

(619) 876-3964

Mountain Health Family Medicine

1388 Buckman Springs rd. 91906

(619) 205-6792

Mountain Health Community Center

976 Sheridan Rd, 91906

(619) 478-2384

SmartCare Administrative Office

1012 Main Street, Suite. 101,Ram, CA 92065

(760) 788-9725..... fx: (760)788-9754

Follow us:

www.vistahillsmartcare.org

facebook.com/vistahillsmartcare

instagram.com/vistahillsmartcare



Revised 4/23/2021

SUBSTANCE USE AND ABUSE

Teen Recovery

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

Adult Recovery

McAlister Institute.....619-465-7303
(Non-Medical Residential Detox)
1400 N. Johnson Ave. Ste.101 El Cajon, CA 92020

Crash.....619-233-0527

Freedom Ranch.....619-478-5696
*Men's recovery 1777 Buckman Springs Road Campo
CA 91906

Homeless Recovery

East County Transitional Living Center
.....619-442-0457 ext. 1118
**families/single parents with children*

Belinda's Place.....619-446-6945
**elderly and medically fragile*

Downtown Impact.....619-398-2156

Meetings

AA.....619-265-8762

NA.....800-429-7690

Al-Anon.....619-296-2666

CoDA619-222-1244

Medical Detox

Sharp McDonald Center.....
.....858-637-6920

Therapists

Dr. Jennifer Kugel-Fritz.....619-445-6200
Alpine clinic

HEALTH/ MEDICAL

Medi-cal for Families Information Line.....
.....800-880-5305

Aging and Senior

Aging & Independent Svc.....800-510-2020
FACT transportation Svc.....888-924-3228
For those 60+
Senior Impact.....619-977-3716

Hospice & Bereavement

Elizabeth Hospice.....760-737-2050
Together Hospice Care.....619-597-1388
Sharp HospiceCare.....619-667-1900

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.*

Legal

Legal Aid.....877-534-2524
Disability Help Center.....888-418-8860
Aging & Disability Resource Connection...
.....800-510-2020

Shelters

Inclement Weather...211 or 858-300-1211

Youth Services

YMCA Childcare Resource Services

Family Planning

Planned Parenthood.....888-743-7526
1685 E Main St, El Cajon, CA 92021
www.plannedparenthood.org

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

Veterans

Veterans Crisis Line (press 1)....800-273-8255
www.veteranscrisisline.net Text.....838255

VA San Diego Healthcare system....
.....858-552-8585
3350 La Jolla Village Dr., San Diego, CA 92161

Veteran's Village.....619-393-2000

Libraries

SD County Library.....619-478-5945
31356 Highway 94, Campo, CA 91906
Alpine Library.....619-445-4221
1752 Alpine Blvd. Alpine, CA 91901

Adult schools

Grossmont Adult School.....619-588-3512