

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
Stepping Stone.....619-278-0777
NAMI.....619-543-1434

Suicide Prevention9-8-8
Psych Emergency Response Team..... 911
Access & Crisis Line.....1-888-724-7240
Suicide Prevention.....1-800-273-8255
Texting Line: text "START" to741-741
Veterans: (press 1).....1-800-273-8255
Veterans Texting Line:838-255
Trevor Project866-488-7386
Safe Helpline.....877-995-5247
RAIINN.... 800-656 HOPE4673
Eating Disorder Hotline.....800-931-2237
Monday-Friday
Peer Warm Line..... 855-845-7415
M-F 7am-9pm, Saturday 7am-3pm, Sunday 7am-9pm

EMERGENCY SERVICES

Crisis Lines

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/kids under 5
CalFresh (EBT).....866-262-9881
220 S 1st St, El Cajon, 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

VISTA HILL
SmartCare
Integrated Behavioral Health

SmartCare Resource Guide:

Your appointment is on:

Behavioral Health Care Manager:

☐ **Angelina Canizalez, AMFT**

(619) 818-5303

Behavioral Health Educator:

☐ **Johnni Buckholz**

(619) 851-2465

☐ **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

Phone: (760) 350-9725

Fax: (760) 788-9754

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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

Child Care Referral Line.....800-481-2151

Head Start888-873-5145

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

1550 Melody Ln., El Cajon, CA 92019